


## Objectives

- To perform a small range of skills and link movements together. 
- To perform a range of skills with control and consistency
- To perform a sequence of movements with changes in level, direction or speed.
- To begin to select and apply a range of skills with good control and consistency.
- To begin to perform and repeat longer sequences with clear shapes and controlled movement.

## Learning Points



### Physical

- Adopt good 'ready position'.
- Use footwork to move in line with the ball when receiving.
- Focus on accuracy and weight when sending.

### Coordination Sending and Receiving

- Use backswing and follow through.
- Keep your eyes focused on the ball.
- Adopt a good 'ready position' (weight on balls of feet, wide base).

## Fundamental Movement Skills Focus



### Coordination – sending and receiving

(FUNS Station 8)

Yellow

- Roll a large ball and collect the rebound.
- Roll a small ball and collect the rebound.
- Throw a large ball and catch the rebound with 2 hands.

Green

- Throw a tennis ball and catch it with the same hand after 1 bounce.
- Throw a tennis ball and catch it with the same hand without a bounce.
- Throw a tennis ball and catch it with the other hand after 1 bounce.
- Throw a tennis ball and catch it with the other hand without a bounce.

### Agility reaction response (FUNS Station 12)

Yellow

From a distance of 1, 2 and 3 metres:

- React and catch a large ball dropped from shoulder height after 2 bounces.
- React and catch a large ball dropped from shoulder height after 1 bounce.

Green

From a distance of 1, 2 and 3 metres:

- React quickly and catch a tennis ball dropped from shoulder height after 1 bounce.

## Key Vocabulary

Physical	All body movement
Consistency	The same every time
Coordination	Control movements of each body part together at the right time.
Rebound	To bounce back

## Success

- Maintaining control of the ball
- Able to work ball in both directions
- Smooth movements with the ball



## Review Questions

- How can we keep control of the equipment when we are moving around?
- Why is it important to practise with both hands?

