



For The Teacher

Lower Primary Years 1 & 2

Week 5

Title **Bat & Ball Fun**

Theme **Skills Drill**

Overview

Students will practise a variety of ball skills, including throwing, catching, hitting and striking, while rotating around five activity stations.

Students will be reminded about being SunSmart while playing outside.

Time required

40 minutes

Preparation

Equipment requirements:

- 6 cones
- 15 netballs or similar sized ball
- 12 bean bags
- 6 totem tennis bats
- 6 sashes

Choose an outside area that can accommodate five different ball stations. Each station will run for five minutes, with a one-minute change over period.

Organise students into groups of four or five, depending on class numbers, and allocate each group to a station.

It is recommended, if possible, that a couple of teachers or parents/carers facilitate and assist students at each station.



Background information and discussion points

The following activities develop ball handling or ball manipulation skills. Beneficial tips to help your students using balls are:

- Throwing at a target – stand with your arms out like a capital T, feet together, point with your non-throwing arm, look at the target, step forward with the leg closest to the target and throw the ball as the foot hits the ground.
- Catching – hands forward with fingers spread and thumbs behind the ball. Watch the ball travel from your partners hand through the air to your hands.
- Underarm throw – Feet together, ball in one hand, swing your arm back behind your body, step forward with the opposite leg and swing the arm forward at the same time releasing the ball.
- Striking or hitting a ball – eyes on the ball at all times, hand holding the bat firmly but not too firmly.

The stations are as follows;

1. Throw a bean bag at a marker. Allow three throws per student. Continue until changeover time.
2. Underarm throw and catch a ball with a partner. Students begin facing each other over a distance of one metre. At each successful catch, both take a step back. If they don't catch the ball, no steps are taken. When catching the ball students must stand still; they are not allowed to take more than one step in any direction when catching the ball. Pivoting is allowed.
3. Play Keepings Off
Use one ball and break students into two groups, with one group wearing the sashes. One group tries to keep possession of the ball by choosing one of the following types of play:
 - a) AFL rules (kick & handball but no tackling)
 - b) Basketball rules (dribbling the ball while moving and only passing the ball)
 - c) Netball rules (no running with the ball, only pivoting off one foot to pass the ball)Once that group loses possession, the ball is turned over to the other side. After 30 seconds to a minute signal for a changeover where the other group has possession of the ball.
4. In groups of two or three, students take turns at using a totem tennis bat to see how many times in succession they can hit a ball in the air before it falls to the ground (i.e. bouncing the ball on the bat). Team mates count the hits and when the ball is dropped, another player takes a turn.
5. Game of down-ball using one tennis ball and a wall.
 - a) The ball is hit with an open hand and must bounce up from the ground to the playing wall.
 - b) Once the player hits the ball, he/she moves to the back of the line of students waiting for their turn and the next player hits the ball and so on.

The sun has potentially harmful UV (ultraviolet) rays. The correct type of hat, appropriate clothing and shade are the best ways of protecting skin from UV radiation.





Sunscreen can protect any remaining exposed skin by filtering out most UV radiation before it actually has contact with the skin. The ingredients in sunscreens absorb and even reflect UV radiation. It is recommended to use sunscreen with an SPF rating of 30+, which will provide maximum protection filtering out about 96% of UV radiation. It is important to read the instructions carefully and re-apply the sunscreen as directed.

Support materials and references

For Kids

1Seven article: [Exercise Skin Protection](#)

For Teachers & Parents

1Seven article: [Fun Footy Drills](#)

1Seven article: [Power Up Girls](#)

SunSmart Schools

http://www.sunsmart.com.au/protecting_others/at_school

Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
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Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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Student learning tasks

1. Discuss why we need to be SunSmart while playing outside. Ensure that each student is wearing an appropriate hat and has applied sunscreen to their face, arms and legs.
2. Organise students in groups.
3. Demonstrate each activity.
4. Begin the activities, allowing five minutes at each station.
5. Encourage students to drink plenty of water throughout the activity.

