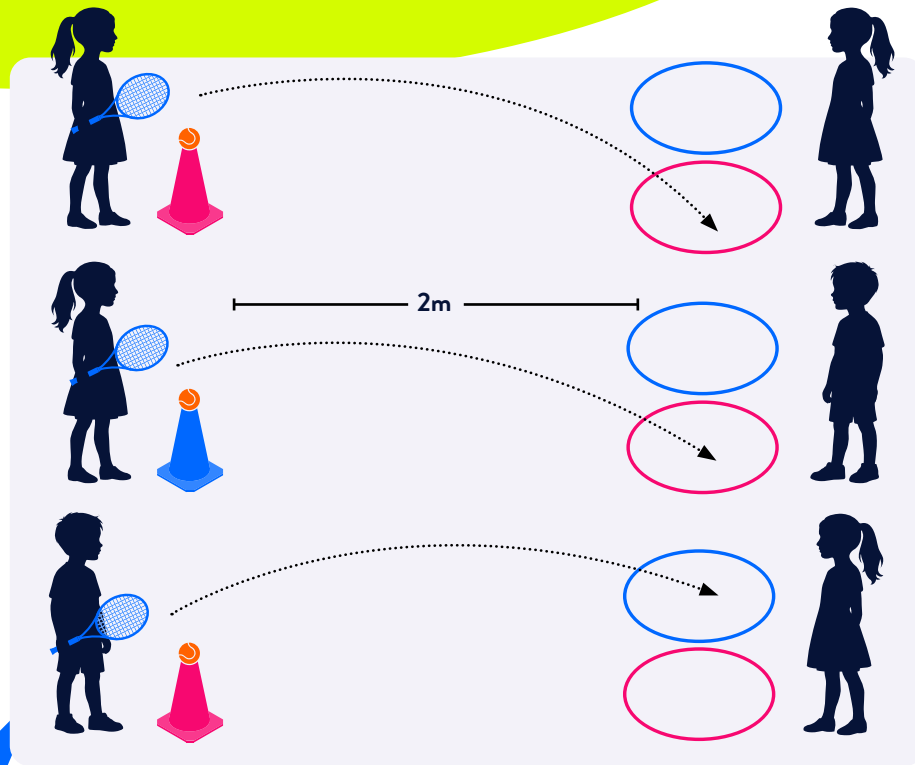


PIRATES RACKET & BALL: Cannon Ball Shot

Set the scene:

“Prepare your cannons.”



Brain focus
activities:



Equipment:



Balls (one per pair)



Hoops (two per pair)



Traffic cones or hitting tees
(one per pair)



Rackets or hitting hands
(one per pair)

How to Play:

- Working in pairs, children start standing opposite their partner approximately 2 metres apart.
- One child is the hitter and starts with a racket and ball placed on a traffic cone or hitting tee.
- Their partner is the catcher and starts behind 2 hoops.
- The hitter chooses which hoop to aim for and should turn themselves to that direction.
- The catcher stops the ball and rolls it back to the hitter.
- Repeat several times and swap roles.

TEACHING POINTS:

- Position the cone to the front and to the side of the body.
- Gentle low to high arm swing.
- Point the palm and strings towards the target.

SKILL UP:

- Children now drop the ball to then tap it.
- Add in actual targets to aim for.



SEE IT IN ACTION