



PE Topic Journey Overview Y4

Y4 PE Topic: Games

PE Topic: Y4 Football

<p>Lesson 1</p> <p>Key Skills: Individual Ball control and passing</p> <p>Warm-up: Stuck in football mud where children who are caught are released by players dribbling and passing to those who are caught.</p> <p>Activities: Control and pass through 90 degrees in 3s or 4s, use cones for players to stand near when passing on angles</p> <p>Conditioned game: Chase ball in groups; can ball be passed around the group quicker than one player can run around the group.</p> <p>Outcomes: control and pass in different direction correctly weighted pass.</p>	<p>Lesson 2</p> <p>Key Skills: Ball control using instep and thigh</p> <p>Warm-up: traffic lights while children have a ball each</p> <p>Activities: In 2s pass to each other with instep, then throw to control on thigh and pass back.</p> <p>Conditioned game: Throw and catch netball rules with end zones, point scored when ball is controlled on thigh.</p> <p>Outcomes: ability to cushion ball on thigh for control.</p>	<p>Lesson 3</p> <p>Key Skills: develop dribbling skills</p> <p>Warm-up: Stuck in football mud using headers to release.</p> <p>Activities: In pairs, 1 ball, 2 cones, A dribbles round B back to cone and passes. One player raises hand for other to see, encourage awareness of others. Players go into diagonal groups to increase awareness</p> <p>Conditioned Game: Through the arches, half of players dribble and pass to partner through arches made by other player pairs</p> <p>Outcomes: Players to look out for others as they dribble.</p>
<p>Lesson 4</p> <p>Key Skills: Improve accuracy of pass, to know when to pass, when to dribble</p> <p>Warm-up: Ball placed between 2, run to, foot on, pass to partner, run round and replace ball.</p> <p>Activities: Dribble ball around partner, return to start and pass to hit cone in front of partner. In 4s AB face CD. B dribbles to left, then to right and passes to C, then C to A, repeat</p> <p>Conditioned Game: Small sided games, limited touches.</p> <p>Outcomes: Children making appropriate choices on when to dribble/pass</p>	<p>Lesson 5</p> <p>Key Skills: To develop heading skills (softer balls for less confident)</p> <p>Warm-up: Stepping mines, run across layout of cones, 4 runners at once</p> <p>Activities: Throw, head, catch in pairs, moving backwards and forwards, Introduce small goal to change direction of header and in 3s with retriever/gk</p> <p>Conditioned Game: Small sided games where ball is thrown as in netball and goals scored with header</p> <p>Outcomes: Ability to head the ball with increasing confidence</p>	<p>Lesson 6</p> <p>Key Skills: To re-inforce and practice skills learned in previous sessions</p> <p>Warm-up: Half player with ball, others to run to them and ask for pass, volley, header etc.</p> <p>Activities: Set up 4 different skills circuits</p> <p>1) Heading station : in pairs, children perform sit-ups to head the ball out of partners hands, 10 each then swap, then practice throw, head, catch</p> <p>2) Passing practice, children to play a wall pass off benches in circuit</p> <p>3) Cone dribble: Children to dribble ball through colour cones depending on colours held by partner</p> <p>4) Skittle ball: children to play 4v4 game knocking over skittle to score.</p> <p>Outcomes: Demonstration of improving skills at activities</p>
<p>Resources: Cones, Footballs, range of softer balls, poles, bibs</p>	<p>After school club:</p> <p>Pro-skills soccer all year</p> <p>Girls football club: Autumn Term</p>	<p>Out of school links:</p> <p>Links to local football clubs including Maghull FC youth teams</p>

