

Description of Activity

Pupils work in pairs, one throwing and the other counting. The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds. For safety reasons ensure that groups are spaced at least three metres apart.



Variations

- Vary the size of the ball to increase or decrease difficulty.
- Vary the type of throw required, e.g. throw and catch with the left hand only, right hand only, throw with one hand and catch with two, etc.
- Work with a partner taking every second throw and catch.
- Increase the distance from the wall.

Equipment

tennis balls



- Discuss safety with pupils and ensure there is an adequate distance between each group.
- Pause the activity at intervals to focus on the teaching points for throwing 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 while they perform the throwing action during the activity.



- Practise the Tennis Ball Challenge at home. Invite a family member to complete the challenge while you time them, and then swap roles.



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