

GetActive@Home

Episode 1 - Hand & racquet control

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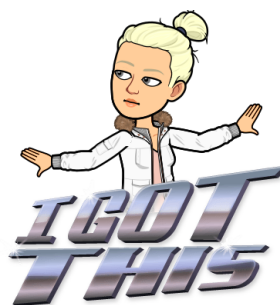
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These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PDe1-4 performs movement skills in a variety of sequences and situations.

PDe1-11 incorporates elements of space, time, objects effort and people in creating and performing simple movement sequences.

Sample questions:

- Where do you look ? (Technical)
- How do you move to make easier? (Tactical)
- What do we say to make easier? (Reinforce)

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1 or rolled up socks

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Episode 1 - Hand & racquet control

Stage 1

Challenges

- Tap the ball or socks using the palm and back of the hand.
- Tap the ball using both sides of a racquet, thong or plastic dish with a handle.

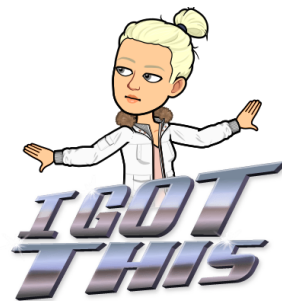
Mega Challenges

- Tap the ball or socks using the hand, a thong or a plastic dish while running on the spot.
- Tap the ball on a racquet, allowing it to bounce once on the ground and in between each tap.
- Creative challenge - Tap the ball or socks using the hand, a thong or a plastic dish while standing or hopping on one leg.
- Tap the ball on the racquet while continuously kneeling down and standing up.

Other variations

With a partner try:

- Balance the ball on the hand or racquet while moving around.
- Tapping combinations back and forth with a partner.
- Use a bigger soft ball to make it easier.



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD1-4 performs movement skills in a variety of sequences and situations.

PD1-11 incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

Sample questions

Where do you look when tapping? (Technical)

How do you move to make tapping easier? (Tactical)

What do we say to make tapping easier? (Reinforce)

Teaching cues

Flat hand or racquet face.

Laser eyes on the ball.

Try to tap lightly.

Move your feet to track the ball.

Equipment

Ball or rolled up socks, bat or racquet.