

# 5

## ACROSS THE VALLEY

Years 3&4 / P4&5: Sending & Receiving



### Activity Challenge

- Working in pairs, with a racket each
- Pupils start facing each other 1m apart with a hoop in between them
- Pupil 2 starts with a bean bag balanced on their strings and tosses it to Pupil 1 to catch on their racket strings
- Pupil 1 tosses the bean bag for Pupil 2 to catch on their racket strings
- Pupil 2 counts how many successful catches Pupil 1 makes


### To make it harder


- Place the non-dominant hand behind their back
- Use 2 bean bags at the same time

### To make it easier

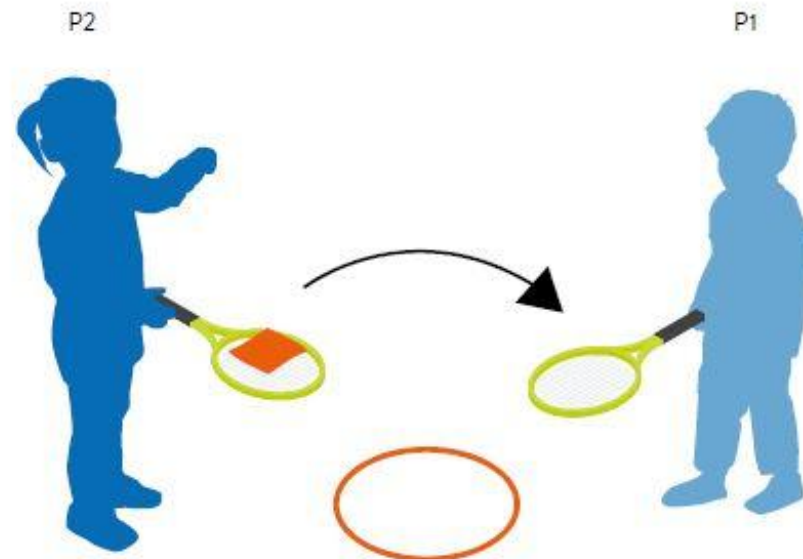
- Pupil 2 throws the bean bag for Pupil 1 to catch with the racket strings
- Pupil 1 catches the bean bag on the racket strings then throws it back to Pupil 2

### Equipment:

 1x Bean Bag

 1x Hoop (or 4x throw down lines)

 2x Tennis rackets



### Scoring

- How many catches can you complete in 1 minute ?

Pupil 1 scores the number of catches using their racket for the first minute and then switch roles for the second minute.