

16. Beat My Score

Description

Arrange pupils on their own spot marker opposite a suitable wall. Each pupil is given their own tennis ball to use. Invite pupils to throw the ball with one hand against the wall, and to catch it as it bounces back with two hands. Practise this skill to allow the pupils to become familiar with it. Set a time limit of 1 minute and invite the pupils to count how many catches they can make in this time. Challenge the pupils to repeat the activity once more, and this time to beat their previous score. Repeat this activity throwing with the other hand.

Equipment

- Tennis balls
- Wall
- Spot markers

Variations

- Count the number of throws rather than the number of catches.
- Allow a little extra time on the repeat activity, 1 minute and 15 seconds for example, to make it easier for pupils to beat their score.

