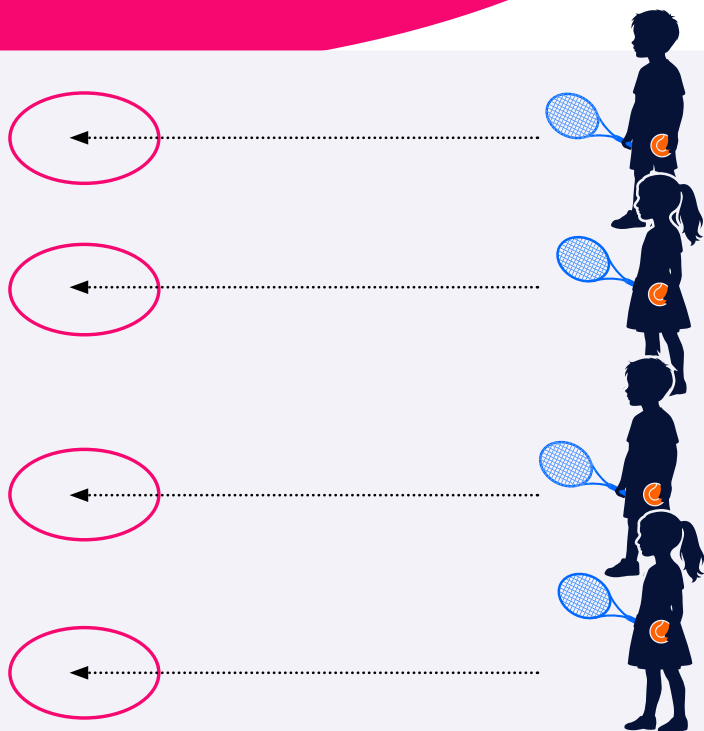


SUPERHEROES RACKET & BALL: Super Swing

Set the scene:

“Now we’ll learn the super swing.”



Brain focus
activities:



Equipment:



Balls (one per child)



Hoops



Rackets or hitting hands
(one per child)

How to Play:

- Children stand in a space with a racket each.
- Place hoops on the floor opposite where the children are stood.
- Children practice a forehand shadow swing (without a ball).
- Repeat several times.
- Children now have a ball each, and drop the ball before tapping the ball with the racket towards the hoops. Alternatively children can hold the ball against the racket and push towards the hoops.

TEACHING POINTS:

Please note that this is not about achieving a perfect forehand! The teaching points will help achieve success and illustrate how to model the swing.

- Use cue words to help with timing “low, swing, superhero fly!”
- Hold the ball in the non-racket hand.
- Drop the ball gently to the side and front.
- Swing racket low to high after the ball bounces.
- Point the palm and strings at the target.
- Finish with the racket up.
- Stay super balanced.

SKILL UP:

- Score a point if the ball lands in a hoop.
- Choose a hoop for children to aim at changing the direction of the target.



SEE IT IN ACTION