



Term 4 PE planner - (Select your activity)

Week 4 – Striking skills (Softball/tee-ball)

Focus: Striking (Hitting a ball with an object)

Number of participants: 1+

Curriculum level: P-6

SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT (SWPBS) FOCUS:
RESPECT Value

Learning Intentions:

- I can hit stationary balls using an object

Success criteria:

- You can propel a ball/object from one spot to another by hitting it with something.
- You can repeat the hitting action multiple times

Equipment/Space required:

- Ball
- Balloon
- Cardboard tube to sit a ball on top of
- Something to hold and hit with. (Racket, Bat, Smooth stick, Cardboard tube, etc.)



SWPBS

We speak in a calm voice

All year levels

Over the next 4 weeks we will be learning and practicing how to strike a ball with a bat. If you don't have a bat, a tennis racket, cardboard tube or stick will work for this.

Setting up

Hit the ball off the tube.

Place a tennis ball or similar size ball onto of a cardboard tube. Place it on a chair for extra height. (If this is done indoors, please use a **balloon**)



Outdoors



Indoors

Activity

You will be hitting the ball or balloon off the tube.

1. Stand with your feet slightly apart
2. Grip the bat with two hands (Lightly touching with one above the other)
3. Swing and hit the ball or balloon



To add more skills:

- Hit the ball and see how far you can hit it before it lands.
- Hit the ball in different directions.