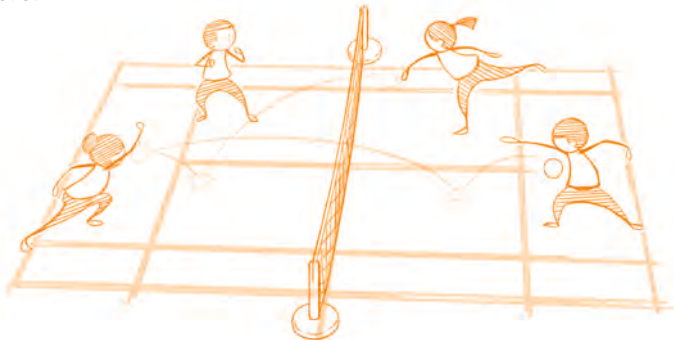


## Description of Activity

Arrange pupils in pairs. Set up multiple rectangular mini tennis courts in the playing area. Use a low net, rope, chalk line or line of cones as the halfway line. Allocate two pairs to each court with one light bouncy ball. The aim of the game is to maintain a rally for as long as possible by striking the ball back and forth over the net using the hand only. Pupils should count the overs and keep track of their highest score.



## Variations

- Increase or decrease the size of the court.
- Increase or decrease the number of pupils playing in each court.
- Add a bounce or two bounces and allow each team member to touch the ball once before it is returned.

## Equipment

A hard surfaced playing area, ropes, chalk or cones, light-weight balls

- Ensure there is adequate space between courts.
- It is useful to have a variety of different balls to suit the ability of individual groups.
- Rotate the teams regularly.
- Pause the activity at intervals to focus on the teaching points for striking with the hand in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals performing the striking action during the activity.



- Practise playing Over It Goes with a friend in the yard. Create some of your own additional rules or challenges for the game.



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