



Variations of Polybat that develop skills that support Polybat and other racquet activities.

### Learning Intention

To practice striking shots with accuracy along the table top.

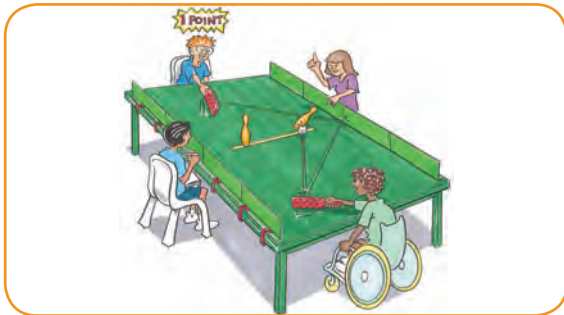


### Skill Focus

Shot placement, striking



### Polyskittles



#### What you need

- Polybat bats and balls (or alternatives)
- Rebound sides (or similar)
- Skittle, small plastic bottles or plastic cups

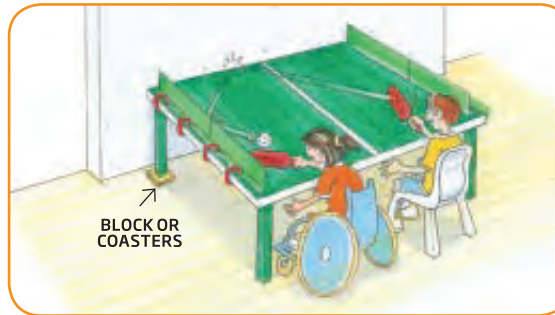


#### What to do

- Aim is to knock down as many skittles as possible using 5 balls in succession.



### Polysquash



#### What you need

- Polybat bats and balls (or alternatives)
- Rebound sides (or similar)



#### What to do

- Push a table against a wall. Players sit next to each other. Mark a dividing line up the centre of table if necessary.
- Players hit alternatively off the wall or sides.
- Players score by hitting the ball over the end of the table on their opponent's side.



### Octopoly



#### What you need

- Polybat bats and balls (or alternatives)
- Rebound sides (or similar)



#### What to do

- Use a multi-sided table to include more players.
- Play individually or in teams.
- Agree on a winning score.





## Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

### Teaching style



#### Polyskittles

- Encourage players to keep score or allocate a scorer.

#### Polysquash

- Use Polysquash to explain about the game of squash.

#### Octopoly

- Discuss with players how they would like to play.

### Rules



#### Polyskittles

- Remove or leave skittles that have been knocked over.

#### Polysquash

- Allow multiple hits for players of different abilities.

#### Octopoly

- Players can score through any other player's 'goal'.

### Equipment



#### Polyskittles

- Use different types of targets e.g. plastic cups, light balls.

#### Polysquash

- Slightly raise the end of the table nearest the wall to assist the ball to roll back towards the players e.g. use coasters.

#### Octopoly

- Use balls that move at different speeds.

### Environment



#### Polyskittles

- Space the skittles out to challenge players.

#### Polysquash

- Use narrower tables or play individually initially.

#### Octopoly

- Increase or decrease the goal size.

### Safety



- Emphasise playing with control, without swinging the bat in the air. This is particularly important if playing near other players.

### Ask the players



- How can you work as a team to score more points?
- What techniques did you use to score points?
- What action is best to use to make a more accurate shot?
- Where did you aim to knock over the most skittles on your first shot in Polyskittles?