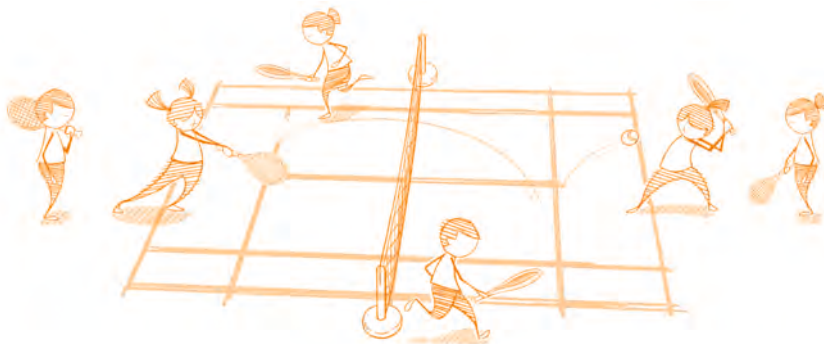




Description of Activity

Arrange pupils in groups of six. Use cones to set up a rectangular court for each group with a net or cones to represent the halfway line. Invite three pupils to stand on either side of each court. The first pupil serves the shuttlecock to the opposing half of the court. When they have struck the shuttlecock they exit the court on the right hand side and join the line at the other end. The pupil who receives the shuttlecock returns it and repeats the same process. This rotation continues in an attempt to maintain a rally for as long as possible.



Variations

- Vary the equipment used, e.g. hurleys and sliotars on a grass playing area.
- Vary the rules of the game, e.g. each pupil takes two turns before moving to the other end of the court.

Equipment

Indoor playing area, badminton rackets, shuttlecocks, cones, net



- If equipment is limited, set up a number of courts that utilise different striking implements. After a set amount of time, pupils rotate to the next court to practise striking with a different implement.
- Pause the activity at intervals to focus on the teaching points for striking with an implement 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.



- Change a kicking or striking with the hand game to practise striking with an implement. Describe the changes you made in your PE journal. Practise the activity in the yard with your friends.



cúirt dronuilleogach • seisear • eiteán a bhualadh • babhta imeartha