

STRIKING WITH AN IMPLEMENT

Ag bualadh le huirlis



	EXPLORATION	DEVELOPING	MASTERING
Eyes	<ul style="list-style-type: none">• Eyes only on the ball until contact is made	<ul style="list-style-type: none">• Eyes only on the ball until contact is made	<ul style="list-style-type: none">• Eyes can comfortably move from the ball to look up over the ball and assess surroundings
Trunk	<ul style="list-style-type: none">• Body facing the direction of the ball, not side on	<ul style="list-style-type: none">• Body is side on for the striking action	<ul style="list-style-type: none">• Body position is side on for the striking action
Transfer of Weight	<ul style="list-style-type: none">• Feet are stationary with no step forward or transfer of weight	<ul style="list-style-type: none">• Body weight does transfer forward from back to front leg, however it moves before contact is made with the ball	<ul style="list-style-type: none">• Body weight is shifted from the back leg to front leg and contact is made with the ball in one fluid movement
Contact	<ul style="list-style-type: none">• Force comes from straightening the elbows only	<ul style="list-style-type: none">• Force comes from both the straightening of the elbows and the rotation of the hips and shoulders	<ul style="list-style-type: none">• Pupil strikes with a full extension of the arms during contact
Follow Through	<ul style="list-style-type: none">• Very little follow through		<ul style="list-style-type: none">• Follow through around the body

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Target Pupil								Comments
Keep eyes on the ball.		Head						
Stand side on to the target.		Trunks						
Feet shoulder width apart , knees slightly bent with weight on the back foot in the preparation phase.		Legs						
Step forward with the front foot, rotating the hips and shoulder during the striking action.								
Hands should be together at the base of the implement with the hand at the end matching the front foot.		Arms						
Arms should be extended fully at the point of contact with the ball.								
Follow through the ball and around the body.								

Hints	What instructions should I give? Using the bat, hit the ball as far as you can.	From where should I observe this skill? To the side so you don't get hit but still facing the striker.	What equipment do I need? A bat of any description and a ball.

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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 an Implement**



Looks good



Needs more practice

My partner needs to:

It:

1 Stand side on to the target



2 Bend their knees and keep their legs comfortably apart



3 Keep their eyes on the ball at all times



4 Keep their hands together at the base of the implement (with the hand at the end matching their front foot)



5 Extend their arms fully when they hit the ball and follow through in the direction of the target



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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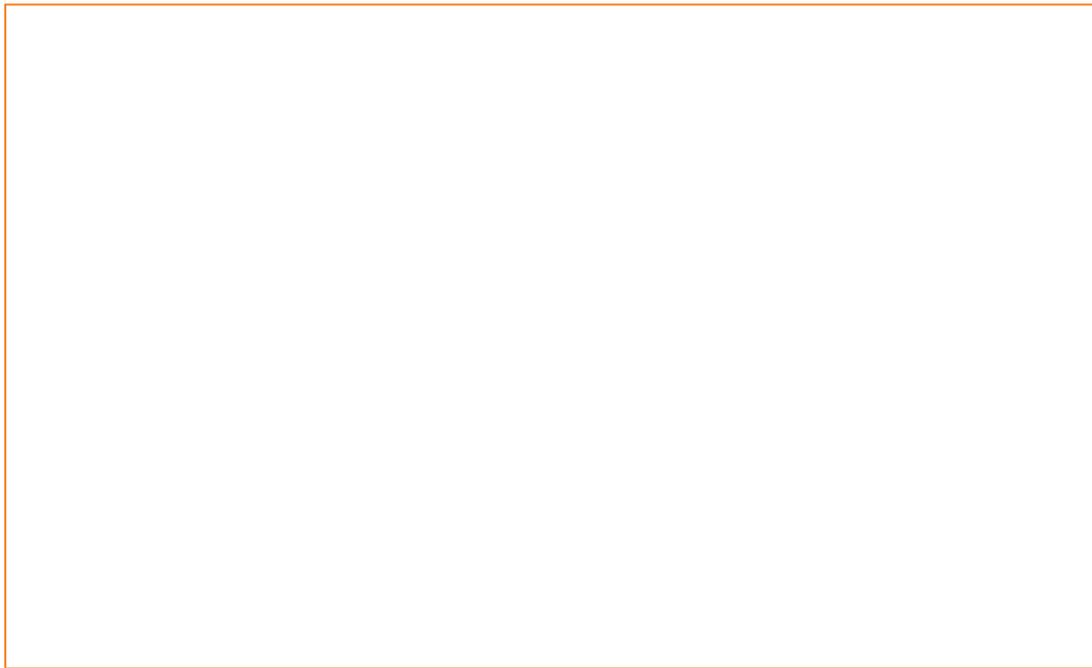


