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Episode 2 - Forehand & backhand strike

Stage 2

Challenges

Perform the following striking activities with a ball or similar.

- Using the hand or a racquet, tap the ball with the forehand and backhand in an alternate sequence.
- Using the palm of the hand or a racquet, make a forehand or backhand strike at the ball towards a wall or partner.

Mega Challenges

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

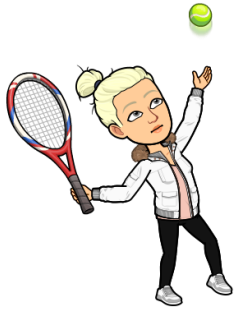
Creative Challenge

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

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.

PD2-4 performs and refines movement skills in a variety of sequences and situations.

PD2-11 combines movement skills and concepts to effectively create and perform movement sequences.

Sample questions

How can you move your feet to create better body position when striking a bouncing ball?

How can you use your eyes to create more awareness of your surroundings whilst striking a ball?

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Stand side on to the target.

Striking arm up, back, down and forward in one motion (over the bridge then through the tunnel).

Step forward and follow through.

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

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Episode 2 - Forehand & backhand strike

Stage 3

Challenges

Perform the following. striking activities with a ball or similar.

- Using the hand or a racquet, tap the ball with the forehand and backhand in an alternate sequence.
- Using the palm of the hand or a racquet, make a forehand or backhand strike at the ball towards a wall or partner.

Mega Challenges

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

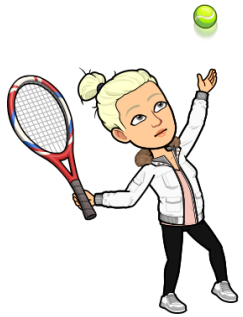
Creative Challenge

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

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.

PD3-4 adapts movement skills in a variety of physical activity contexts.

PD3-11 selects, manipulates and modifies movement and concepts to effectively create and perform movement sequences.

Sample questions

How can you combine foot and body movement to effectively strike a ball that is approaching?

How can you use your eyes to select your target when striking a moving ball?

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Stand side on to the target.

Striking arm up, back, down and forward in one motion (over the bridge then through the tunnel).

Step forward and follow through.

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

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