

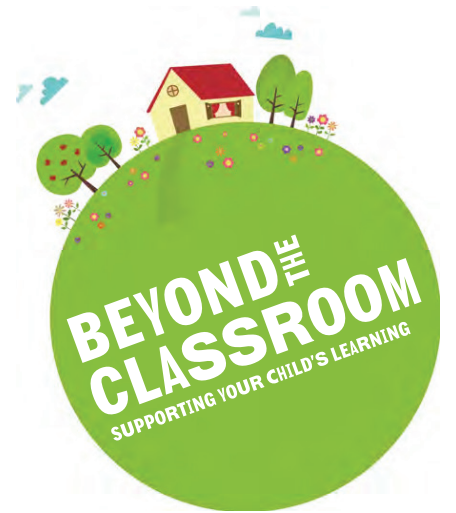
STRIKING WITH AN IMPLEMENT

Ag bualadh le huirlis



Introduction

Striking with an Implement (also referred to as the two handed strike) involves applying force to an object using an implement. This striking action is found in many sporting contexts such as tennis, hurling, cricket, baseball, rounders, hockey and golf. Striking a stationary object can be very useful when exposing pupils to striking with an implement.



Each activity A, B and C below is accompanied by a video clip. Click on the links below, scan the QR code using your mobile device, or visit www.scoilnet.ie/pdst/physlit to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

Home Activity A

Stand side on to the target.

Bend knees and keep legs comfortably apart.

[Click here for video](#)

Home Activity B

Keep eyes on the ball at all times.

Keep hands together at the base of the implement.

[Click here for video](#)

Home Activity C

Extend arms fully when striking and follow through in the direction of the target.

[Click here for video](#)



Striking with an Implement

Click [here](#) to see a video of this fundamental movement skill

Click [here](#) to download a poster for this skill



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Move Well, Move Often:







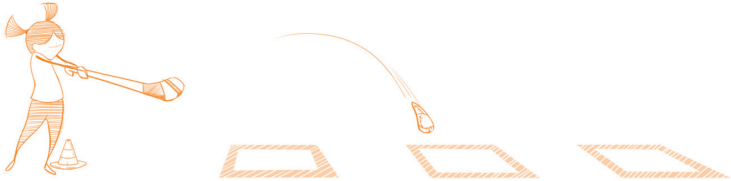
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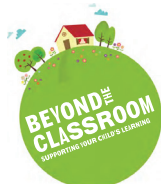


Home Activity A

<p>Warm Up</p>	<p>Bat and Ball Bop Balance a ball on a bat or any other implement and object. Maintain control of the object while carrying out some of the following instructions:</p> <ul style="list-style-type: none"> • jump with feet together/feet apart • stand on one leg/on tippy toes • hold the racket in one hand and rub your head with the other • toss the ball in the air and catch it in your hand/racket 						
<p>FMS Focus</p>	<p>Today when striking with an Implement can you focus on...</p> <table border="1" data-bbox="261 703 1536 963"> <tr> <td data-bbox="261 703 695 963"> <p>Stand side on to the target</p> </td> <td data-bbox="695 703 903 963">  </td> <td data-bbox="903 703 1337 963"> <p>Bend knees and keep legs comfortably apart</p> </td> <td data-bbox="1337 703 1536 963">  </td> </tr> </table>			<p>Stand side on to the target</p>		<p>Bend knees and keep legs comfortably apart</p>	
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<p>Striking with an Implement Practise</p>	<p>The Force Be With You</p> <p>Description of Activity Arrange pupils in groups and line each group up behind a cone along one edge of the playing area. Invite each group to set up three target squares using spot markers at one metre intervals from their cone, as shown in the image. Each group has a unihoc stick (or other striking implement) and a beanbag. Pupil A strikes the beanbag gently, aiming for it to stop travelling inside the first target square. Pupil A then hands the stick to the next person in line and runs to retrieve the beanbag. Pupil B then repeats the action. On the pupil's second turn, they must attempt to land their beanbag inside the second target square, and the game continues until pupils have successfully landed their object in each target square.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Use a tennis racket and tee/hockey stick, or bat and ball/pair of socks to vary the equipment • Time how long it takes you to get the objects into the 3 targets before returning 'home' • Strike off both left and right • Move the targets closer or further away from you depending on the level of challenge 						
<p>Home Challenge</p>	<p>Over and back! Set up a playing area and use household items to create a halfway line. One/two family members stand on each side of the divide. Strike the object (balloon, ball, beanbag) over to the other side. How many strikes can you get collaboratively? Play competitively and try to get the objects to land on the opposite side to earn a point. If playing individually, play against a wall.</p>						
<p>PE Journal</p>	<p>Create your own homemade striking implement! Record in your PE journal the materials you used to create yours. Use a variety of household items to design the implement eg. paper plates, sellotape, lollipop stick, spatula, fly swatter etc.</p>						



▶ [Scan here for video](#)



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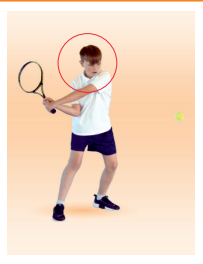

