

Year 1 PE task

Games – Striking and fielding

Task – Explore using a bat/racket/club to hit a moving or stationary object towards a target. You can use anything as your bat/racket/club if you don't have one or you can try making one. Try to hit a ball or selected safe object (like a foil ball) while it is not moving. Can you send it in different directions? How did you make the ball travel in the direction you chose? Next, try hitting a moving ball that is either rolling, bouncing or in the air. Now identify some targets to aim for. Some close and some far. Before you hit the ball, decide which target you are going to aim for. Think about the different targets and think about how hard and fast you need to swing your bat/racket/club to get the ball there. A useful activity to support the coordination of hitting a moving ball in the air would be to substitute the ball for a balloon. The balloon will move slower allowing more time to hit it. If you don't have a balloon you can use a carrier bag to practise the coordination of contacting a moving target with your bat/racket/ball.

Key questions to ask your child

- How does it feel swinging your bat/racket/body?
- Can you describe how to hit the ball?
- How can you hit the ball further/closer?
- How can you get the ball to move in the direction you want?

Please see the list of useful PE resources if you are looking for any additional support.