Bat and Ball

Warming Up

One of our warm-up games is called 'Video Game' and there is a different action to match each command. Think of your own actions for:

Fast forward

Rewind

Pause

Record

Slow motion

Play the game with someone at home.



Cooling Down

At the end of our PE lessons, we always have an activity to gradually cool our bodies down. The activity includes some movement and a chance to stretch our bodies.

Talk to someone at home about your own cool-down activity.

What would you do?

Now try the activity to see if it will work.



Rolling

We rolled a ball for a partner to hit with their bat so it is very important that we can roll accurately.

Practise rolling a ball with someone at home.

Start close together and then gradually move further apart.

Are you watching the ball as it comes towards you?

Are you holding your hands ready to stop the ball?

Can you roll a ball to hit a target?



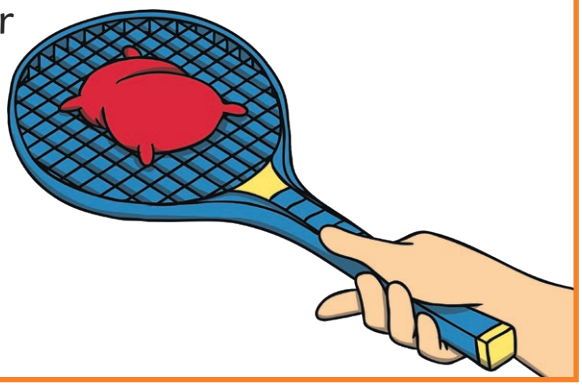


Using a Bat

Use one of the bats that you have at home.

Do you know what sort of bat it is?

Are you holding your bat correctly with your fingers wrapped around the handle?



Can you balance a ball on your bat?

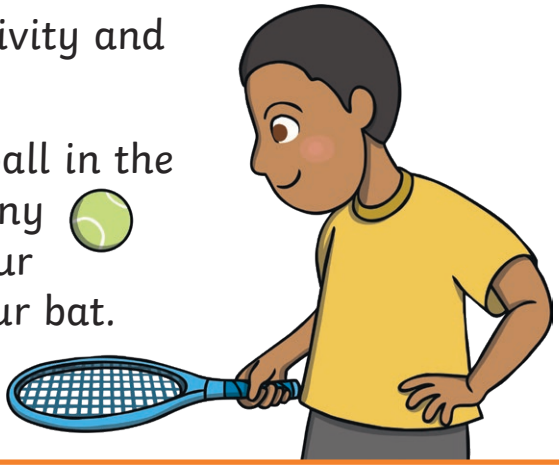
Can you use your bat to push a ball?

Can you use your bat to hit a ball?

Bat and Ball Competition

Can you think of your own bat and ball activity and have a competition with someone at home?

It could be how many times you can hit a ball in the air or to the ground with your bat, how many times you can hit a ball to a target with your bat or how far you can push a ball with your bat.



Bat and Ball Game

We learnt about the different jobs that people might have in a batting game (batter, bowler and fielder).

Can you remember what job each person does?

Can you play your own bat and ball game with a batter and a bowler (rolling the ball to be hit)?

If there are some more people to play, you could have some fielders too.

