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Episode 3 - Forehand & backhand strike

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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, practise forehand and backhand striking to each other while catching the balloon in between each strike.

Mega Challenge

- With a partner, set up a pretend net with two or more markers. Practise forehand and backhand striking to each other continuously without catching the balloon.

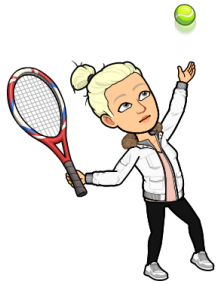
Creative Challenge

- Move the body any way you can while forehand and backhand striking the balloon to your partner.

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With a partner try:

- performing a body weight resistance movement in between striking the balloon eg. squat or tuck jump.
- using a balloon each and strike to each other at the same time.



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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? (Laser eyes)
How do you move to make striking easier? (Move feet)
What do we say to make striking easier? (Teaching cues)

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Stand side on to the target.
Striking arm back then forward (smiley arm).
Step forward (step over the creek).
Toss and strike the balloon.

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Balloon and two field markers or similar.

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Stage 1

Challenges

Perform the following striking activities with a balloon.

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Mega Challenge

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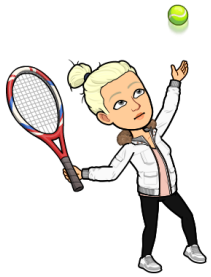
Creative Challenge

- Move the body any way you can while forehand and backhand striking the balloon to your partner.

Other variations

With a partner try:

- performing a body weight resistance movement in between striking the balloon eg. squat or tuck jump.
- using a balloon each and strike to each other at the same time.



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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