

19. Tennis Ball Challenge

Description

Arrange pupils in pairs and give them 1 tennis ball per pair. Invite pupil A to throw the ball against the wall and catch it as many times as they can within 1 minute. Pupil B records the score.

For safety reasons, encourage pupils to remain 3m apart. Pupils then switch roles and repeat the task as many times as necessary.

Equipment

- Tennis balls
- Wall

Variations

- Decrease the distance between the thrower and the wall space.
- Increase the distance between the thrower and the wall space and / or invite the thrower to throw the ball using their non-dominant hand.

