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Episode 2 - Forehand & backhand strike

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Perform the following striking activities with a ball or similar.

- Using the open palm and back of the hand, tap the ball in an alternate sequence.
- Using the palm of the hand or a racquet, make a forehand strike at the ball towards a set target.

Mega Challenge

- Using the palm of the hand or a racquet, make a backhand strike at the ball towards a set target.
- Repeat both sequences at varying distances set from the target.

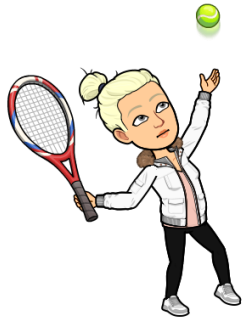
Creative Challenge

- Move the body any way you can while forehand and backhand striking the ball at the target.

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With a partner try:

- choosing different starting positions for the ball before striking at the target.
- tossing the ball and allowing a bounce before striking at the target
- striking the ball to each other using forehand and backhand combinations.



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These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PDe1-4 performs movement skills in a variety of sequences and situations.

PDe1-11 incorporates elements of space, time, objects effort and people in creating and performing simple movement sequences.

Sample questions:

Where do you look when striking? (Technical)

How do you move to make striking easier? (Tactical)

What do we say to make striking easier? (Reinforce)

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Stand side on to the target.

Striking arm back then forward (smiley arm).

Step forward (step over the creek).

Follow through.

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Racquet (optional) ball, bean bag or rolled up pair of socks.

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Stage 1

Challenges

Perform the following striking activities with a ball or similar.

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Mega Challenge

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- Repeat both sequences at varying distances set from the target.

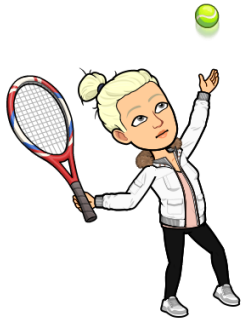
Creative Challenge

- Move the body any way you can while forehand and backhand striking the ball at the target.

Other variations

With a partner try:

- choosing different starting positions for the ball before striking at the target
- tossing the ball and allowing a bounce before striking at the target
- striking the ball to each other using forehand and backhand combinations.



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD1-4 performs movement skills in a variety of sequences and situations.

PD1-11 incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

Sample questions

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