

# WARM UP

## MEET UP

Pupils spread out around the space with a racket and a sponge ball. Place the racket on the floor. On 'go', the pupils bounce their ball twice on a racket strings and then move to find another racket repeat the ball bounce, moving to a different racket each time.

The teacher calls the direction and speed of movement e.g. sideways, hopping, jumping narrow to wide shoes, quickly, slowly etc.

### Teaching Points:

- In ready position when bouncing the ball
- Hands above the middle of the racket strings
- Eyes watching the ball.

### Skill UP:

Against the clock, how many bounces can they do bouncing the ball twice at each racket in 30 seconds / 60 seconds?

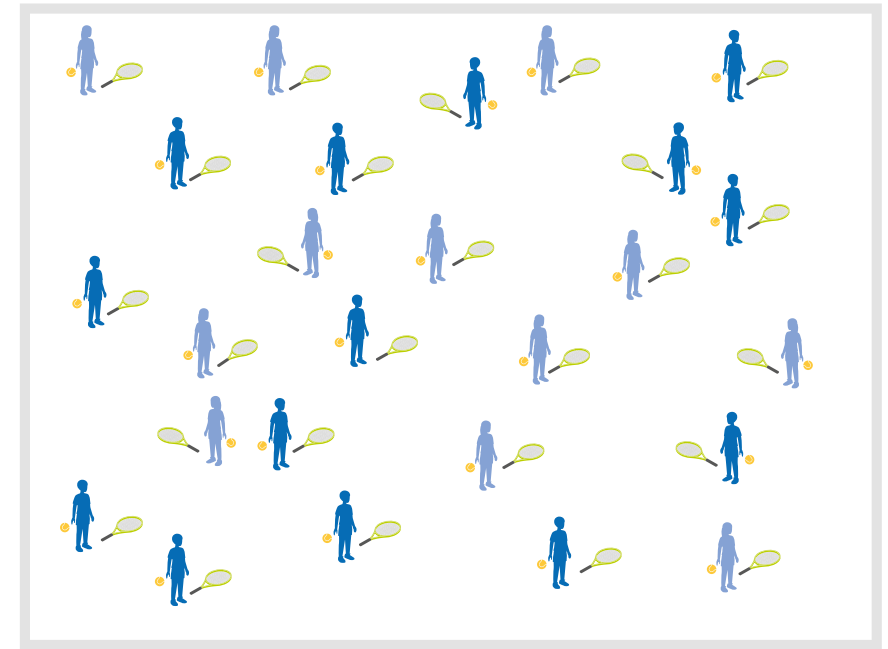
Repeat, and see if the pupils can beat their personal best.



## APPLYING MOVEMENT SKILLS WITH BALL BOUNCING

# 12

### Example of whole class activity set up:



### Equipment:



### Activity set up:

