

SKILL APPLICATION

AGAINST THE CLOCK



Pupils work in 3s. Pupil 1 and Pupil 2 stand opposite each other a few metres apart with a throw down line between them creating a net. There are 2 spots (red and blue) placed side by side (1m apart) between Pupil 2 and the net. Pupil 3 stands at the net holding a hoop in a vertical position.

Pupil 2 has a racket.

Pupil 1 throws underarm over the hoop towards the right spot aiming for the ball to bounce near the spot.

Pupil 2 holds the racket in their right hand, moves towards the right spot, lets the ball bounce, and taps the ball back over the net, aiming through the hoop to Pupil 1.

Pupil 3 can move the hoop to try and ensure the ball travels through it.

Repeat twice on the right spot, and twice on the left spot, and then switch roles.

The team score a point each time the ball passes through the hoop.

Teaching Points:

- Use corresponding hand to side (i.e. right hand at right spot, and left hand at left spot)
- Eyes tracking the ball
- Pushing action with hand to hit
- Working as a team
- Keeping count.

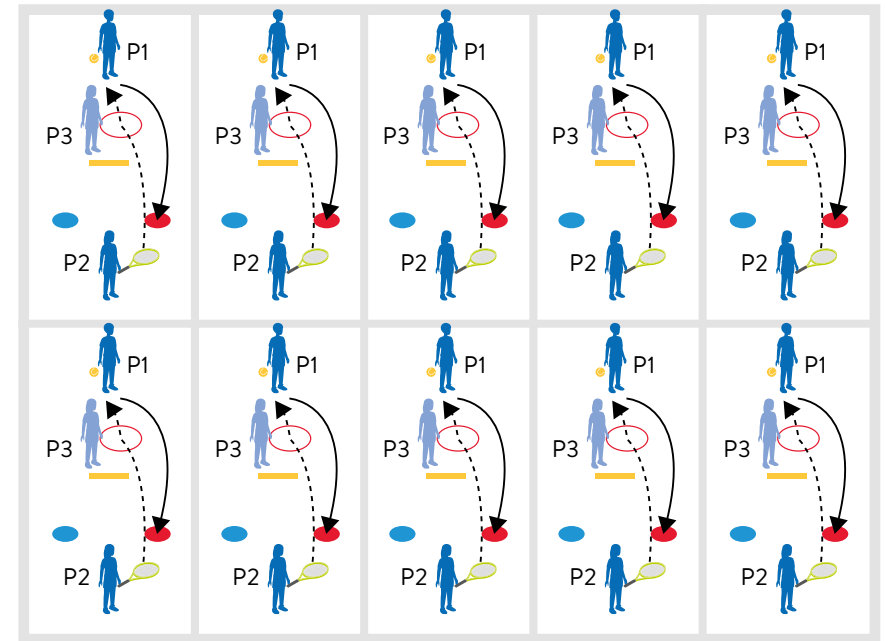
Skill UP:

- How many points can you get in 1/2/3 minutes?
- Swap roles and keep adding up your score
- Personal Best: Can you beat your last score?

AIMING TOWARDS TARGETS AND SCORING POINTS IN A TEAM

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Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines
- Throw down spots
- Hoops

Activity set up:

