

Warm up

5-10mins

Caters for large class sizes

All participants have a role

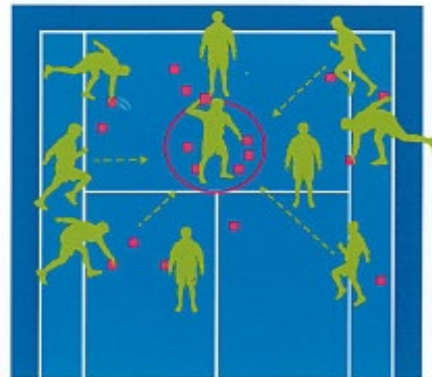
Warm up – Keeping the bucket full

Instruction

- Coordinator to stand in the centre of a designated area with a hoop full of beanbags or tennis balls
- All other players find an area of open space within the boundary
- The coordinator scatters the beanbags/balls and all players try to catch them or pick them up and return them back to the hoop. Beanbags/balls are not to be thrown but placed in the hoop upon return
- The coordinator aims to have an empty hoop with no beanbags in it, whilst the players aim to fill the hoop
- Upon players filling the hoop encourage them to be aware of those around them
- Change the leader after two minutes

Variations

- Have more than one leader in the hoop
- Split the group into four groups and have all beanbags/balls in the middle of the hoop and conduct a relay race, where one player from each team can run out and collect one beanbag/ball for their team, race back to their group, tag their team mate and run out.



Activity for Red Stage - Explore

Recommended racquet size 21-23 inches

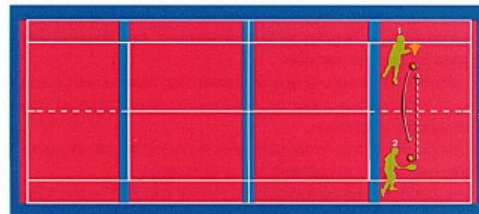
Red Ball (25% compression)

Participants 5-8 years approximately

Forehand blitz

Instruction

- Players begin in pairs with one racquet, one tennis ball and one cone or bucket per pair
- Pairs find an open space and standing approximately three metres away from each other, they draw a line on the ground which acts as a net to separate each pair
- One player is the hitter (with the racquet) and their partner is the catcher (with the ball and cone or bucket)
- The catcher serves (underarm throw) the ball to the hitter's forehand ensuring the ball lands approximately half a metre in front of their partner (use a sport marker if required to assist with this)
- The hitter strikes the ball aiming to return the ball over the net and sends back to the catcher who then catches the ball in the cone or bucket after one bounce
- The catcher attempts 10 catches and then swaps roles (catcher becomes the hitter and the hitter the catcher)



Variations

- Increase the distance between each pair
- Change the size of the ball
- Ball is able to bounce twice before being hit or caught

