

Step `n` Spin

Traditional Use

Slide one foot through the loop section to ankle level. Either hopping on the spot or moving forwards, rotate the Step `n` Spin around ankle and hop over it with other leg while maintaining the circular motion.

Individual / Partner / Group Activities

1. Relays
2. Timed activities eg. Hopping on the spot
3. Count how many rotations without a mistake
4. Complete a set course around the school grounds – aiming for fastest lap, least mistakes

Tabloid Sport Activities

1. Shuttle Runs
2. Relays
3. Timed activities eg. Hopping on the spot

Product: Mini-Tennis Net

Traditional Use

Small court tennis – singles or doubles suits beginners, juniors and advanced players for mini tennis Bat Tennis court.

Alternative Use

Develop ball control skills for soccer by kicking ball over net and keeping it off the ground.

Suggested Games

1. Around the World: Set up as many nets in a row as possible and divide class evenly around singles playing positions with reserves waiting their turn. One end is nominated the serving end, the other the receiving end.

Option 1. Students at serving end serve one ball and play out the point, then move in a clockwise direction to the next playing position. Keep count of winning points.

Option 2. Students serve and immediately run around to next position. If a player misses their next shot, incorporate an activity (eg. Picking up 2 balls) to get themselves back in the game. Both options can be played to a time limit or a winning score.

2. Dungeons & Castles: Set up as many courts as possible. One end of the court is the "dungeon" (players do not want to go here) and the other end is the "castle" where student aim to be in when the time is up.

Each court plays off with one side being the nominated servers. The winning team move up one position towards the castle and the other team move down towards the dungeon!

3. Four Square Mini-Tennis: Set up a four way court by either using 4 x mini-tennis nets or 2 x mini-tennis nets, adding them longways down a normal tennis court with existing net. Game can be played in a variety of ways:

Option 1. Around the world

Option 2. Ball can be hit into any of the four playing areas

Option 3. Use more than one ball

4. Bottom Volleyball: Students play normal volleyball / newcomb but must stay sitting on their bottoms. (alternative to a volleyball use ezy flings / T-ball / beanbag). If there is a large enough area and more mini-tennis nets, students can sit on scooter boards- scooting around the court to play.

5. Hit & Hope: Play on 2 mini-courts. One student stands up one end and the rest of the class at the other. The student playing on his or her own hits a ball over the net. If that ball is caught

the player is out and must join the students at the other end. The person who caught the ball can go to the serving end and play continues. The player on their own remains playing on their own until they get caught out or hit the ball out of court 3 times.

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