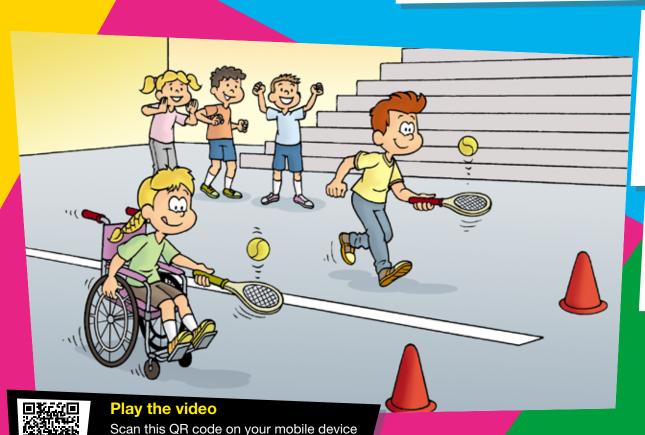
## SCHOOL GAMES

# KEEPIE UPPIE

## Achieve the challenge

The aim is to keep the ball up on your racket while taking part in the different challenges.



### How to play

How many times can you bounce the ball in the air with your racket, without it dropping on the ground:

#### **Challenges:**

- 1. Using a forehand grip?
- 2. Using a backhand grip?
- 3. Alternating between a forehand and backhand grip?
- 4. While walking in a straight line to a cone 4m away, then back?
- **5.** While walking around obstacles to a cone 4m away, then back?

## **Equipment**

#### Essential

A racket and a ball.

#### Optional

- · Cones or markers.
- Different rackets and balls so players can choose.

#### **Spirit of The Games**



#### **Determination:**

What do you do when you drop the ball? Do you keep trying?



#### Teamwork:

Are you giving other players around you enough space to try the challenges?



#### Honesty:

Do you keep an accurate count of your score?

### **Safety**

• Ensure you are in a space far away from others and keep your head up.

to watch how the game is played.

• Use safety cones or floor spots for the obstacles.

## Link it up

This game helps you practise the correct grip used in net and wall games like tennis, table tennis, squash and badminton.

#### **Think tactics**

How high are you hitting your shots?Is it better to have big or small bounces?

## SCHOOL GAMES

# KEEPIE UPPIE

#### Roles for leaders and officials

- · Check all the equipment is available.
- Set out individual spaces which are large enough to be safe.
- Measure out the 4m for Challenge 4 accurately.
- Check players are counting scores accurately.

### **Including Everyone**

 If someone can't see very well, give them a partner with a bell. The partner shakes the bell in different areas and the other player has to tag it.

## **STEP in.** Including all young people by changing the Space, Task, Equipment or People (STEP)

#### **EASIER**

- S Decrease the distance on Challenges 4 and 5.
- T Keep the ball on the racket without bouncing.
- E Change the size of the racket, shorter handle, larger face.
- P On your own in a big space.

#### **HARDER**

- S Increase the distance on Challenges 4 and 5.
- Increate the length of time.
- E Use a smaller ball e.g. squash ball.
- P Work with a partner.

## Change it up

- Can you work with a partner keeping the ball up between you?
- Can you keep the ball up whilst at different heights? E.g. standing, on your knees, sitting etc.
- Use music to decide when to swap your grip or move on to the next challenge.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

## **SMILES DETECTIVE**

It's important to make sure you can answer **YES** to the following questions.



#### **SMILES checklist:**

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer
YES to these
questions,
make sure you
STEP in.