SELF-ASSESSMENT FOR INFANT CLASSES

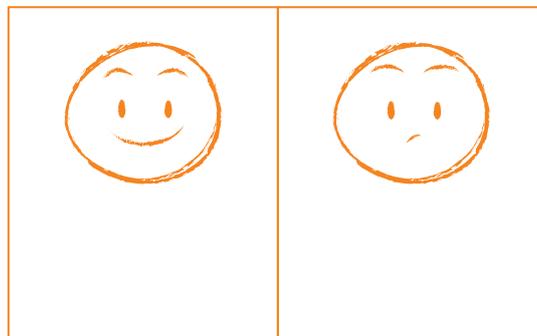
My name is:

Date:

Here is a picture of me striking with an implement.



How did this activity make you feel?



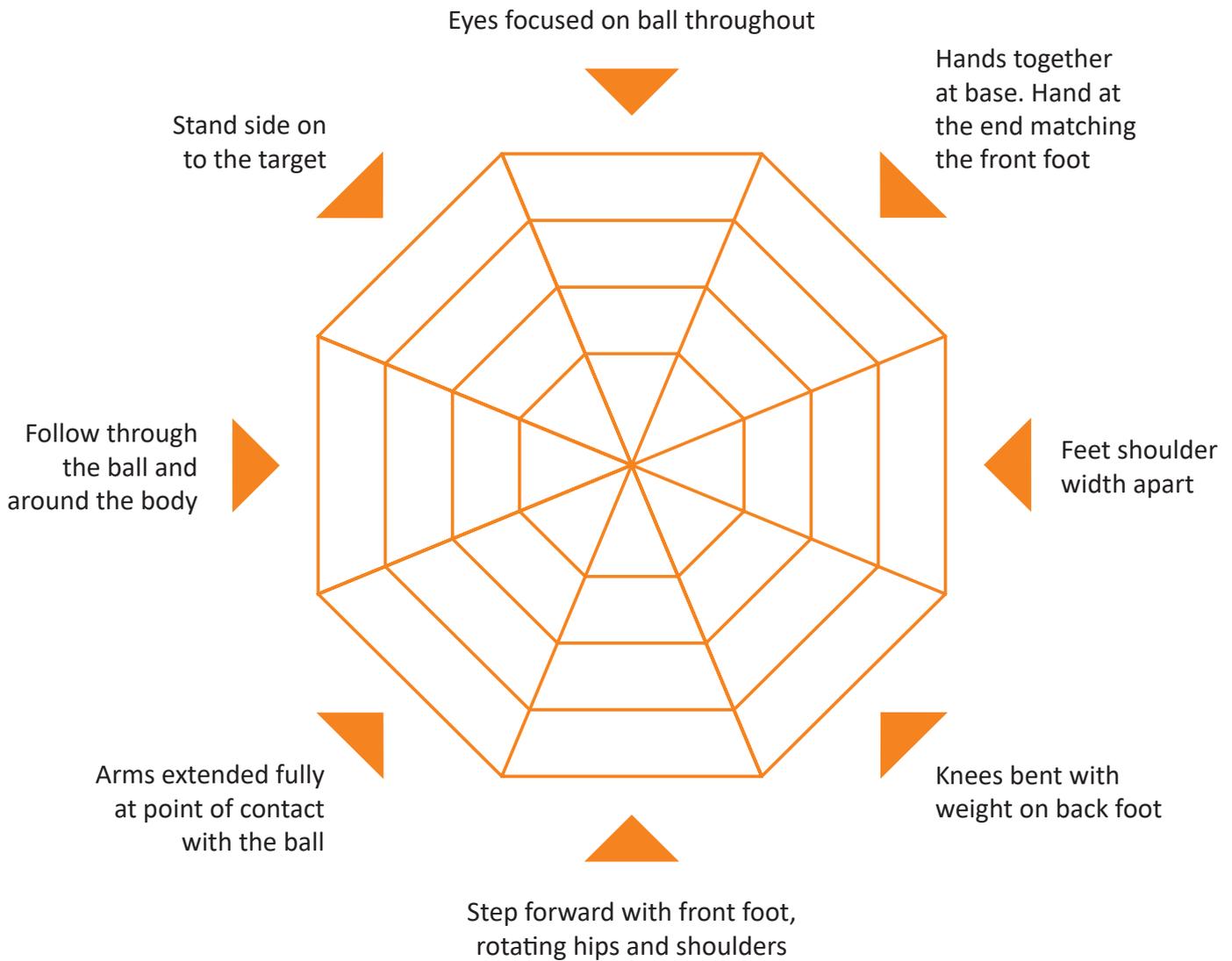
Teacher's Comments:

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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