Striking — Table-top activities 1

**Content outline**

This activity aims to introduce striking an object with the hand or upper body:
- Moving items with a hand
- Striking objects to make them move

**Learning intention**

**Physical:**
- To strike an object with the hand, and to make the object move

**Personal:**
- To recognise how we can use our hands to impact items around us

**Verbal Instruction / Feedback:**
- Give each task specific feedback; “Really good hit”
- Praise individual tasks; “Great shot”
- Use clear language when giving instructions – try to use single words where possible; “hit”, “move your arm”, “hit to me”.

**STTEP**

- **S**pacing:
  - Increase the distance away from the item so that the young person must reach to hit it
  - Lack of contact to the item will make the task more difficult
  - Decrease the distance away from the item to make the activities easier

- **E**quipment:
  - Change the items being used to develop the same skill in different contexts
  - Use different household items (Eg. Food bag full of rice, empty cans)
  - The size and weight of the object can be changed to adapt the difficulty of the task – smaller items are more difficult to hit

- **T**ask:
  - Challenge the young person to reach higher to strike an item
  - Challenge the young person to reach further to strike an item
  - Create objects for the young person to ‘knock-down’
  - Use clear and simple language within instructions – try to use single words where possible

- **P**eople:
  - Introduce another person at the side of, or across the table for the young person to hit towards

**More resources**

[www.youthsporttrust.org/free-home-learning-resources-secondary](http://www.youthsporttrust.org/free-home-learning-resources-secondary)