PE Topic: Y4 Netball

<p>Lesson 1</p> <p>Key Skills: To get in a good position to pass and receive the ball</p> <p>Warm-up: Stuck in Mud, release those caught by throwing netball to them.</p> <p>Activities: Introduce chest pass and teach correct way to do it. Practice in pairs /threes. Ask children to move after passing the ball</p> <p>Small-sided game: in each quarter of the pitch, small sided game played with end zones to catch the ball in(zone ball) . Catcher then has to land ball in a hoop to score the point</p> <p>Outcomes: Improved spatial awareness, quality of passing</p>	<p>Lesson 2</p> <p>Key Skills: Develop understanding of speed when playing invasion games</p> <p>Warm-up: On your toes, ball passed around the circle with both accuracy and speed. Encourage communication.</p> <p>Activities: Copy cats: one player performs action with a ball, other copies quickly</p> <p>Small-sided game: Beat the ball; in circle of 8, one player passes ball to next player and then attempts to run around the circle and get back to place before ball arrives.</p> <p>Small-sided game: Zone ball as in previous week</p> <p>Outcomes: Speed of pass to increase while maintaining accuracy</p>	<p>Lesson 3</p> <p>Key Skills: To pass the netball using a range of different techniques</p> <p>Warm-up : Play one bounce. Ball is held with arms extended and dropped for partner to collect after one bounce</p> <p>Activities: Recap on chest pass, children to practice in pairs Show bounce pass as an alternative; aim to bounce three quarters away from partner. Show overhead pass, to get ball over opponents, practice both new passes in pairs/threes</p> <p>Small-sided game: Keep the ball; groups of 3/4/5 to keep the ball from one other. Try to incorporate all passes in the game.</p> <p>Outcomes: Children to be able to pass and receive the three different passes.</p>
<p>Lesson 4</p> <p>Key Skills: To learn correct technique for shooting</p> <p>Warm-up: In pairs, children roll, chest pass, bounce pass and overhead pass, moving when they don't have the ball</p> <p>Activities: Teach shooting technique, individuals with ball, straight knees, straight arms. Practice firstly by shooting the ball into the air, then introduce target. Children to play their own shooting competition in groups. Change position shooting from.</p> <p>Small-sided game: children to play approx 3 v 3 game towards one netball goal. Score points for hitting any part of the goal, other team then gets the ball.</p> <p>Outcomes: Children to demonstrate correct shooting technique and improve accuracy of shots.</p>	<p>Lesson 5</p> <p>Key Skills: To learn how to pivot on one foot</p> <p>Warm-up: Numbers game where children are running around area. 5/6 children with a ball. On call of a number, children to get into that group and start passing ball around</p> <p>Activities: Children in 4 groups. Bean bags in hoops, spots between hoops. In turn, children to place one foot on spot, reach over to pick up bean bag, then drop into another hoop while pivoting foot on spot.</p> <p>Small-sided game: 2 small sided netball games(up to 8 v 8). Players must stay in one half of pitch only as attacker or defender. Swap roles. Encourage pivoting in the games</p> <p>Outcomes: Children to demonstrate pivoting with the ball</p>	<p>Lesson 6</p> <p>Key Skills: To incorporate skills learned into mini netball tournament</p> <p>Warm-up: Snakes. Groups of 5/6 in line. Player rolls the ball through the legs of all other players and runs to back to retrieve. Ball then passed from hand to hand through the rest of team, twisting from one side to another</p> <p>Activities: Split class into 4 teams. Play 2 games on half sized courts at same time. No players to cross the half way line. Players to rotate positions between attack and defence.</p> <p>Outcomes: Children to show ability to use a range of passing competently, to be able to pivot and also to be able to shoot with increasing accuracy. Children to show enjoyment of the competition and to demonstrate fairness and good sporting behaviour</p>
<p>Resources: Netballs, handballs, cones, bibs, bean bags, hoops</p>	<p>After school club: Y4 netball after school club (spring term)</p>	

PE Topic: Y4 Tag Rugby

<p>Lesson 1</p> <p>Key Skills: Handling the rugby ball, carrying in 2 hands</p> <p>Warm-up: Half of group running with the ball, others statues, on command swap positions</p> <p>Activity: In pairs, children to carry the ball while opponent chases and attempts to tag their partner; reverse roles</p> <p>Conditioned games: Ball tag: In groups of up to 8, one player has to chase others and tag them with the ball. Swap taggers. Game to then change where tagger has to go and tag players in another group.</p> <p>Outcomes: Children running with the ball while holding it in 2 hands</p>	<p>Lesson 2</p> <p>Key Skills: To introduce passing of the rugby ball</p> <p>Warm-up: Stuck in the mud game where players are tagged and then freed by having a rugby ball placed into their hands.</p> <p>Activities:1) Introduce passing of a rugby ball, emphasis on hands under the ball to throw to make catching easier. Practice in pairs and 3s</p> <p>2) Catch up passing, 4/5 players in square/circle pass the ball to adjacent player, then run up to and around them before running back to their own place before ball is passed back to them once it has gone around the whole group.</p> <p>Small sided game : Pass ball around circle while one child runs and attempts to get back to own place in circle before the ball.</p> <p>Outcomes: Children to show correct passing technique</p>	<p>Lesson 3</p> <p>Key Skills: To combine running and passing the ball</p> <p>Warm-up : Stuck in the mud game developed from previous week where players are tagged and then freed by having a rugby ball passed into their hands.</p> <p>Activities: Recap on passing of the rugby ball. Introduce running with the ball before passing it to another player. Practice in 2s/3s</p> <p>Conditioned game : Play 4 v 4 game where children attempt to keep ball for 10 tags/passes to score a point. If ball is dropped, ball is given to other team, No insistence on direction ball is travelling. Player must pass when tagged.</p> <p>Outcomes: Children to receive the ball and run with it before passing accurately</p>
<p>Lesson 4</p> <p>Key Skills: To use tags as part of rugby based activity</p> <p>Warm-up: Children to wear belts; each house group to take turns being the chasers.</p> <p>Activities: In four groups, two players in each group start with a rugby ball and run around in their designated area until both their tags are removed by other players. Other players to have turns with the ball. Emphasise keeping the ball in two hands, ready for the pass.</p> <p>Small-sided games: Play 4 approx 4v4 games using tags where players attempt to cross opponents line with the ball. Introduce no forward pass rule from the start</p> <p>Outcomes: Children to show that they can dodge, evade taggers and that taggers can take tags from others.</p>	<p>Lesson 5</p> <p>Key Skills: To develop running with the ball by swerving and side-stepping</p> <p>Warm-up : Octopus; group of 8 all with a ball to chase others as they run from one side to the other. Touch with a ball to tag. Those caught then become tentacles who can reach out and tag others but feet must remain stuck to ground.</p> <p>Activity: 4 groups of approx 8, players with tags. Play in channels, 3/4 players at each end of channel. In turn, one player with the ball attempts to get across to other side while one tagger tries to prevent this happening. Tagger replaced after he has attempted to tag every other player once.</p> <p>Small sided game : Play 4 approx 4v4 games where object is to cross the opponents line. When tagged, players must pass ball backwards only. After 6 team tags, players must concede possession of the ball.</p> <p>Outcomes: Children to show pass and move in main activity and game.</p>	<p>Lesson 6</p> <p>Key Skills: To use skills learned in class mini-tournament</p> <p>Warm-up: Horse and jockey. Groups of 8 in pairs form inner and outer circle. Balls in middle. Outside players run around circle once before crawling under partners legs to retrieve ball</p> <p>Small-sided game: 4 teams of approx 8. Two teams to play match on each pitch. No player allowed to score 2 successive tries, ball returned to opponents after 6 tags. If only one pitch available, two teams who are not playing, to play ball tag game while not playing small-sided game.</p> <p>Outcomes: Children to show skills, enthusiasm, competitiveness and fair play in game situation</p>
<p>Resources: rugby balls, cones, poles, bibs, tag rugby belts</p>	<p>After school club : Y4 Tag rugby ASC autumn term</p>	

PE Topic: Y4 Handball/Hockey

Lesson 1
Key Skills: To show control of the hockey stick and ball
Warm-up: Recap how to use a hockey stick safely. Each pupil with hockey stick, no ball keeping stick near ground in and out of cones
Activities: 1) All children with hockey stick and ball dribble ball around area, Focus on using flat side of stick and eye on the ball.
2) Set out cones in pairs, Children to dribble hockey ball through pairs of cones.
Outcomes: Children to dribble hockey ball with control

Lesson 2
Key Skills: To pass the hockey ball
Warm-up : In groups of approx 8. All players except 1 with a ball. Player who is without ball attempts to get a touch on the other players ball with their hockey stick. Swap roles
Activities: 1) Recap on the action of passing being a push, not a hit. In pairs or threes, children pass the ball to each other, stopping the ball after each pass before returning it.
2) In groups of approx 8, children are given a number and then pass the ball to the next numbered player.
Outcomes: Children to pass the ball accurately

Lesson 3
Key Skills: To shoot the ball into a goal.
Warm-up : Collection of hockey balls in central area. 4 groups of approx 8 spaced around the edge. One at a time from each group run to the middle and collect a ball with their stick and return to their own collection area. When all balls gone, steal from other groups.
Activities: 1) Groups of approx 4; set up a goal with cones. Set up 4 different distance shooting points for children to shoot from. Children practice shooting from all of the different cones. Introduce competition between group with points scoring, 1 point for easiest distance etc.
2) In same groups, children set up a dribble to be followed by a shot. No goalkeepers
Outcomes: Children to be able to shoot the ball into a goal from a range of distances.

Lesson 4
Key Skills: To pass a handball over increasing distances
Warm-up: Relay game: 4 groups of approx 8. Player at front rolls the ball through all team mates legs to player at back of line. Player at back runs in and out of line to get to front of line and process starts again
Activities: 1) Teach children how to pass the handball using one hand if possible. In pairs or 3s, children pass the ball to each other with one bounce between passes. Gradually increase the distance thrown.
2) In groups of 8, one player in middle of circle, ball is passed to the middle and then around the clock. Swap player in middle
3) Small-side games of approx 4v4. play team pass: Each team has to pass to every other player in the team to score a point.
Outcomes: Children to be able to perform a 1-handed pass.

Lesson 5
Key Skills: To bounce and dribble the handball
Warm-up: Relay game: 4 groups of approx 8. Player at front rolls the ball through all team mates legs to player at back of line. Player at back instructs team to lie down and jumps over them all to get to front of line and process starts again
Activities: 1) Tell children that bouncing the ball is allowed in handball. In pairs or 3s, children bounce the ball 5 times and then pass to partner who does the same.
2) Explain to children that only 3 steps are allowed in handball while bouncing the ball. In pairs or 3s, children dribble for 3 steps and then pass to partner who does the same.
3) Small sided game: approx 4v4 playing team pass but each time a player gets the ball they must bounce it twice with one hand before passing.
Outcomes: Children to be able to do a one-handed bounce of the handball and begin to dribble in handball.

Lesson 6
Key Skills: To shoot the handball with accuracy
Warm-up: 4 groups of approx 8. Relay where 1st player dribbles to line before turning and passing to next player in line. 1st player then runs to back of line
Activities: 1) Groups of approx 4 set up a low height goal. In turn, players shoot at the goal, scoring points for every goal.
2) Make the same activity more challenging by placing 2 cones in the corners of each goal. Points are now only scored when the cones are hit.
Small-sided games: Play targetball. Set up 4 games of approx 4 v 4. Small pitch with traffic cones as target. Each member of team has to touch the ball before a shot can be taken.
Outcomes: Children to be able to shoot the ball one handed into a goal and play a small-sided game of targetball.

Resources: Hockey sticks, hockey balls, plastic hockey sticks, tennis balls, cones, bibs, handballs, netballs

PE Topic: Y4 Cricket

<p>Lesson 1</p> <p>Key Skills: Fielding skills, throwing and catching</p> <p>Warm-up: 4 groups of approx 8; children jog around area, introduce 2 balls which are thrown around between children. 5 star jumps if ball is dropped done by whole group</p> <p>Activities: 1) All children with a ball, throw into the air and catch, try to clap between catches. Take ball to a fence or wall and throw it into the ground to bounce up onto the fence/wall and catch the rebound 2) Move to pairs, throw and catch, look for 10 in a row</p> <p>3) Catching caterpillar: groups of approx 8, 4 facing 4 about 2m apart, throw and catch the ball, thrower moves down to end of line, start again if ball is dropped, competition between the 4 groups</p> <p>Outcomes: Improved catching skills, focus keeping eye on the ball.</p>	<p>Lesson 2</p> <p>Key Skills: Fielding skills, throwing the ball to another player</p> <p>Warm-up: Dodgeball; 6 soft cricket balls or tennis balls in play for whoever gets them. Roll the ball to try and hit other players under the knee. If hit, player does 5 star jumps. Only 1 attempt allowed before another player gets the ball.</p> <p>Activities: 1) In groups of 3/4 with one ball and wickets; one player(wicketkeeper) stands at the wickets and rolls the ball out to each of the other players in turn. They pick ball up and return to player one. Emphasise a good accurate throw into the wicketkeepers hands better than hitting the wickets. Rotate positions</p> <p>2) 4 games of cricket targetball approx 4v4; cone at each end of pitch surrounded by roped off area which nobody is allowed in. Aim is to hit the cone with an underarm throw. Ball is passed amongst the team, no moving with the ball. Dropped ball goes to other team.</p> <p>Outcomes: Good catching and accurate throwing</p>	<p>Lesson 3</p> <p>Key Skills: To bowl a cricket ball with correct technique</p> <p>Warm-up: Stuck in mud game. 6 chasers, 6 with ball to free. Ball must be thrown for a catch by the captured player. Ball must be caught for them to be free. Freed player keeps the ball to free others. Introduce one handed catch only to make harder</p> <p>Activities: 1) Recap on difference between bowling and throwing (straight arm). Remind of star shape and grip. All children with ball and bowl against fence to practice</p> <p>2) 8 groups of approx 4 with wickets and cone to start bowling from, one wicketkeeper, one batter in turn, players bowl at the wickets, then become the batter, introduce point scoring. 3 goes then rotate positions</p> <p>Outcomes: Correct bowling technique demonstrated by majority of children.</p>
<p>Lesson 4</p> <p>Key Skills: To improve accuracy of overarm bowling</p> <p>Warm-up: 4 lines of 8 with each player approx 4m apart. Ball starts with first player and is thrown to player 2, then onto 3 etc. When it reaches player 8, throw back down the line to player 1</p> <p>Activities: 1) Groups of approx 8 with wicketkeeper. Introduce two poles to be placed on ground 1m and 2m in front of wickets. Player bowls and then becomes wicketkeeper. Aim is to land the ball inbetween the 2 poles</p> <p>2) 4 games of approx 4v4; 3 players line up to bowl with one wicket keeper. Other 4 players line up with a bat ready to run around large grid. On go, first bowler sets off to bowl as batter sets off to run around grid. If player gets round before wickets are hit, score a point. Bowlers score a point if wickets are hit before player gets around. Swap roles</p> <p>Outcomes: Improved accuracy of bowling</p>	<p>Lesson 5</p> <p>Key Skills: To strike the ball into a target area and fielding skills</p> <p>Warm-up: Yes, No, Wait: All children to carry a bat or tennis racket. Yes means run from one line to another, No means don't, Wait means wait for yes or no to follow</p> <p>Activities: 1) In groups of 3/4 with bat, ball, batting tee, and cones. Players spread between cones as player tries to strike the ball between cones, players are fielders who try to stop the ball. 3 goes each. Move cones to different positions and rotate batter.</p> <p>2) In same groups, one fielder feed the ball underarm with other fielders spread out. Batter hits ball into a space. Batter then runs between cones, scoring runs until the fielders have retrieved the ball, congregated and thrown it between them to stop the running.</p> <p>Outcomes: Accurate striking of the ball, improved fielding and teamwork skills.</p>	<p>Lesson 6</p> <p>Key Skills: To incorporate batting, bowling and fielding skills</p> <p>Warm-up: 4 games of cricket targetball approx 4v4; cone at each end of pitch surrounded by roped off area which nobody is allowed in. Aim is to hit the cone with an underarm throw. Ball is passed amongst the team, no moving with the ball. Dropped ball goes to other team.</p> <p>Activities: 1) In groups of 4/5; one bowler, one batter, one wicketkeeper and fielders with one set of wickets or a traffic cone, ball is bowled for striker who attempts to hit the ball. Others to retrieve the ball. 3 attempts then rotate positions</p> <p>2) In 4 groups of approx 8, play non-stop cricket. One batter, one bowler who feeds underarm. Batter must run whether ball is hit or not. Fielders retrieve ball and return it to bowler who bowls even if batter is not ready. Batters must retire if they score 10 runs.</p> <p>Outcomes: Children demonstrate improving batting, bowling and fielding skills</p>
<p>Resources: kwik cricket bats, balls, wickets, cones, traffic cones, ropes</p>	<p>After school club Y4 cricket ASC (summer term)</p>	<p>Out of school links: Maghull Cricket Club junior training</p>

PE Topic: Y4 Tennis

<p>Lesson 1</p> <p>Key Skills: To develop the forehand shot.</p> <p>Warm-up: Jogging around outside of playing area, changing direction on command and running in and out of cones</p> <p>Activities: 1) Throw to throw; children make small court approx 5m x 2m with 4 cones and traffic cone in middle for net height, underarm throw over net to land in court, partner must catch after 1 bounce. Play competitive game scoring points. Using same small court, one player to pick up racket (back to fence player for safety) Ball is fed to forehand side by partner and is hit back to land in court for feeder to then hit back with a flat hand in an attempt to keep the rally going. 5 goes each before swapping roles.</p> <p>Outcomes: Controlled forehand shots and to start a rally of shots.</p>	<p>Lesson 2</p> <p>Key Skills: To practice the backhand shot</p> <p>Warm-up: Sidestepping around the outside of the court while carrying a tennis racket, changing direction on command. No overtaking, run to the middle on command</p> <p>Activities: Recap on difference between backhand and forehand shots. 1) Throw to throw; children make small court approx 5m x 2m with 4 cones and traffic cone in middle for net height, underarm throw over net from feeder to land in court, but on backhand side of partner, who attempts to hit back with the back of their hand. Feeder to catch after 1 bounce. Swap after 5 goes 2) Practice as above but introduce using the racket rather than the back of the hand.</p> <p>Outcomes: to be able to play a backhand shot with increasing accuracy.</p>	<p>Lesson 3</p> <p>Key Skills: To practice combinations of forehand and backhand shot</p> <p>Warm-up: All children with a ball. Sidestepping around outside of court but with a ball to bounce while sidestepping. Change direction on command, move in and out of cones.</p> <p>Activities: 1) Small court approx 5m x 2m marked by cones with traffic cone for net height. Feeder throws randomly to forehand or backhand for hitter to return into court for a bounce and catch. 5 goes each then swap. 2) Play game in small court where feeder throws tennis racket on the court as target. Feeder throws to either side and ball is hit back over the net aiming to land ball on the racket. 5 goes each to determine a winner. 3) Change pairs around so that children have different partners to play against.</p> <p>Outcomes: Children to be able to play both forehand and backhand shots with control.</p>
<p>Lesson 4</p> <p>Key Skills: To develop the backhand volley shot</p> <p>Warm-up: Caterpillar relay. 4 teams of approx 8 in a line all with rackets. Ball is transferred from 1st player to 2nd player etc down the line. When ball gets to last person, they run to the front and it starts again</p> <p>Activities: Recap on the forehand volley, demonstrate the backhand volley, explaining it can be a 1 or 2 handed shot. 1) In pairs, children throw the ball to each other to be caught in a position where they would usually volley the ball on the backhand side. 2) Progress onto one player using a racket to volley the ball back with control for a catch. 5 goes each then swap. Play with different partner. 3) Living wall activity where half of class are feeders with a tennis ball. Other half of children with rackets move around playing area to find different feeders who play a backhand volley back for a catch</p> <p>Outcomes: Children start to be able to play a controlled volley on the backhand side</p>	<p>Lesson 5</p> <p>Key Skills: To develop the serve in tennis</p> <p>Warm-up: All with racket and ball. Individually try to keep ball going in the air by hitting it in the air gently. Count scores. Repeat allowing the ball to bounce once.</p> <p>1) Small court approx 5m x 2m marked by cones with traffic cone for net height. Player with the racket is the feeder and drops the ball onto their racket to serve the ball into play. Try to land the ball onto opponents racket which is placed in their half of the court. 5 goes each and swap 2) Play game where both players start with a racket making sure there is enough space to play. First player serves and as a pair, aim is to keep the ball going in a rally. Each player serves alternately. Try to complete rallies of 10 shots.</p> <p>Outcomes: Children to be able to serve the ball at the start of a game and continue a rally.</p>	<p>Lesson 6</p> <p>Key Skills: To apply skills learned to playing mini-tennis matches</p> <p>Warm-up: Playing area set out for tournament. In warm-up children in pairs run with a ball to one of the courts, underarm throw over the net to their partner who then moves to another court.</p> <p>Activities: Set up as many mini-courts as space permits taking account of safety. Courts to be made from cones with traffic cones as nets (8 would be ideal as it allows children to play all of the time) Children in pairs or threes. Each game is played up to 5 points and starts with a serve from behind the base line. Disputed points should be re-played. Frequent changes of opponents. Encourage play and sporting behaviour with the traditional handshake after game.</p> <p>Outcomes: Children to demonstrate a range of skills that they have learned and play competitively and fairly</p>
<p>Resources: Slo-coach tennis balls, larger foam balls (easier) Tennis rackets (1 each), marker cones, traffic cones, tennis nets</p>		