



PDHPE

Stage 1

Two handed Strike

Activity context

The two-handed strike is a fundamental movement skill which is introduced in Stage 1. The focus for teachers should be on students developing the introductory components of the two-handed strike. The two-handed strike is a manipulative skill in which force is applied to an object using an implement, in this case a bat. It forms the foundation to more advanced games and sports-specific skills, such as: the strike in T-ball, baseball and softball; the drive in cricket and hockey; the golf swing; and ground strokes in racquet sports, handball and volleyball. Because of the variability of ball tosses, performing the two-handed strike from a T-ball stand is the focus in this resource. Although these striking actions may differ slightly in performance, the same mechanical principles apply to both.

Syllabus links:

ALS1.6 Participates in physical activity, recognising that it can be both enjoyable and important for health



- engages in a range of planned activities

GSS1.8 Performs fundamental movement skills with equipment in minor games

- participates in a range of minor games and practices that assist skills development

INS1.3 Develops positive relationships with peers and other people

- displays cooperation in group activities.

Notebook page	Activity
	<p>Explain to students that the lesson will focus on the <i>two handed strike</i>.</p> <p>Introduction of skill</p> <p>Introduce the components of the <i>two handed strike</i> aloud.</p> <ul style="list-style-type: none"> • Stands side-on to target area • Eyes focused on the ball throughout the strike • Hands next to each other, bottom hand matches the front foot • Steps towards target area with front foot • Hips then shoulders rotate forward • Ball contact made on front foot with straight arms • Follows through with bat around the body. <p>(Introductory components marked in bold)</p> <p>Click on the paperclip icon located at corner of title "two handed strike" to link to video. </p> <p>[NB if you do not have QuickTime installed on your computer, the video may not play. In this instance use the <i>Get Skilled: Get active</i> resource (2005) available for purchase on the curriculum support website.]</p>

	<p>The video shows a proficient student, followed by a developing student performing the FMS <i>two handed strike</i>.</p> <p>After observing the proficient student, you should mute the sound. As the developing student performs the skill, ask students to indicate the errors the student is making.</p> <p>Keep referring to the skill components of the two handed strike outlined in the lesson plan.</p>
	<p>Outside Activity</p> <p>Have students move outside for practise and development of the two handed strike.</p> <p>Warm up Activity</p> <p>Chain relay</p> <p>Equipment: cones</p> <p>Start and finish line (10 metres). Form teams of 4 or 5 players and have each team stand in single file behind the starting line. On the signal 'Go!' The first runner, runs forward, around the far marker, and back to the starting line. Grip the wrist or hand of the second runner on your team and run around the far marker together. Come back for 3rd, 4th and 5th runner. The chain cannot be broken. The first team to complete the activity and sits cross-legged in a line is the winner.</p> <p>Skill Development Activity</p> <p>Allow students to explore different ways of swinging the bat:</p> <ul style="list-style-type: none"> • Swinging with arms bent • Both arms straight • Making a half-swing with no follow through • Trying a full swing and follow-through. <p>Students discover if there is a difference and if one method works better than the others.</p> <p>Make marks on the ground to show the starting position for the strike. Instruct students to:</p> <ul style="list-style-type: none"> • Stand to the side of the T-ball stand • Rest the centre of the ball above the top of the tee • Take a small step back so that the front foot can step towards the target area when they swing and strike • Step towards the target.
	<p>Minor Game Activities</p> <p>Slam it</p> <p>Set up a playing diamond, with three tees (or tall witches hats) located at home base. Three tennis balls are placed on the tees. Divide the class into two teams – batting and fielding. Each batter</p>

hits the three balls into the playing field. The batter runs around the diamond receiving one run for each base she/he passes. The player is out when the fielding team has all three balls back onto the tees.

Strike and call

Provide each pair of students with a bat, ball and cone. From behind a line, student 1 tosses the ball and hits it. Student 2 marks the spot with a cone where the ball lands. Student 1 has six hits trying to get the ball further each time before changing over.

In teams of six, students take turns at striking the ball from the tee (or tall witches hat) to other team members. The striker calls out the team member's name or number who has to catch the ball. A successful catch entitles the player to become the striker.

Assessment strategies:

The teacher:

- observes student involvement and execution of key components

Assessment criteria:

The student:

- displays cooperation in group activities
- participates willingly in a range of minor games and practices that assist development of the skill
- engages in a range of planned activities.

These criteria relate to outcomes COS1.1, ALS 1.6 and GSS1.8.

The Notebook files for each student can form part of your assessment to inform your teaching and captures "point in time" learning.