

react

KEY SUCCESS CRITERIA

Track and move in line with a ball/object

Move in a range of directions to strike/stop the ball or object

Work with a partner/small group to be able to start a rally

ACTIVATION

Serve and spike

Split the pupils into groups of 4/5 and set up an area with a serving line and a hoop in the middle. The pupils throw the ball slightly in the air and try to serve the ball (using their hands like in volleyball) to the opposite pupil, bouncing it into the hoop.

Can you make this a competition by changing the size and shape of the area?
Maybe 2 v 2?

BASE

Set up 5 dining tables or half TT tables
Perform continuous rolling rally based activities along the table.

Divide pupils into groups of 3 or 4 at each side of the table.

Pupils stroke with palm and travel to opposite side of table. Initially pupils may stop and roll, moving on to stroking with palm. Progress to stroking/sending the ball continuously.

1 point scored if the ball stays on the table

MANAGING DIFFERENCE

SPACE

Use one table or double the table up to make the surface wider

TASK

Play the stroke with dominant/non dominant hand to add/reduce challenge

EQUIPMENT

Large foam skin balls, slow flow tennis balls, introduce small paddles or TT balls

PEOPLE

Play cooperatively or competitively

CONNECT

How can you get ready for the ball coming?

Can you play with care to make sure everyone has a chance to succeed?

SCHOOL

Why is it important to wait your turn? Can you work with someone to help them get better?