GetActive@Home

Episode 3 - Forehand & backhand strike

Stage 2

Challenges

Perform the following striking activities with a balloon.

- Using the open palm and back of the hand to practise forehand and backhand striking with a partner.
- Drop the balloon from the top of your head towards your back. Turn and use the forehand or backhand strike to hit the balloon. Try running to the balloon to strike it back again.
- With a partner, set up a pretend net with two or more markers. Practise forehand and backhand striking to each other continuously while completing jumping jacks in between.

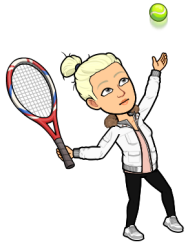
Mega Challenges

- With a partner and using two balloons, strike the balloons to each other at the same time.
- Creative Challenge: Perform Dance moves in between striking a balloon to a partner.

Other variations

With a partner try:

- performing a different body weight resistance movement in between striking the balloon eg. squat or tuck jump.
- work with a partner and try to keep more than two balloons up in the air.



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 moving balloon?

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

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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, toss, strike and follow through.

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Balloon and two field markers or similar.

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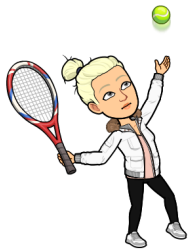
Mega Challenges

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- Creative Challenge: Perform Dance moves in between striking a balloon to a partner.

Other variations

With a partner try:

- performing a different body weight resistance movement in between striking the balloon eg. squat or tuck jump.
- work with a partner and try to keep more than two balloons up in the air.



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 balloon in the desired direction?

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

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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, toss, strike and follow through.

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