



Welcome to Physical Education at Home

This week's focus is
STRIKING



STRIKING

What is striking?

Do you know?

Striking is when you use a piece of equipment to hit an object.

When is STRIKING used?

Where have you seen
the skill of striking?

Baseball Games



Tennis Matches



Softball Games



Hockey Games

Golf



STRIKING CUES

Tennis

Hockey

Baseball/Softball

Golf

SUGGESTED EQUIPMENT

Sock Balls [How to make sock balls](#)

Balloons

Tennis Racket- pool noodle, wooden spoon, empty paper towel tube, pretend (just pretend to hold a tennis racket)

Striking in Action

Let's watch how to use a tennis racket to hit a ball.

Forehand Swing

Backhand Swing

Now it is your turn

Stand in front of a mirror or another person in your house and pretend to swing a tennis racket.

Did your swing look like the video?

Practice Time

What games can you play at home and use the skill of striking?

Challenges:

1. Can you strike a sock ball with a tennis racket?
2. Can you strike a balloon in their air with a racket in self space?
3. Can you strike a balloon back and forth with a friend?
4. Can you and a partner create a game to play that uses striking with a pretend tennis racket?