

# 4 FLIP IT

Years 3&4 / P4&5: Racket Co-ordination



## Activity Challenge

- Pupil 1 starts with a bean bag balanced on the racket strings, with their palm facing up
- Pupil 1 flips the bean bag in the air and rotates their wrist so that the palm of hand faces down, and catches the bean bag on the strings
- Pupil 1 flips the bean bag again and rotates the wrist back so that their palm is facing up
- Pupil 2 counts how many times Pupil 1 can successfully flip and catch the bean bag on the strings



## To make it harder

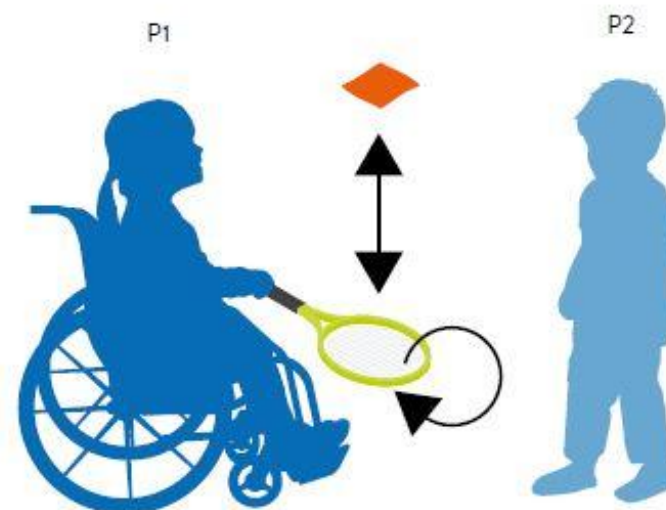
- Use a sponge ball instead of a bean bag
- Place the non-dominant hand behind their back

## To make it easier

- Flip the bean bag and catch it on the racket strings without rotating the wrist
- Hold the racket with 2 hands on the grip
- Use a lighter bean bag or fluff ball

## Equipment:

-  1x Bean bag
-  1x Tennis racket



## Scoring

- How times can you flip and catch the bean bag in 1 minute?