

BODY & BALL

Hand Tennis

Pupils pair up, with 1 ball between 2 and a throw down line between them (net), and a spot on either side of the net.

Pupil 1 throws the ball underarm over the line to try and bounce it on Pupils 2's spot. Pupil 2 lets the ball bounce once then catches the ball and throws it back from where they caught it, aiming for Pupil 1's spot. Repeat taking it in turns to start the rally.

Encourage pupils to use both left and right hands.

Teaching Points:

- Underarm throws
- Step into the throw with opposite shoe to throwing hand
- Ready position when receiving
- Adapt to the ball
- Catch the ball in front of shoes.

Skill UP

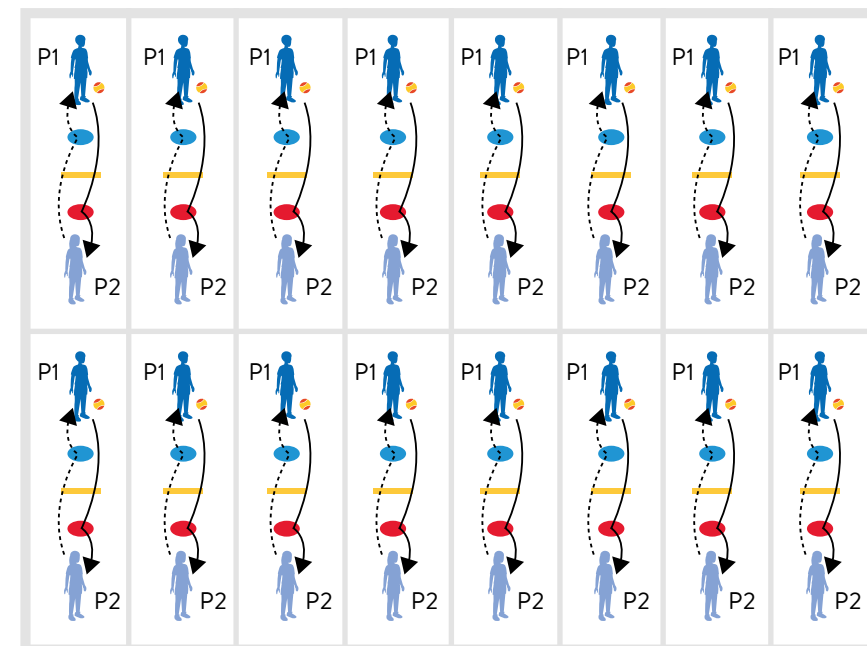
Pupil 1 throws underarm and Pupil 2 uses their hand to tap the ball back, still aiming to land on the spot. Pupil 1 then catches the ball.

Repeat and teacher indicates when to swap roles.




Introducing a throw and catch rally

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Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Throw down spots

Activity set up:

