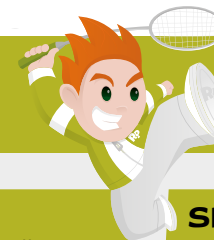


# Module 1: Lesson 6 - Team Work Festival

Ages 5-7



## Learning Outcomes

1. Players cooperate effectively as part of a team.
2. Players can identify different roles and responsibilities within a team.
3. Players can overcome problems involved in completing activities as a team.
4. Players are better equipped to understand how to influence others.

## Techniques to Demonstrate

1. Grips for hitting on forehand and backhand sides.
2. Underarm throwing.

## Equipment

Rackets	Fluff balls
Shuttles	Tape measure
Throw-down spots	Large hoops
Throw-down lines	Small hoops

## Shuttle Progression

Simplify:	Balloon
Entry Level:	Fluff balls
Progress:	Success ball
Advanced:	Shuttle

## Festival Instructions

1. Split the group into teams.
2. Each team will spend 5 minutes on each of the 5 activities.
3. They will work together to achieve the highest number of points for their team.
4. Activity 1 is taken from week 1 of the resource and so on. Players will therefore already be familiar with the activities.

### Activity 1

#### Backhand Tap-ups

1. Ask players to find a space away from others in the hall.
2. The aim is for players to use an appropriate backhand grip and backhand action to tap the fluff ball or balloon repeatedly into the air.

Points: 1 point per consecutive tap-up.

### Activity 4

#### Ready Steady Throw

1. Players need to run forward, pick up a shuttle with racket hand, turn sideways and chase back over a set line and then perform an overarm throw to throw the shuttle as far as possible.

Points: Measure the distance thrown either with a tape measure or by stepping it out and record the furthest distance achieved as the team score.

### Activity 2

#### Crazy Golf

1. Create several golf-style holes around the hall by using throw-down spots, hoops of different sizes, buckets, etc. and assign different points to different holes depending on their level of difficulty.
2. Place a throw-down line in front of each hole to indicate where players should stand to perform their shot.
3. Split the group into equal teams and allocate 1 racket and 1 shuttle or fluff ball per team.
4. Teams to move around the hall and perform backhand serves towards the holes.

Points: 1 point per golf hole.

### Activity 3

#### Badders Baseball

1. Split the group into 4s. 1 feeder, 1 hitter, 2 catchers.
2. The feeder throws the fluff ball or shuttle underarm to the hitter who performs a backhand hit using an appropriate backhand grip to either of the catchers.
3. Repeat this several times and then rotate positions.

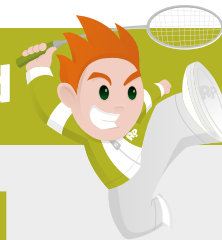
Points: 1 point per combined throw, hit, catch.

### Activity 5

#### Polar Bears

1. Split the group into 2 teams; the polar bears and the seals.
2. Mark out an area and randomly place a throw-down spot on the floor for each member of the polar bear team.
3. The polar bears stand on their spots whilst the seals move from one side of the area to the other.
4. The polar bears' aim is to tag the seals as they move past. Each seal that makes it to the other side receives 1 point. Polar bears can lunge with 1 leg towards a seal, providing 1 foot remains on the spot. After a set time, swap teams over.

Points: 1 point is scored by the seal for each successful swim across the ocean.  
1 point is scored by the polar bear for each successful seal catch.



Team name

Team Score

**Activity 1:**  
Backhand Tap-ups

**Activity 2:**  
Crazy Golf

**Activity 3:**  
Badders Baseball

**Activity 4:**  
Ready Steady Throw

**Activity 5:**  
Polar Bears

**TEAM TOTAL**

## Scoring Instructions

1 point per consecutive tap-up.

1 point is scored by the seal for each successful swim across the ocean.  
1 point is scored by the polar bear for each successful seal catch.

1 point per golf hole.

1 point per combined throw, hit, catch.

Measure the distance thrown either with a tape measure or by stepping it out, and record the furthest distance achieved as the team score.

