**Polybat Variations**

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

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**Learning Intention**

To practice striking shots with accuracy along the table top.

**Skill Focus**

Shot placement, striking

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### 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.

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### 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.

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### 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.

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**Curriculum links**

ACPMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082
**SPORTS ABILITY**

**Polybat Variations**

**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?