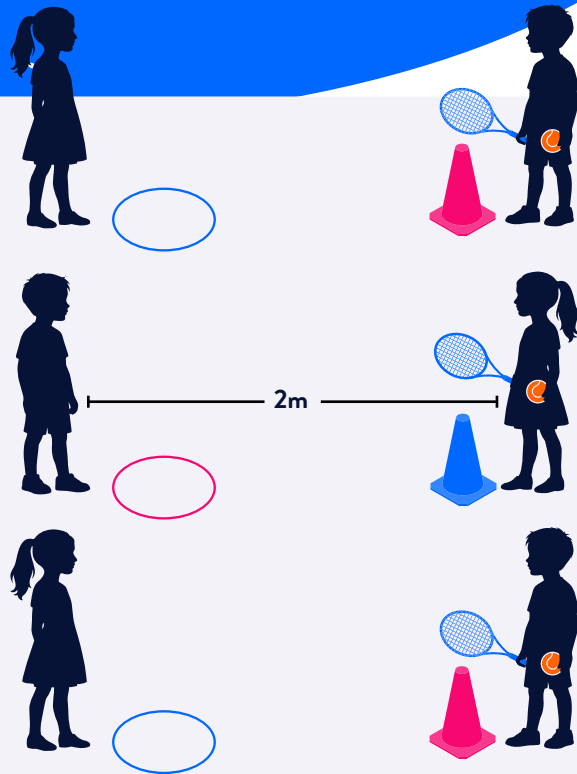


SPACE RACKET & BALL: Moon Tap

Set the scene:

“Let’s try and shoot the meteor to the moon.”



Brain focus
activities:



Equipment:

-  Balls (one per pair)
-  Hoops
-  Traffic cones or hitting tees (one per pair)
-  Rackets or hitting hands (one per pair)

How to Play:

- Teach children the ‘astronaut ready’ position:
 1. Wide shoes
 2. Knees bent
 3. Hands out front
 4. Face forward
- Children practice getting into the “astronaut ready” position.
- Working in pairs, children start standing opposite their partner approximately 2 metres apart.
- The hitter has a traffic cone, a ball and a racket or hitting hand.
- The catcher stands behind a hoop (moon).
- The hitter stands side on and taps the ball towards the moon. The catcher stops the ball and rolls it back to their partner.
- Repeat several times and swap roles.

TEACHING POINTS:

- Hold the racket and ball to the side.
- Swing the arms low to high.
- Point the palm and strings to the target.

SKILL UP:

- Drop the ball and tap the ball towards the moon.



SEE IT IN ACTION