

STRIKING








for pre-schoolers 3-5 years

with Milly the Monkey

DESCRIPTION

Striking is a manipulative skill which involves hand-eye and whole body coordination to strike a ball or object.

POINTS TO REMEMBER

-  Before starting the games take a few moments to go over the key teaching cues for striking
-  Start with the 'Who can strike like Milly the Monkey?' activity
-  If a child is having difficulties striking try breaking up the action into simpler parts. Count 'one and two', where 'one' is the backswing, 'and' is making contact with the ball and 'two' is the swing through
-  In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of striking
-  Don't forget to warm up and cool down
-  Demonstrate the skill so that everyone can see
-  Positive feedback is the key – have fun detecting and correcting!

TEACHING CUES

- 1 Stand side on to the ball
- 2 Bring the bat back, away from the ball
- 3 Watch the ball with both eyes
- 4 Swing forward, through the ball and all the way to your other shoulder
- 5 Make sure you twist your hips!



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WARM-UP ACTIVITY




A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:



'Shake, Balance, Twist & Run' off the Munch & Move CD

WHO CAN STRIKE LIKE MILLY THE MONKEY?

Equipment







-  Balloons
-  String
-  A rolled up newspaper or cardboard tube

Game Set Up

-  Hang a line of string across the room or outdoor space, above the height of the children
-  Blow up balloons and hang each one along the string so they dangle at waist height

Activity

Who can strike the ball?

- | | |
|--|--|
|  Slow |  Fast |
|  With their bare hand |  With a bat |
|  Loudly |  Softly |

Milly says "Don't forget to use the FMS lanyard to help you detect and correct!"







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BATS AND BALLS


Equipment

-  Old stockings (cut into individual legs)
-  Newspaper
-  Masking tape
-  Tennis ball or soft ball

Game Set up




-  Roll the newspaper into a bat and secure with masking tape
-  Place a tennis ball in the end of a stocking leg and hang from a tree branch, string or hook

Activity



-  Using their bats children hit the ball. Play music while they practice and when the music stops ask the children to give someone else a turn. It is a good idea to have only small groups at a time for adequate supervision.

BAT AND CATCH




Equipment

-  Munch and Move lanyards
-  Tee ball set
-  Large soft ball

Game Set up

-  Place the tee ball set facing a large open space
-  Have one child ready as the batter while other children spread out in the space to 'field'

Activity

-  One child strikes the ball while other children chase the ball
-  The child who has retrieved the ball can then line up to have a turn at striking
-  Incorporate other skills by encouraging children to catch the ball or underarm roll it back to the tee.



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KAI (TRADITIONAL INDIGENOUS GAME)

Equipment



A small beach ball or spongy ball (it can also be played with a balloon)



If playing with a large number of children, divide into smaller groups and provide each group with an educator and ball

Game Set Up

Children stand in a circle within a defined space

Activity



Children strike the ball with their palm



Initially practice with each individual child showing them how to throw the ball up and strike it in the direction of the next player



Children catch the ball as it comes to them and then strike it on to the next player



This game can also be played where the ball is hit up into the air and children take turns hitting it upwards with the palm of their hands

COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

Transition songs or stories make great cool down activities, try: 'Twinkle, twinkle little star' and encourage children to stretch their twinkling fingers all the way up to the sky then lean to the left and stretch their side, repeat leaning to the right.

