

RACKET & BALL AND SKILL APPLICATION

SKILL STATIONS (CONTINUED)



SCAN TO SEE
THE ACTIVITY

Station 5 – 2 different size balls

Pupil 1 holds a large ball with 2 hands in front of them. Pupil 2 has a sponge ball. Pupil 2 gently throws the ball underarm towards Pupil 1 who moves towards the throw and bumps the ball using their ball, back to Pupil 2 who catches it. Score each time the ball is caught.

Station 6 – traffic cone and ball

Pupil 1 holds a mini traffic cone upturned. Pupil 2 has a sponge ball. Pupil 2 throws the sponge ball overarm towards Pupil 1 who lets the ball bounce and then catches it the cone. Pupil 1 underarm throws the ball back to Pupil 2. Score each time the ball is caught in the cone.

Teaching Points

- Start in the ready position
- Eyes watching the ball
- Adapt to the ball
- Use both hands to improve co-ordination
- Contact the ball in front of the shoes
- Work co-operatively.

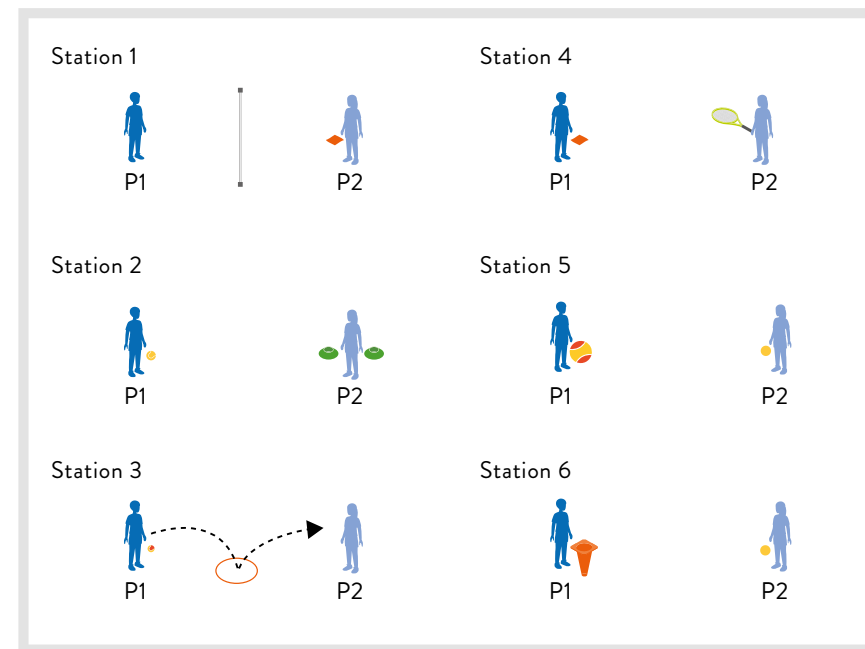
Skill UP:

Pupils keep score, adding all their scores for each station together. Then repeat the circuit and aim to improve their score.

APPLYING RACKET AND BALL SKILLS IN A SERIES OF SKILL STATIONS

11

Example of whole class activity set up:



1		1	
2		2	
3		3	
4		4	
5	6	5	6

Stations set up on 2 sides of a space