

strike

KEY SUCCESS CRITERIA

Take part in sending and receiving activities

Send an object back and forth continuously

Use the correct amount of force when striking

ACTIVATION

Mark out large oval with flat spots, pupils travel clockwise and anti-clockwise on command. Allow pupils to change direction quickly using a variety of fundamental movement skills. For example sideways gallop, skip, heel flick etc

Introduce movements such as running in and out or backwards

BASE

Push to push, in groups of 3 pupils take turns to send the ball along the ground using the palm of their hand and follow to the other side. Receiver must 'trap' and stop the ball before sending. Pupils to try this with dominant/non dominant hand

MANAGING DIFFERENCE

SPACE

Increase/ decrease distance between senders

TASK

Introduce a target in the centre - flat stripe or a gate made of markers

EQUIPMENT

Use hands, racquets or paddles - varying size balls

PEOPLE

Play 2v2, taking turns to contribute to a continuous rally

CONNECT

How can I help my team mate prepare for their turn?

Did we show patience today? Why is that important?

SCHOOL

How did you motivate each other?

Why is it important to congratulate each other?