

## STARTER CIRCUIT 1

### Equipment

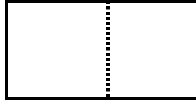
### Exercise

1 PE Bench (B1.1)



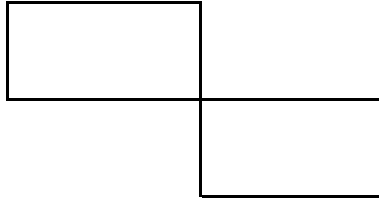
Backhand Push

1 School Table (S1.1)



Backhand Touch Play

2 Offset School Tables (S5.1)



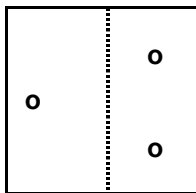
Backhand Push

1 PE Bench (B1.1)



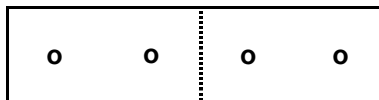
Backhand Push

2 School Tables (S3.1)



Backhand Touch Play  
to Alternate Targets  
Left / Right

2 School Tables (S2.4)



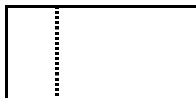
Backhand Touch Play  
Short / Long

1 PE Bench (B1.1)



Backhand Push

1 School Table - Offset Net (S1.3)



Backhand Touch Play  
Short / Long

### ALL PLAYERS PLAY BACKHAND PUSH!

16 players play on 3 PE benches and 8 school tables

All you need are 8 cardboard 'nets', 8 balls and 16 bats with the  
instruction cards giving simple instructions to the players