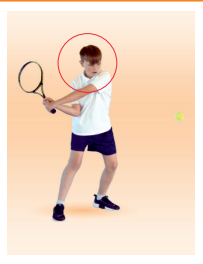

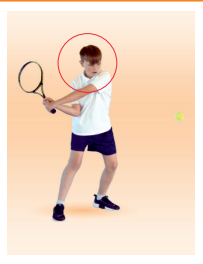

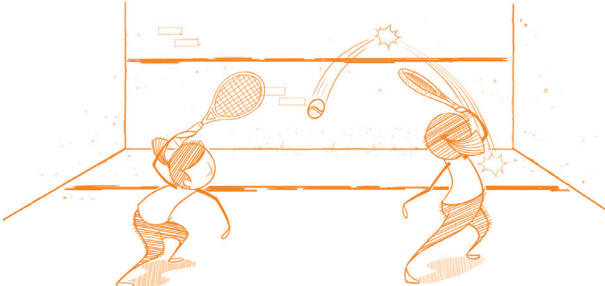


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Home Activity B

<p>Warm Up</p>	<p>Toss the Pancake Using a beanbag and racket/bat or another striking implement. Place the beanbag on the racket. Toss the beanbag in the air and catch it on the racket on its return. Begin with a short, low toss and gradually increase the height. Remember to soften the grip and cushion the object as it returns to the racket.</p>						
<p>FMS Focus</p>	<p>Today when striking with an Implement can you focus on...</p> <table border="1" data-bbox="256 629 1532 891"> <tr> <td data-bbox="256 629 687 891"> <p>Keep eyes on the ball at all times</p> </td> <td data-bbox="692 629 895 891">  </td> <td data-bbox="900 629 1331 891"> <p>Keep hands together at the base of the implement</p> </td> <td data-bbox="1335 629 1532 891">  </td> </tr> </table>			<p>Keep eyes on the ball at all times</p>		<p>Keep hands together at the base of the implement</p>	
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<p>Striking with an Implement Practise</p>	<p>Wall Ball</p> <p>Description of Activity Arrange pupils in pairs with a bat or racket each. Use tape or chalk to draw a line one metre off the ground along a wall or fence. Draw a second line on the ground one metre from the fence or wall indicating a 'no volley zone'. The aim of the game is to hit the ball at the wall above the line for their opponent to return. Invite each pair to play a rally, hitting the ball before or after one bounce. A pupil is not permitted to enter the 'no volley zone'. Invite pupils to play for a set amount of time, or challenge them to work together to reach a target, e.g. a rally of twenty strikes.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Vary the striking implement and object - Use a bouncy ball for extra challenge or use a balloon if still developing your technique • Try playing the activity without the lines first and progress if necessary • Can you get 5, 10 or 20 strikes in a row? How many can you get in 30 seconds? • Vary the 'one bounce rule', allow the ball to bounce as many times as you wish 						
<p>Home Challenge</p>	<p>How far can it Go? Using a bat and ball (or any other striking implement and object) face a family member a suitable distance apart. Try to bypass your partner by striking the ball past him/her. Get your partner to mark where your ball lands. Mark your farthest strike of 5 efforts. After 5 strikes reverse roles and continue. If restricted on space practise striking as hard as possible against a wall or use a pair of rolled up socks and/or homemade implement.</p>						
<p>PE Journal</p>	<p>Name three sports or activities in which 'striking with an implement' is important. List them in your PE journal and draw the striking technique required for each one.</p>						



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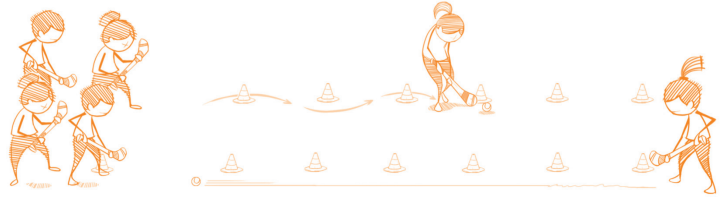


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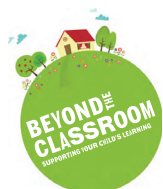
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Home Activity C

<p>Warm Up</p>	<p>Bounce Use a racket and a ball or any other implement and object. Begin by bouncing the ball on the ground using the racket/bat. Progress to walking/running/hopping while bouncing the ball.</p>		
<p>Today when striking with an Implement can you focus on...</p>			
<p>FMS Focus</p>	<p>Extending arms fully when striking and follow through in the direction of the target</p>		
<p>Bouncing Wall Strike</p>			
<p>Striking with an Implement Practise</p>	<p>Description of Activity Arrange pupils in relay teams of equal numbers. Each team has two unihoc sticks and one tennis ball or puck. Set up a relay lane for each team by placing cones three feet apart in a straight line. Invite all teams to line up behind their first cone. On the whistle, the first pupil from each team dribbles the ball/puck in and out through the cones using their unihoc stick. When they reach the last cone, invite each pupil to strike the ball/puck along the ground back to the next pupil on their team. Each pupil follows their pass, hands the unihoc stick to the next in line and rejoins their line. When each pupil has completed their attempt, the entire team must crouch down to show they are finished.</p> <p>Variations:</p> <ul style="list-style-type: none"> • If playing on your own, after dribbling through the lane, strike the ball off a wall and return 'home' • How many times can you get through the relay lane in 30 seconds? • Vary how you bring the ball through the lane. eg. tossing the ball in the air, balancing the ball on your bat/stick/racket or striking the ball downward 		
<p>Home Challenge</p>	<p>Goal to goal With a family member make two goals facing each other with jumpers or shoes. One person stands in each of the goals. Lean over and strike a ball with your hand attempting to score a goal on the other side. Ball must stay low to the ground. Ball may be stopped with hands only. For more challenges both players go into plank position instead of standing. Strike with one hand while maintaining balance with the other hand and feet. If playing individually strike against wall and try to make as many saves as possible in designated time period.</p>		
<p>PE Journal</p>	<p>Design an obstacle course in your PE Journal that includes dribbling a ball around the course. Also include one or more of the following; Striking to a target Striking to a partner Striking through a goal Use a hurley or other implement at home. Why not give it a go. Invite a friend or family member to design it with you.</p>		



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