

NAME: LOCKDOWN LESSONS

AGE: JUNIORS

SUBJECT: PE

TOPIC: GAMES

SKILLS: HITTING AND CATCHING



WHAT WE WILL LEARN TODAY

- HIT A MOVING OBJECT IN A VARIETY OF WAYS
- USE HITTING SKILLS IN NET/WALL GAME

EQUIPMENT

- BALLOON OR ROLLED UP SOCKS AS BALL
- AN ITEM TO USE A BAT (TRAY/BOOK/HAND)
- 3 - 4 TOWELS/SCARVES TO USE AS A NET

GAMES

PRACTICE (CLICK HERE FOR VIDEO)

Hitting

No 1 - Keepy Ups: Using hands/bat see how many keepy ups you can do without the balloon hitting the floor

No 2 - Body Parts : Get another person (mum/dad) to shout out different body parts, can you hit the balloon with the correct body part, try not to let the balloon touch the floor!

No 3 - Head/Shoulders/Knees/Toes: Keep the balloon off the floor as you sing the song!

No 4 - Throw/Hit/Catch: Throw the balloon a short distance in the air, hit it with your hand/bat . Once balloon is hit drop the bat, move and catch the balloon before it hits the floor. Count to one then catch, then 2/3/4/5 increasing the difficulty.

Easy - Use your hand to hit / Inflate balloon more

Hard - Use a smaller object to hit / smaller 'bat'/use socks instead of a balloon

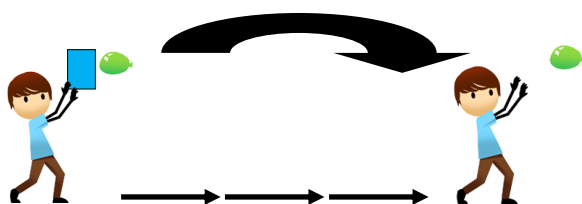
Hits/Tips

- Stand in sideways position

- Swing hand/bat back behind body

- Make contact and follow through

- Eyes on the ball



CHALLENGE (CLICK HERE FOR VIDEO)

'BALLOON TENNIS'

-Find a partner to play against

-From a seated position hit the balloon over the net with hand/bat aiming to make it bounce on your opponent's side of the 'court'. See who scores the most points!

-If you do not have a partner can you hit the balloon over the net and catch it on the opposite side?

