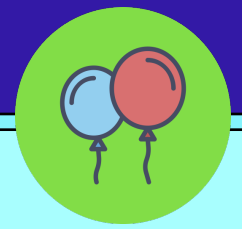




Short Handled Striking



Balloons



WHAT
ARE WE LEARNING TODAY?

Striking objects with a paddle or short-handled racket.
(S1.E24)



WHY
ARE WE LEARNING IT?

Most activities that you do in your day-to-day life use some degree of eye-hand coordination, which is why it's important to ensure that it is as developed as possible.



HOW
WILL I KNOW I HAVE LEARNED IT?

I can strike the balloon many different ways successfully.
I have the confidence to try new ways to strike a balloon without giving up.



Balloon & Paddle Challenges



Each student gets a balloon and a paddle and stands in a personal space. Teacher demonstrates various "tricks" with the balloon and students are given time to practice and complete it as many times as they can until a new trick is shown. Students should try to keep the balloon up in the air for each trick.

- Strike the balloon with 2 hands on the paddle
- Strike the balloon with right hand on the paddle
- Strike the balloon with left hand on the paddle
- Strike the balloon, alternating hands with the paddle (ex. strike with right, switch hands, strike with left)
- Strike the balloon at different levels (ex. high, medium, low)
- Strike the balloon, sit down, strike it while seated, stand back up, strike it again
- Strike the balloon, clap hand on paddle 1x, strike ballon again (see how many claps you can get)
- Strike the balloon while traveling around the gym safely
- Make up your own trick, show it to a friend. Have them try your trick and you try theirs.
- Find a partner. Put 1 balloon away. See how many consecutive hits you can get with your partner.
- Partner up with another group (groups of 4). Put 1 balloon away. See how many consecutive hits you can get with your group of 4. No one can hit the balloon twice in a row and it cannot touch the floor.
- Add another balloon of a different color and see if you can keep both balloons up as a group. Again, no one can strike the same balloon twice.
- **NOTE:** If you have a variety of paddles/rackets, let students experiment with different implements.

