



Description of Activity

Each pupil is given a beanbag and a tennis racket (or bat). Pupils find a space in the playing area where they are not in contact with anyone else. Pupils extend the racket in front of their body, flat side facing upwards, and place the beanbag on the surface of the racket. Pupils must use the racket to toss the beanbag into the air and catch it on the racket on its return. Begin with a short, low toss and gradually increase the height. Remind pupils to soften their grip and cushion the beanbag as it returns to the racket.



Variations

- Vary the implement used to toss the beanbag, e.g. wooden spoon, hurley etc.
- Use a ball instead of a beanbag.
- Invite pupils to move around the space as they toss and catch the beanbag on the racket.
- Invite pupils to toss and continuously catch (bounce) the beanbag on the racket.
- Invite pupils to try to turn the racket over and back, alternately catching the beanbag on the opposite side of the racket.

Equipment

An indoor or outdoor hard surface area, tennis racket, paddle or bat, beanbags, balls of various sizes



- **Pause the activity at intervals to allow pupils to rest and stretch.**
- **Remind pupils to keep their eye on the beanbag.**
- **Pause the activity at intervals to focus on the specific teaching points for striking with an implement in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individuals while they perform the striking action during the activity.**



- **At home, practise bouncing a ball on a racket. Investigate how many bounces you can do without dropping the ball.**



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