

STRIKING WITH THE HAND

Ag bualadh le lámh










	EXPLORATION	DEVELOPING	MASTERING
Eyes	<ul style="list-style-type: none">• Eyes are on the ball only	<ul style="list-style-type: none">• Eyes are on the ball only	<ul style="list-style-type: none">• Eyes can comfortably move from the ball to look up over the ball and assess surroundings
Hands	<ul style="list-style-type: none">• Pupils bounce the ball with both hands• Fingers are stiff and close together	<ul style="list-style-type: none">• Pupils bounce with one hand showing good control when stationary	<ul style="list-style-type: none">• Relaxed fingers, wrist and arm
Bounce	<ul style="list-style-type: none">• The height of the bounce will vary greatly• The bounce tends to be a slapping action	<ul style="list-style-type: none">• Slapping action still evident and eyes are focused on the ball• The pupil will bounce on the move (dribble), however control and height of the bounce is inconsistent	<ul style="list-style-type: none">• The bouncing action is smooth• No slapping action evident

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Target Pupil								Comments	
Keep eyes on the ball.		Head							
Lean slightly forward at the waist			Trunk						
Keep the ball below the waist and when moving, bounce the ball slightly forward in front of the body		Legs							
Knees bent and feet a comfortable distance apart			Arms						
Fingers are spread open but relaxed		Arms							
Push the ball downwards with the fingers while also controlling the movement with the wrist				Arms					
Follow through when bouncing and pull the hand back as a cushion as the ball rebounds. Don't slap!									

Hints	What instructions should I give? Begin at this cone. Bounce/Dribble the ball until you get to the next cone.	From where should I observe this skill? The side or the front.	What equipment do I need? Cones, whistle, basketball.

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PUPIL ASSESSMENT: PEER OBSERVATION

My name is:

Class:

My partner's name is:

Date:

Today we are looking at the skill of: **Striking with the Hand**



Looks good



Needs more practice

My partner needs to:

It:

1 Keep the ball below their waist



2 Bend their knees and keep their legs comfortably apart



3 Keep their fingers spread open and relaxed



4 Push the ball downwards



5 Make sure they don't slap the ball



Pupil's Comments:

Teacher's Comments:

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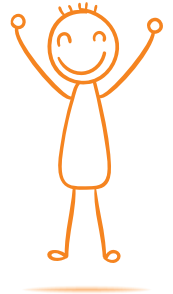
PUPIL ASSESSMENT: SELF-ASSESSMENT

My name is:

Class:

My challenge is:

Date:



What steps do I need to take to get there?

What I want to do next:

3

2

1

What I can do now:

Teacher's Comments:

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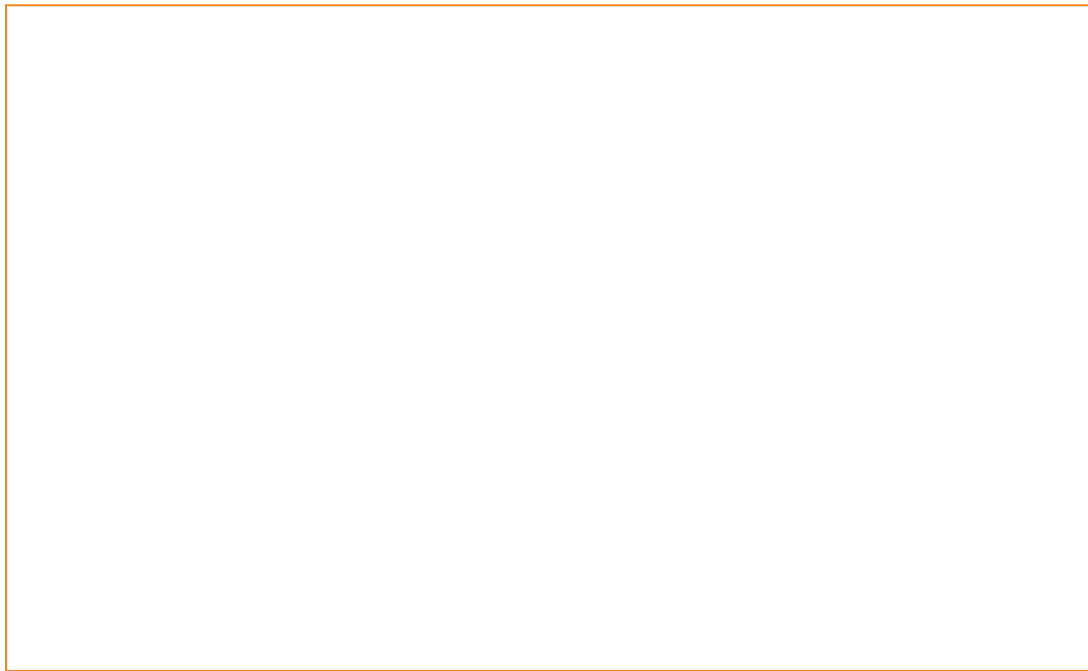


SELF-ASSESSMENT FOR INFANT CLASSES

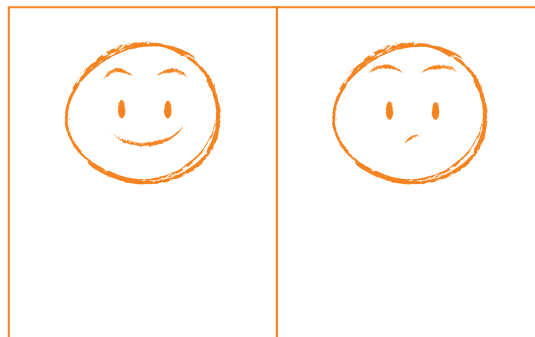
My name is:

Date:

Here is a picture of me striking with my hand.



