

## Description of Activity

Arrange pupils in groups of four. Each group has one ball and one unihoc stick each. Each group stands behind a spot marker with a number of targets placed in front of them against a fence or wall, around five to seven metres away from the spot. Pupils take turns to place the ball on the spot, and strike the ball using the unihoc stick in an attempt to hit a target. After the strike, the pupil hands the unihoc stick to the next pupil in line, runs to retrieve the ball and hands it to the next pupil. Award a point each time a pupil hits a target. After each pupil in the group has taken three turns, add up the points for each group.



## Variations

- Vary the implement used to strike the ball, e.g. hurley, tennis racket, hockey stick, etc.
- Vary the size of the ball, or use a beanbag.
- Increase or decrease the distance between the spots and the targets.

## Equipment

An indoor or outdoor hard surface area with boundary walls, unihoc sticks (or other striking implements), balls of various sizes, beanbags, spot markers, targets (pictures, hoops, or nets)



- Ensure pupil safety by placing the striking spot a safe distance from where the group is lined up. Place a different cone as a marker for where the rest of the pupils line up.
- Pause the activity at intervals to focus on the specific teaching points for striking with an implement in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individuals while they perform the striking action during the activity.



- Practise this at home by using an implement to hit a target.



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