

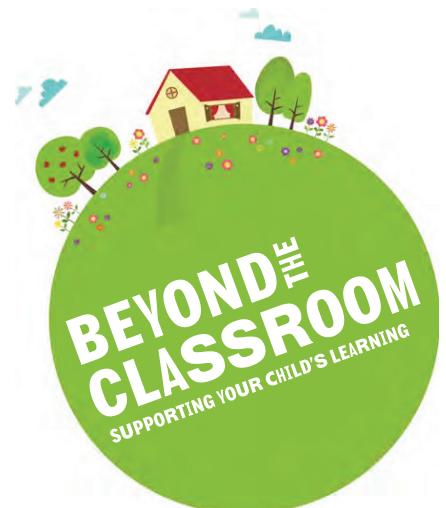
STRIKING WITH THE HAND

Ag bualadh le lámh



Introduction

Striking and object with the Hand involves volleying and bouncing a ball. Striking with the hand is important in a range of sporting activities including basketball, Gaelic football, netball, volleyball and handball. Balloons can be very useful when exposing pupils to striking with the hand, while soft balls are great when beginning to learn to bounce.



Each activity A, B and C below is accompanied by a video clip. Click on the links below, scan the QR code using your mobile device, or visit www.scoilnet.ie/pdst/physlit to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

Home Activity A

Bend knees and keep legs comfortably apart.
Keep eyes on the object.

[Click here for video](#)

Home Activity B

Push the ball downwards and pull the hand back as the ball rebounds in a cushioning action (no slapping action).

Keep the ball below the waist.

[Click here for video](#)

Home Activity C

Keep fingers spread open and relaxed.

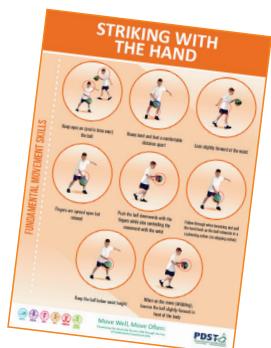
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Striking with the Hand

Click [here](#) to see a video of this fundamental movement skill

[Click here](#) to download a poster for this skill



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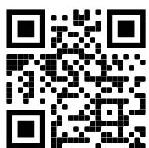
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Home Activity A

Warm Up	Hold the top of an empty cardboard kitchen roll or paper roll holder using one hand. Using your other hand flick the opposite bottom end sending it into the air as high as possible. Catch the holder before it hits the ground. Catch with 2 hands, catch with 1 hand (add variations) Play this game with a family member and count how many successful strikes and catches you complete in an assigned time period.			
FMS Focus	Today when striking with the hand can you focus on... Keep eyes on the object  Bend knees and keep legs comfortably apart 			
Striking with the Hand Practise	Balloon Tennis Description of Activity Give each pupil a balloon and invite them to find a space in the playing area where they are not in contact with anyone else. Pupils must strike the balloon upwards into the air and keep it there using only the hands. After a set amount of time, the teacher calls out various body parts such as: right hand only; left hand only; alternating hands; elbow, shoulder, head, chest, back, knee, foot etc. Pupils must keep the balloon up in the air using only that body part until the next instruction is called. Variations: <ul style="list-style-type: none">• Use a large zip lock bag filled with air or a number shopping bags rolled into one closed shopping bag as an alternative to a balloon• Have a balloon race from• Move to opposite side of playing area as quickly as possible while keeping balloon in the air• Progress to completing the same activities using a ball instead of a balloon 			
Home Challenge	Over the river Set up a square playing area and use an ironing board, chairs or household items to create a halfway barrier line (river). One/two family members stand on each side of the river. Aim to strike the balloon over the river to the other side. How many strikes can you get collaboratively before the balloon hits the ground? Play competitively and try to get the balloon to land on the opposite side to earn a point. Use two balloons at the same time or a ball with a designated number of allowed bounces for more challenge. If playing individually, play against a wall.			
PE Journal	Describe a strategy or trick you used to try and score points in today's home challenge. Was it successful? Why or why not? Name another strategy you could try when playing again next time.			



