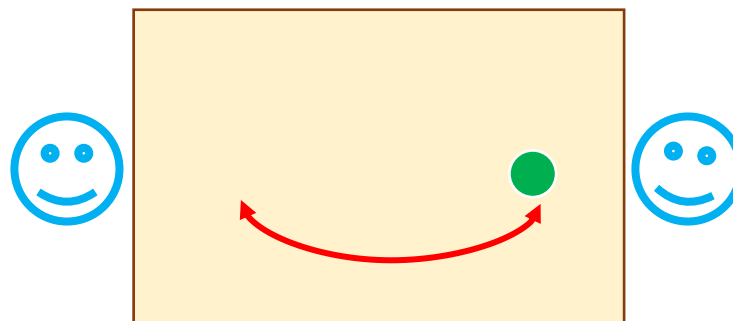


Hand Tennis

How to set up:

- ✓ Arrange a table so there is enough space to move around it.
- ✓ Play in pairs, facing each other at opposite sides of the table.



Equipment:

- ✓ Kitchen Table
- ✓ Table Tennis Ball
- ✓ Or any other small bouncy ball

How to score:

- ✓ Players score 1 point each time their partner fails to hit the ball back to them, or if the ball bounces more than once.
- ✓ Play the game to 11 points to see who wins.

How to Play:

- ✓ Players stand facing each other at opposite ends of a table (see diagram).
- ✓ One player starts the game by bouncing the ball to their partner.
- ✓ The partner must attempt to hit the ball back with the palm or back of their hand.
- ✓ The ball is allowed one bounce (allow more bounces if this is too difficult).
- ✓ Partners must attempt to rally the ball back and forth, keeping the ball on the table.
- ✓ When players are confident with this, they can progress to a competitive game.
- ✓ Points are scored when one partner fails to return the ball across the table.
- ✓ To progress – add a net.

Hand Tennis

The National Curriculum

By practicing this activity, your child will develop the following skills:

- ✓ Coordination & movement
- ✓ Hand-eye coordination
- ✓ Speed and agility
- ✓ Attacking / defending tactics
- ✓ Accuracy

National Curriculum Criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.
- ✓ Participate in team games, developing simple tactics for attacking and defending.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.
- ✓ Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.