

### Content outline

This activity aims to introduce striking an object with a bat / racket

- Moving items with a piece of equipment
- Striking objects to make them move



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



For further support on any of the activities please also visit:

<https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme>



### Space

- Increase the distance away from the item so that the young person must reach to hit it
- Lack of contact to the item will make the task more difficult
- Decrease the distance away from the item to make the activities easier



### Task

- Challenge the young person to reach higher to strike an item
- Challenge the young person to reach further to strike an item
- Create objects for the young person to 'knock-down'
- Use clear and simple language within instructions – try to use single words where possible



### Equipment

- Change the items being used to develop the same skill in different contexts
- Use different household items to use as a bat (Eg. Large wooden spoon or spatula)
- The size and weight of the object can be changed to adapt the difficulty of the task – smaller items are more difficult to hit
- Use a hair booble or scarf to fasten/secure the bat



### People

- Introduce another person at the side of, or across the table for the young person to hit towards

### Learning intention

#### Physical:

- To strike an object with equipment, and to make the object move

#### Personal:

- Working with others

#### Verbal Instruction / Feedback:

- Give each task specific feedback; "Really good hit"
- Praise individual tasks; "Great shot"
- Use clear language when giving instructions – use single words where possible; "hit", "move your arm", "hit to me".