



# 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

Bat- pool noodle, wooden spoon, foam  
baseball bat, empty paper towel tube, pretend  
(just pretend to hold a bat)

# Striking in Action

Let's watch how to swing a bat.

[Click Here](#)

# Now it is your turn

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

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 while it is on the ground?
2. Can you strike a sock ball sitting on top of a table?
3. Can you strike a balloon tossed from a friend?
4. Can you strike a balloon on the ground?
5. Can you and a partner create a game to play that uses striking with a bat?