



Move up a level

PSSI Homepage

Curriculum Objectives

Venue

Equipment

Reference

Strand Unit: Sending, receiving and travelling

- Begin to develop carrying and striking skills using a racket:
 - racket grip, carrying a beanbag/ball on a racket;
 - bouncing a ball with a racket.

Strand Unit: Creating and playing games

- Relay activity.

Strand Unit: Understanding and appreciation of games

- Develop problem-solving and decision-making strategies:
 - understand the need to keep the racket face flat for activities.

- Hall/yard.

- Short-handed light plastic rackets or bats, small foam balls, flat hoops and cones.

- Primary School Curriculum (1999) Physical Education, page 21.
- Buntús Card: Striking a Ball – On your Own.



ORGANISATION

Give each child a short-handled racket or bat or place the children in pairs with one racket/bat per pair. Give each child or pair a beanbag.

These activities can be carried out individually or in pairs.

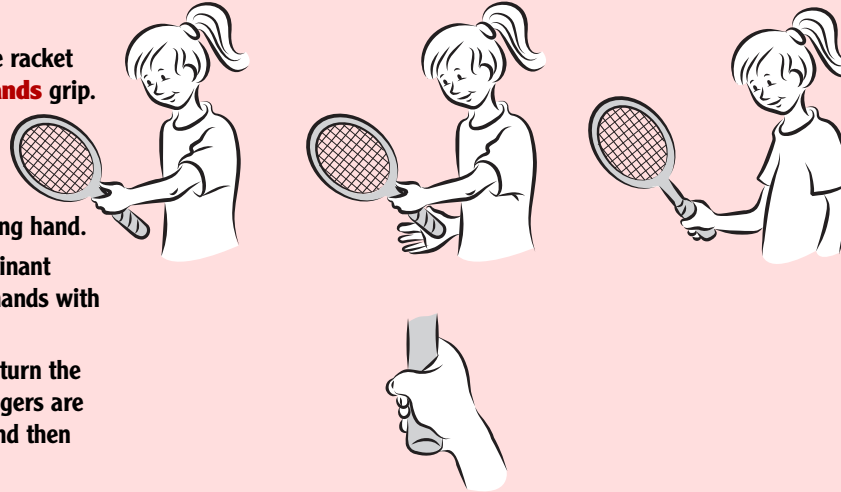
ACTIVITY

Warm up and stretching: Visit your warm up bank.

1 Racket grip

All children grip the racket using the **shake hands** grip.

- Hold the racket sideways in the non-striking hand.
- With the dominant hand, shake hands with the racket.



Ask the children to turn the wrist so that the fingers are facing the ceiling and then facing the floor.

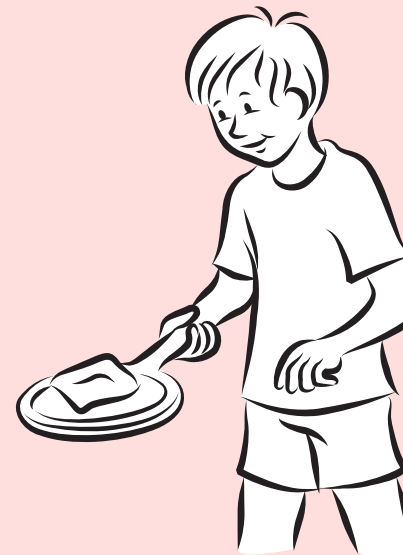
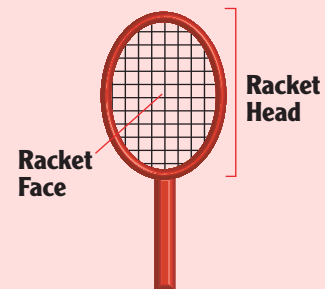
Repeat this activity several times.

2 Carrying the beanbag on the racket

Ask the children to walk/jog/run carrying a beanbag on the racket.

The racket is face up, i.e. fingers to the ceiling (forehand).

If working in pairs alternate the activity.



TEACHING POINTS

- The teacher should stand facing the class and demonstrate the use of the correct grip.
- With the racket face up – the fingers are facing the ceiling.
- With the racket face down – the fingers are facing the floor.

Q Did the racket move in your hand?

- As children carry out the activities outlined, try to get around to each child and show them the **V** which their hand will make on the handle of the racket if they are **shaking hands** with it.

Q What must you do to make sure the beanbag does not fall off the racket?

ORGANISATION

Leave the beanbags to one side and give each child a foam ball.

Replace the ball with the beanbag. The children line up in pairs one **behind the other** along the length of the playground/hall facing the cones.



← 3M →

ACTIVITY

3 Tossing the beanbag on the racket

With the racket face up, i.e. fingers to the ceiling (forehand), toss the beanbag on the racket while stationary/walking/jogging.



4 Carrying the ball on the racket

Place a ball on the racket with the racket face up (forehand).

- The children **walk** with the ball on the racket. (At this point do not bounce the ball.)
- If in pairs, **A** walks around the hall and **B** follows.

On a signal, **A** stops and **B** repeats the activity.

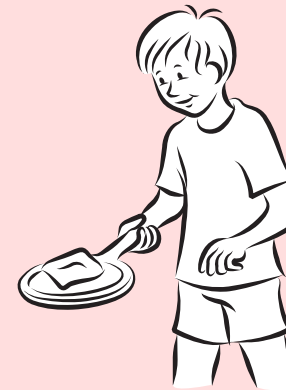
5 Bat and beanbag relay

On a signal from the teacher, the first child from each pair runs to the cone and back carrying the beanbag on the bat/racket.

The second child does the same.

The pairs must sit down or crouch down when finished.

This activity can be repeated several times.



6 Cool down

Run while stretching high.

Skip while stretching high.

Walk while reaching low then wide.

TEACHING POINTS

- The racket should be face up.
- Keep the face of the racket level with the wrist firm.

Q Where are your fingers facing?

- Check the children's racket grip.

- The racket should be face up.
- Keep the face of the racket level with the wrist firm.

- Keep to the distance recommended initially to increase the opportunity for success.
- Maintain space between each pair.
- The racket should be face up.
- Keep the racket face level, wrist firm.

DEVELOPMENT FOR SENIOR INFANTS

ORGANISATION

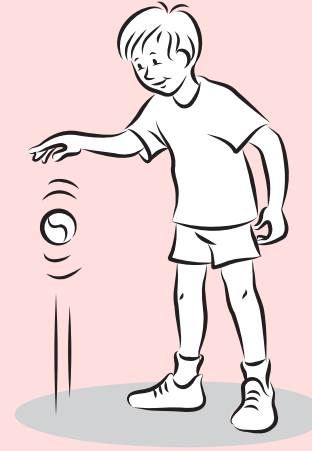
The children carry out the activities individually or in pairs.

ACTIVITY

1 Bouncing a ball with the hand

Ask the children to bounce the ball while stationary.

Allow those with good control to walk while bouncing.

**2 Carrying a ball using a racket**

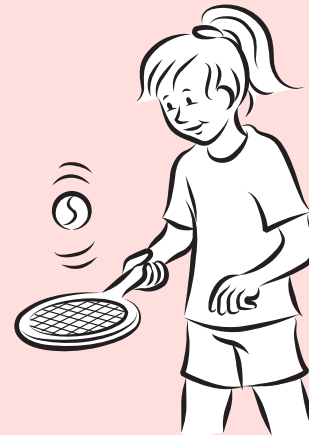
Ask the children to walk/jog/run carrying a ball on the racket.

If working in pairs alternate the activity.

**3 Bouncing the ball in the air**

Bounce the ball on the racket.

How many bounces can you make?



TEACHING POINTS

- The racket should be face up.
- Keep the face of the racket level.
- Keep the wrist firm.

- The racket should be face up.
- Keep the face of the racket level.
- Keep the wrist firm.
- Hit gently.

Q Where are your fingers facing?

DEVELOPMENT

ORGANISATION

Give each child or pair a hoop.



← 3M →

The children line up in pairs **one behind the other** along the length of the playground/hall facing the cones.

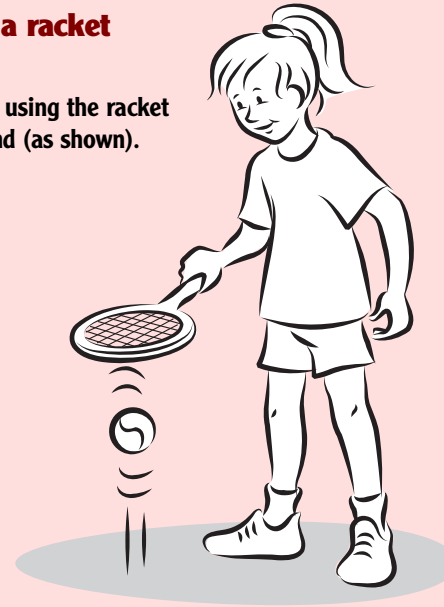
ACTIVITY

4 Bouncing the ball on the ground using a racket

Shake hands with the racket.

Bounce the ball against the ground while stationary using the racket or bat. The face of the racket should be to the ground (as shown).

- Repeat at a walking pace.
- Bounce the ball along a line.



5 Bounce the ball using a hoop

Bounce the ball:

- in the hoop;
- while walking around the hoop.

6 Bat and ball relay

On a signal from the teacher, the first child from each pair runs to the cone and back:

(a) Carrying a ball on the racket

OR

(b) Bouncing the ball on the ground to the cone and back.

The second child then does the same.

The pairs must sit down/or crouch down when finished.



TEACHING POINTS

- Keep the racket face level with ground.

Q Where are your fingers facing?

- Keep all bounces straight down, i.e. do not push the ball sideways or forwards.
- Keep the bounces low and close to the body.
- If children are losing control, they should bounce the ball on the spot, then move two paces to another spot. Repeat.

Q What happens if you don't keep the face of the racket level?

- Racket face up – fingers facing the ceiling.
- Racket face down – fingers facing the floor.
- If necessary, decrease the distance to improve the success rate.