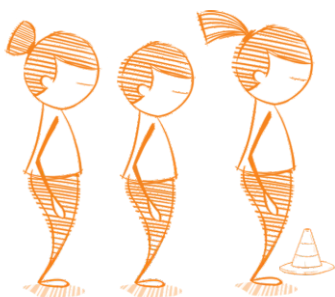


## Description of Activity

Arrange pupils in groups of three or four and give each group a racket and a ball. Each group lines up behind a cone along the edge of the playing area. Place another cone approximately five metres away from the starting cone in front of each group. On a signal the first pupil in each group travels out around the opposite cone whilst bouncing the ball on the ground using the racket or bat and returns to their group. Continue the activity until all pupils have had a turn, then increase the distance between the cones and play again.



## Variations

- Vary the locomotor skill used to travel, e.g. walk, run, jump, skip etc.
- Pupils use one hand to hold the racket on the way out and the other on the way back.
- Bounce the ball on the racket instead of bouncing it to the ground.

## Equipment

An indoor, hard surface playing area, cones, tennis rackets and tennis balls (or bats and bouncy balls)



- Encourage pupils to keep their eye on the ball. If the ball drops, the pupil retrieves it and continues on.
- Ensure there is adequate space between each group and that pupils are not crossing the path of other groups.



- Practise bouncing a ball in this way at home. Ask a grown-up to time you to investigate if you can keep bouncing for twenty seconds.



triúr nó ceathrar • cóin i líne • deich méadar • comhartha • liathróid a phreabadh • raicéad • maide