

Description of Activity

Arrange pupils in groups of four and allocate each group five metres of wall space. Draw a line (using chalk or tape) on the wall one metre up from the ground in each playing area. Place a spot marker on the ground three metres back from the wall as the starting (serving) point. In each group play a two versus two activity with one light bouncy ball. To begin the activity the server must strike the ball with their hand off the wall above the one metre mark and the ball must land within the playing area. When the ball returns from the wall the opposing group must return the ball in the same fashion. The aim of the activity is not competitive, rather it is to maintain a rally for as long as possible.



Variations

- Introduce a different sized ball, e.g. a tennis ball or soft dodgeball.
- Introduce a rule whereby pupils are only permitted to use their non-dominant hand.
- Introduce a competitive element allowing one bounce before the ball must be returned.

Equipment

A hall or large enclosed hard playing surface, footballs, spot markers



- Ensure there is adequate space between the groups.
- Pupils should be reminded to keep their eyes on the ball at all times, assume a low stable body position and strike the ball with the palm of their hand.
- 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 while they perform the striking action during the activity.



- Practise striking a ball against a wall. Count how many times you can strike it against the wall before it touches the ground.



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