

Multi Skills Festival– Racket Skills

Learning Outcome:

By the end of the activity, pupils will be control a ball using a tennis racket and balance a ball on a racket.

Physical Outcomes:

Mobility ☒

Agility ☒

Speed ☐

Strength ☒

Power ☐

Fundamental

Movement Skills:

- Walking
- Pushing
- Carrying
- Trapping
- Turning
- Bending

Personal Challenge:

Can you complete the course faster than you did the previous time.

Equipment Needed

- 4-5 Mini Tennis Rackets
- 4-5 Tennis Balls
- 15-20 Cones (Different Colours)

Safety Points

- Make sure there is sufficient space between each of the groups.
- Ensure the balls do not go into another activity area.

Activity Description

- Set up the activity
- Greet children and escort them from previous activity. Ask them to put drinks bottles down safely out of the way of the activity.
- Introduce yourself to the pupils.
- Explain that the activity is going to focus on racket skills which is important for games such as tennis.
- Give a clear explanation of activity
- Provide a visual demonstration.
- Pupils line up in their groups behind the start line.
- The first pupil in the group places the tennis ball on the floor and uses the racket to guide the ball through the cones and back.
- The pupil then passes the ball and racket to the next person in their line.
- On the second attempt, get the students to balance the ball on the racket.
- Challenge the pupils to see if they can complete the relays quicker than they did on the previous attempt.

REMEMBER- SMILES

Safe: Participants feel physically and emotionally safe.

Maximum Participation: Participants are fully involved all of the time.

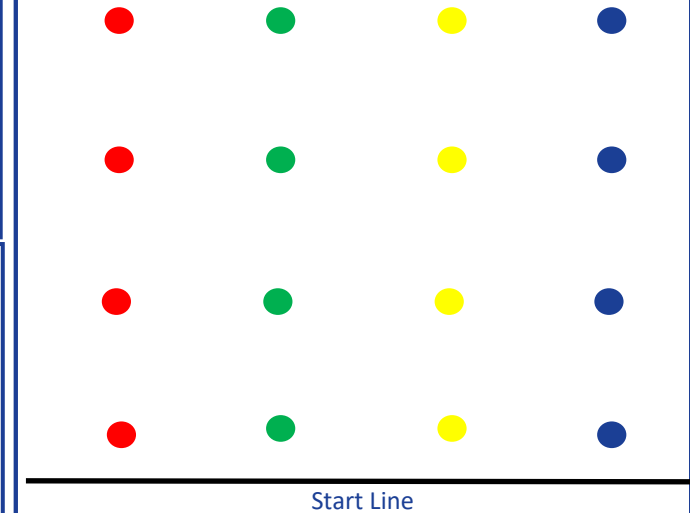
Inclusive: All participants can take part.

Learning: Participants develop personal, social, creative, thinking and physical skills.

Enjoyment: Activities recognise individuals personal needs and interests.

Success: Participants feel they are making progress and getting satisfaction.

Diagram



Coaching Points

- Keep two hands on the racket, one above the other.
- Keep the ball close to the racket (Relay One).
- Keep the racket as flat as possible (Relay Two).
- Take your time and keep the ball under control.
- Look where you are going.
- Give the ball and racket to the next person.

Easier/Harder (STEP Principle)

- Space: Increase or decrease the distance between the cones.
- Task: Use one hand or change the hand that you carry the racket with.
- Equipment: Use a smaller or larger racket and add or remove cones.
- Participants: Work as a team to all complete the relay without dropping the ball.