## Description

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

for pre-schoolers 3-5 years

with Milly the Monke

In active play gather a small group of

children at a time – first demonstrate

the skill and then explicitly teach each

Don't forget to warm up and cool down

Demonstrate the skill so that everyone

Positive feedback is the key – have fun

component of striking

detecting and correcting!

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# 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

### teaching cues

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



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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



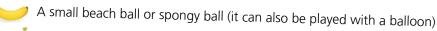
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One child strikes the ball while other children chase the ball

- 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.

for pre-schoolers 3-5 years

### BAI (TRADITIONAL INDIGENOUS GAME) Equipment



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.

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