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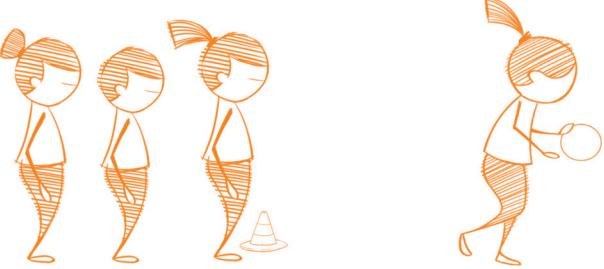
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Home Activity B

Warm Up	<p>Popcorn Make a ball (popcorn) by scrunching up old pieces of paper. To cook the popcorn using your hands only volley the paper ball upwards making the popcorn 'pop'. As it drops, attempt to volley it upwards again and keep the rally going and the popcorn popping. Count how many pops you can get in a row or how many you can do in a minute. Try and beat your own score. For more challenge use one hand only.</p>
FMS Focus	<p>Today when striking with the hand can you focus on...</p> <p>Push the ball downwards and pull the hand back as the ball rebounds in a cushioning action (no slapping action)</p>  <p>Keep the ball below the waist</p> 
Striking with the Hand Practise	<p>Dribble, Dribble</p> <p>Description of Activity Arrange the pupils in small groups, with each group lining up behind a cone at one end of the playing area. Give each group one ball. The first pupil in each group dribbles the ball halfway up the playing area and then dribbles back, handing the ball to the next player. The pupils are tasked with completing a variety of dribbling techniques in a non competitive environment as follows:</p> <ul style="list-style-type: none">• right hand up, left hand back• right hand to left hand dribble - 'crossovers'• through the legs• at different levels - high, middle, low.• backwards, forwards, sideways. <p>Variations:</p> <ul style="list-style-type: none">• Do the dribbles while stationary on a spot• Sit and stand while maintaining a dribble• Dribble with one hand and with the other throw and catch another ball• Dribble close to the body, far away from body and around the body 
Home Challenge	<p>The dribble drive Go for a dribble drive and get a family member to call out the following instructions. Encourage other family members to join you in participating. Red light (hold the ball) green light (dribble forwards) amber (continue dribbling paused on spot) mountain road (dribble in a zig zag pathway) curvy road (dribble in a curved pathway) turn on the wipers (dribble ball from one hand to other hand) left indicator (left hand dribble only) right indicator (right hand dribble only) Reverse (dribble walking backwards) Under the bridge (crouch body low while dribbling)</p>
PE Journal	<p>Name three sports in which 'striking with the hand' is important. List them in your PE journal and draw the striking technique required for each one.</p>



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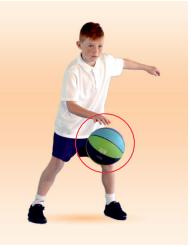
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Home Activity C

Warm Up	Roller coaster warm up Imagine you are sitting on a rollercoaster. Sit on the ground with knees bent and feet raised off the ground and hands over your head. As the roller coaster turns left or right lean your body in this direction while still holding the sitting position. Waves your hands in the air. As the roller coaster goes up a hill lean backwards, as the roller coaster goes down the hill lean forwards.
FMS Focus	Today when striking with the hand can you focus on... Keep fingers spread open and relaxed 
Striking with the Hand Practise	Bouncing Wall Strike Description of Activity Give each pupil a cone and ask them to position it one metre from away from the boundary wall. Ensure there is at least two metres of space between the pupils either side. Give each pupil a football and invite them to stand side on to the wall at their cone with their left shoulder pointing towards the wall. Invite the pupils to drop the ball from their left hand, allow it to bounce once, and use their right hand to strike the ball across their body against the wall, catching it as it returns. After a designated amount of time, invite pupils to turn to face the opposite shoulder towards the wall, and to drop the ball from their right hand and strike with the left. Encourage pupils to change their stance to catch the ball face on and then reset before the next striking attempt. As pupils become familiar with the action invite them to strike the ball as it returns from the wall rather than catching it. Variations: <ul style="list-style-type: none">• How many strikes can you get in a minute?• Play with a family member taking every second strike. How many strikes in a row can you get collaboratively?• Play competitively and mark out playing area allowing 1 or 2 bounces before ball must be returned against wall 
Home Challenge	Goal to goal With a family member make two goals facing each other with jumpers or shoes. One person stands in each of the goals. Lean over and strike a ball with your hand attempting to score a goal on the other side. Ball must stay low to the ground. Ball may be stopped with hands only. For more challenges both players go into plank position instead of standing. Strike with one hand while maintaining balance with the other hand and feet. If playing individually strike against wall and try to make as many saves as possible in designated time period.
PE Journal	In your PE journal describe which striking with the hand skill you enjoy most. Is it the dribble, the overhead volley or the side on strike? Why?



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