

strike**react****rally****PURPOSE**

The 'strike react rally' unit looks to use a range of modified practices and equipment to support the development of hand eye coordination, sending with and without implements, catching, tracking, chasing, striking and aiming

The pupils will have the opportunity to develop their knowledge of net/wall/rebound based activities and explore a variety of modified games

KEY SUCCESS CRITERIA**strike**

Take part in sending and receiving activities

send an object back and forth continuously

Use the correct amount of force when striking

react

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

rally

Be able to use a variety of equipment to rally with

I can play the ball while it moves in basic rally activity

Apply simple tactics such as manipulating a ball to change its direction

Activation **Base** **Connection** **School**

NATIONAL CURRICULUM

'master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities'