



PHYSICAL EDUCATION

STRIKE IT

EQUIPMENT

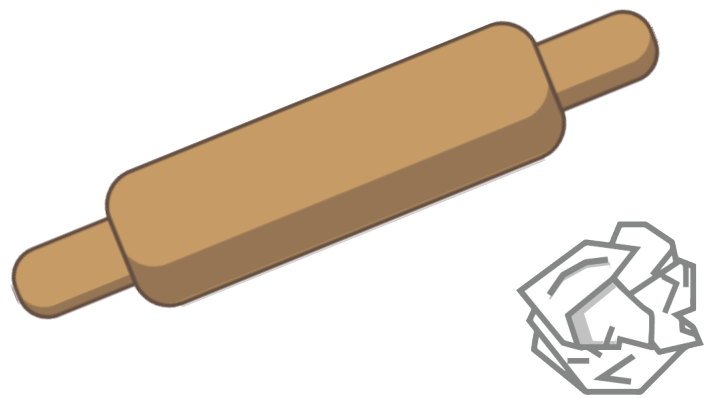
A small ball (e.g. tennis ball), or you could use a scrunched up piece of paper or rolled up pair of socks

any piece of equipment to strike a ball (e.g. tennis racket, cricket bat, rounders bat) – if you don't have any of these, make your own (maybe a piece of wood or something of a similar shape that is firm – be creative!) or use a home alternative, for example a wooden rolling pin

A target – this could be a bin, bucket or marked area

SKILLS & LEARNING:

Striking a ball with accuracy



RULES

Set your target and place it in a set location

Ask someone in your household to bowl the ball to you (type of bowl will depend on how you are striking – underarm is probably the most suitable unless you have full and proper equipment such as a cricket set)

Strike the ball aiming to land it in the target

How many successful strikes can you hit?

Vary and move the position of the target – change the angle and distance