How did this activity make you feel?



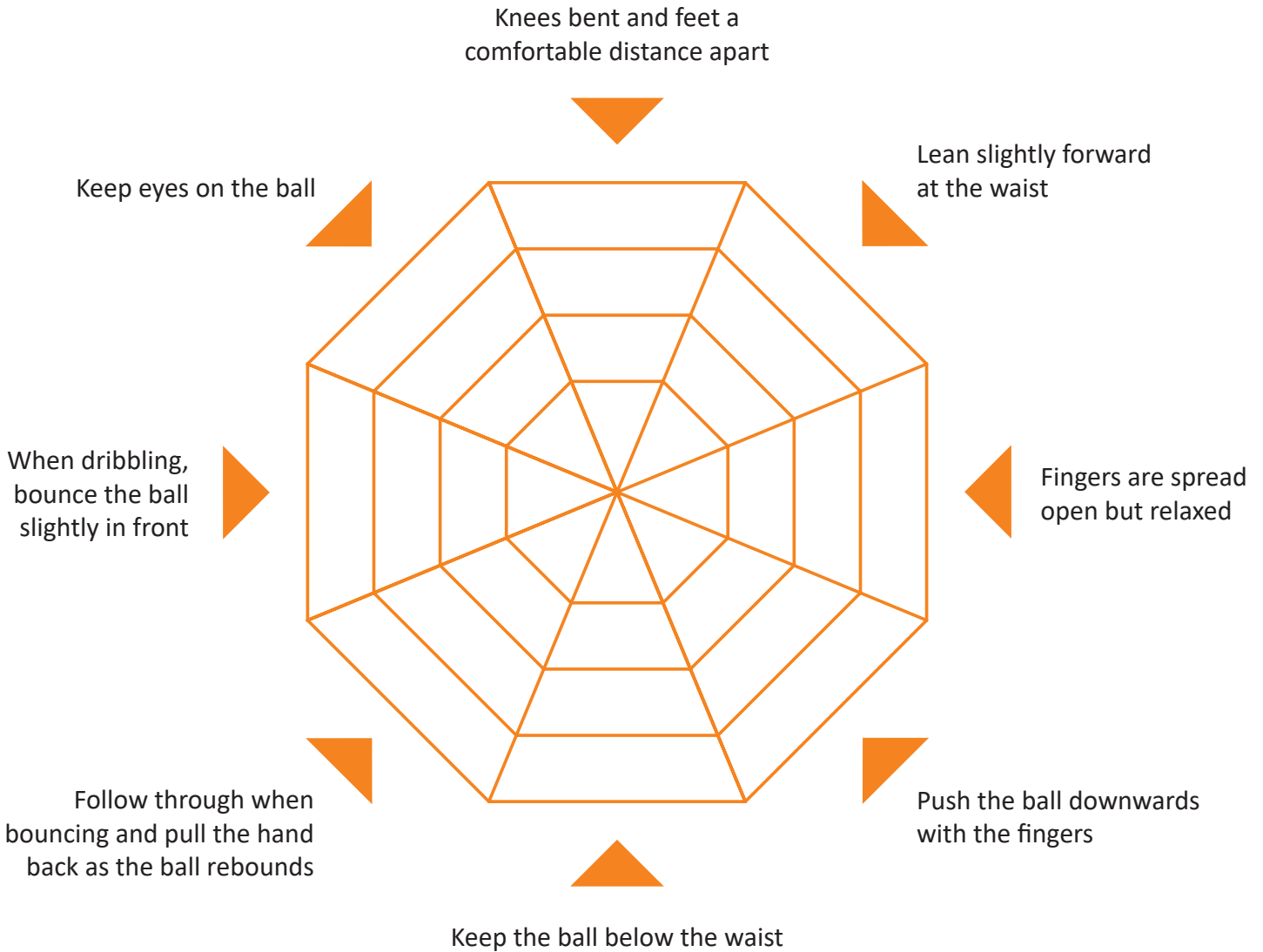
Teacher's Comments:

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PUPIL ASSESSMENT: SELF-ASSESSMENT WEB



1. I don't think I can do this

2. I can do this but I find it hard

3. I can do this most of the time

4. I can do this all of the time

Pupil's Comments:
While attempting this skill, I felt:

Teacher's Comments:

Rate your effort level:
Light Moderate Vigorous