

### Content outline

This activity aims to introduce striking using the upper body, as an alternative to using their hands

- Moving items with the upper body
- Striking objects to make them move
- Using a ramp to support the activity



This resource and supporting video have been created by:

**Angela Lydon, West Specialist Inclusive Learning Centre**

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

- 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
- Create a ramp using a flattened cardboard box
- The size and weight of the object can be changed to adapt the difficulty of the task – smaller items are more difficult to hit



### People

- Introduce another person at the side of, or across the table for the young person to hit towards
- This person can move closer / further away to change the difficulty of the task

### Learning intention

#### Physical:

- To strike an object with their upper body

#### Personal:

- To recognise how the upper body can be used to move objects around us

#### 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".