

Description of Activity

Arrange pupils in groups of three to five. Line them up on one end of the hall in relay formation. The aim of the activity is to bounce the tennis ball with the racket to the other end of the hall while trying to stay in control. Once a pupil reaches the far end, they turn around and run back again, balancing the tennis ball on the racket. Once the ball is handed to the next pupil in the line, they repeat the activity.



Variations

- Add different components to the relay, e.g. bounce passing the ball to a partner while side stepping across the gym, balancing multiple balls on the racket at once, striking the ball into a target, use a different striking implement such as badminton racket or bat, etc.
- Vary starting points and allow pupils to choose what distance they wish to travel.

Equipment

An open playing area, hall or area with a hard floor, tennis balls, tennis rackets or bats, cones



- Gently tap the tennis ball so that it doesn't get out of control when trying to bounce it.
- Let pupils practise bouncing the tennis ball with the racket before the relay, so they begin to understand how to control the ball.
- Space out the groups so that they are less likely to collide.



- Set up an obstacle course at home. Practise bouncing a ball on a tennis racket through the course.



triúr, ceathrar nó cúigear • i líne • rás sealaíochta • liathróid cispheile a phreabadh • raicéad • smacht • liathróid a choiméad ar a gcothrom