

WEEK 2 TERM 4- 3-6 STRIKING

Activity 1– Gates (2 hand strike)

Steps:

- Set up your bat, ball and tee in an open space.
- About 5 big steps away from your tee, make a gate with two (start by making it wide!)
- Sit the ball on top of your tee and set up for your strike – hold both hands on the end of the bat, stand side on with bat behind you, and swing! Aim to hit the ball between your gates.
- If you hit the ball through the gate 5 times in a row, move the markers a little bit closer to each other so your gate is smaller. Keep going until the markers are touching each other.



Questions:

- Where did your follow through finish? Did this change depending on where you hit the ball?
- Which gates were easier/harder to hit through? Why?
- What did you do if your strike didn't go through the gates?

Activity 2 – Distance Hits (2 hand strike)

Steps:

- Set up your bat, ball and tee in an open space.
- Sit the ball on top of your tee and set up for your strike – hold both hands on the end of the bat, stand side on with bat behind you, and swing! Use your steps to measure how far you hit the ball.
- Go back to the tee and try again, aiming to beat the distance of your last shot. Write down your distances on a piece of paper for 20 hits.
- Try using a different object for your ball or bat and see if it makes a difference to your shot.
- If you have someone at home to play with, make this a competition!

Questions:

- Which shot was furthest? Why did it go the furthest?
- Can you explain what your best swing looked like? Where were you standing? How did your arms move?

Activity 3 – Space Wars Striking (Forehand strike)

Steps:

- Use an outside wall or door (something you can stick paper onto!)
- Draw 5 space objects on paper or cardboard as your targets and stick them onto a wall about 1 m high with tape or blu tak.
- Use a ball and bat (or your hand) and stand side on, with bat in one hand about 5 big steps away from the targets. Throw your ball into the air or drop so it bounces up and then strike the ball, aiming to hit at the targets. If you hit one of the space objects, take it off the wall. Continue until you have hit all the targets.
- Once you have hit all the targets, put them back up and try again, but attempt some of the following challenges: use another ball or object as a bat, step back further from the wall to hit the ball, play with a family member to see who can hit more of the space targets, hold the bat in your other hand!

Questions:

- How did you change your strike to hit a target?
- How did you change your shot if it was not hitting the target?

Activity 4 – Down Ball

Steps:

- Students often make lots of variations of down ball or four-square to play in the yard. When playing down ball, you need to strike the ball with the palm of your hand. If you need some ideas of what down ball could look like, watch the following videos <https://www.youtube.com/watch?v=4cuYDHU1Ho4> or <https://www.youtube.com/watch?v=vouETUcTv6o>
- Can students create a version of down ball you could play at home by yourself or against someone in your family? You will need a ball which can bounce to play this game.
 - Playing area – find an open space to play in. Do you need lines on the floor for a boundary? Will you allow the ball to be played off walls (hitting the ball against a wall is a good start if you are playing by yourself – this means it can rebound back to you)? Can you make the “court” larger or smaller?
 - How will you start play? How will you score points?
 - How many bounces can the ball have before you hit it next?
- Once you have come up with your version of down ball at home, share it with your class and try someone else’s version of down ball

Questions:

- How is striking the ball with your hand the same as striking with a bat? How is it different?
- How should your hand make contact with the ball to hit a strong shot?
- Once you have hit the ball, where on your court will you move to?
- How did different types (using wall), sizes of courts affect your striking?