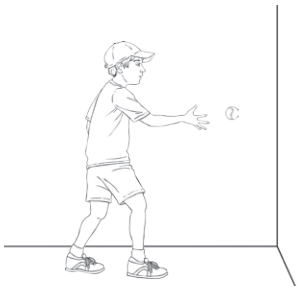
Striking and Fielding Activities

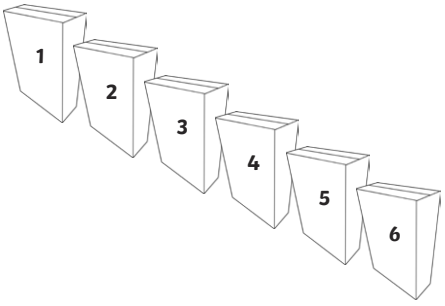
Try this activity to sharpen up your catching skills. Stand facing a wall, about 3 metres away. Throw a ball at the wall and catch the ball on its return. Count each bounce that is caught successfully. The aim of the game is to see how many successful catches you can make from 10 throws. Try to beat your score each time. Why not try catching with only 1 hand?



This activity puts into practice the skill of 'attacking the ball'. You will need to play this activity with a friend or family member. Create a goal about 2m wide. One player stands just behind the goal and the other 2m in front of it. The player standing in front rolls the ball towards the other player who must run forward and try to stop the ball before it rolls through the goal. For each ball that rolls through the goal one point is scored. After 10 goes, swap roles.



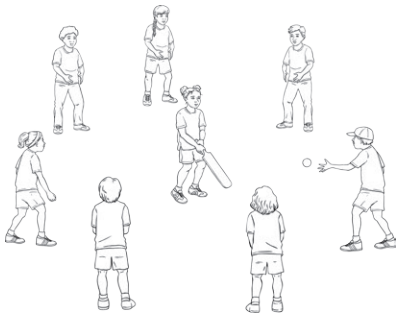
This activity will help improve the accuracy of your overarm throw. Save 6 empty, cereal boxes. Stuff them with crumpled-up newspaper, tape the lids closed, and number them 1 to 6. Place them in a line about two inches apart. Stand about 6 metres away and using rolled-up socks or a soft ball, try to hit the target with an overarm throw. Play with a friend or family member. One person should call out a number and the other player to try to knock over that numbered box. Award 1 point for every correctly hit box.



Try this activity with a friend or family member to help improve your striking skills. One player is the bowler and the other the striker. The bowler throws a soft ball (a pair of rolled up socks work just as well) at the striker and shout left or right. The striker must hit the ball with the palm of their hand as far as they can in the direction called by the bowler. Once they have hit the ball they try and do as many star jumps as they can before the bowler has picked up the ball and returned to their bowling area. The batter remembers their score and swaps with the bowler.



Striking and Fielding Activities



Try this game with a friend or family member. It can be played with 2 or more people. You will need a cricket bat (or tennis racket) and a tennis ball. One person begins as a batter. They stand in the middle with the other players around them. These players are fielders and all can bowl. The fielder with the ball bowls at the batter. The aim is to try and hit the batter's legs below the knees. The batter must try to hit the ball away so it does not hit his/her legs. If the batter hits a bowled ball they can turn and face the next fielder. However, if the ball is bowled and they do not hit it, their feet are 'stuck' and they can only turn their body to try and hit the ball away. Batters are out if the ball is caught or their legs are hit by the ball. The bowler who got the batter out replaces the batter.

Can you invent your own striking and fielding game to play at home? Think about some of the games that were created in your PE lesson.

