

Module 2: Lesson 6 - Team Work Festival

Ages 7-9



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. Underarm throwing.
2. Tap-ups (forehand and backhand).
3. Backhand serves.
4. Forehand and backhand underarm hit.

Equipment

- | | |
|------------------------|------------------|
| Rackets | Stop watch |
| Shuttles | Throw-down spots |
| Fluff balls | Hoops |
| Targets for Crazy Golf | |

Shuttle Progression

- | | |
|-------------|--------------|
| Simplify 3: | Balloon |
| Simplify 2: | Fluff balls |
| Simplify 1: | Success ball |
- Entry Level: 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

Tricky Tap-ups

1. Each player to stand on a throw-down spot with a racket. Nominate a team player to do each of the following tap-ups.
 - o Forehand
 - o Backhand
 - o Alternative forehand and backhand
 - o Trick shot tap-ups (hit and spin around before hitting again)
2. Players to count the number of consecutive tap-ups they achieve.
(If you have more than 4 players in a team then 2 players can be nominated for the forehand (for example) but only the highest score from those 2 players will count.)

Points: Combine individual's highest number of consecutive tap-ups to form the team score.

Activity 4

Ladders

1. 1 player is the feeder; the other team members are the hitters. The feeder stands on a throw-down spot with a fluff ball, whilst the hitter stands 1 metre away on the 1 point throw-down line with a racket.
2. The feeder throws the shuttle underarm (with the thumb of the throwing hand placed inside the shuttle) for the hitter to perform a forehand or backhand underarm hit for the feeder to catch. If successful the hitter moves back to the 2 point throw-down line situated 1 metre further back and repeats the exercise. If the feeder successfully catches again then the hitter moves back once more to the 3 point throw-down line situated 1 metre further back.
3. The next team member then takes their turn.

Points: 1, 2, or 3 points are scored depending on which line the hitter is standing on. The feeder needs to catch the fluff ball for the points to count.

Activity 2

Throwminton

1. Team to spread out within a set area and throw the giant shuttle between teammates, counting consecutive catches.

Points: 1 point is scored for each consecutive catch.
Record the highest number achieved by the team.

Activity 5

Caterpillars

1. Players to form a line facing forward - each player will need a racket.
2. Player 1 starts with a fluff ball on their racket, which they pass down the line to player 2's racket, before running to the back of the line. Player 2 repeats this by turning to player 3 and placing the fluff ball onto their racket, and so on.
3. The line of players will gradually move down the hall. Time how long it takes for the team to reach the end of the hall. If the team achieves this quickly they can repeat the exercise to get the best time possible.

Points:	0-1 minute:	20 points
	1-2 minutes:	15 points
	2-3 minutes:	10 points
	3-4 minutes:	5 points
	Over 5 minutes:	2 points

Activity 3

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.





Team name

Team Score

Activity 1:
Tricky Tap-ups

Activity 2:
Throwminton

Activity 3:
Grazy Golf

Activity 4:
Ladders

Activity 5:
Caterpillar

TEAM TOTAL

Scoring Instructions

Points: Combine individual's highest number of consecutive tap-ups to form the team score.

Points: 1 point is scored for each consecutive catch. Record the highest number achieved by the team.

Points: 1 point per golf hole.

Points: 1, 2, or 3 points are scored depending on which line the hitter is standing on. The feeder needs to catch the fluff ball for the points to count.

Points:	0-1 minute:	20 points
	1-2 minutes:	15 points
	2-3 minutes:	10 points
	3-4 minutes:	5 points
	Over 5 minutes:	2 points

