

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'

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?

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?

rally

KEY SUCCESS CRITERIA

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

Place multiple markers around the space with a ball on top.
In pairs with a paddle bat/racquet each pupils visit a marker, place the ball on the ground a play a short rally of 4 strokes before placing the ball back.
Every time pairs visit a new marker and perform a rally they get 1 point

BASE

Rolling squash in teams of 3 or 4 Pupils take part in a continuous rally using large foam balls- use a wall or line benches up against the wall the full width the learning space .
Take it in turns to play the ball against the wall or bench, the next player repeats.
To score pupils must play the against the bench/wall for 1 point

MANAGING DIFFERENCE

SPACE

Reduce the surface area of the wall or bench by adding markers with a reduced target area – e.g. floor spots/cones

TASK

Play 2v1 3v1 or 2v2 to add further competition

EQUIPMENT

Allow pupils to select from a range of striking implements and balls of varying sizes, shapes and weight

PEOPLE

Same ability or mixed 2v1 3v1 or 2v2

CONNECT

How can we change the direction of our stroke to make it tricky?
Which pieces of equipment do you prefer to use and why?

SCHOOL

If you have a disagreement, how do you solve the problem?