

Striking with the Hand

Striking an object with the hand is a more advanced skill. It requires coordination of the hands and eyes, being able to track an incoming object and strike that object in one motion.

Younger children can enjoy this skill if it is learned in a developmentally appropriate manner, starting with the use of lightweight objects like balloons.

Sporting contexts where this skill is required are volleyball, basketball and handball (Sport NZ Developing FMS Manual).

Striking with the Hand - Activities (5 - 12 year olds)

Activities to try indoors or outdoors:

- **Modified Volleyball** – Tie a rope / elastic off between two chairs. Shoes mark off the boundaries, use a ball / beach ball / balloon or some rolled up socks and the grand slam is underway.
- **Hand Tennis** – each pair will need a tennis ball. Stand facing a partner. Shake hands and maintain the hold. Using the other hand, volley the ball between you. This can also be done with balloons.

Ideas from the Developing Fundamental Movement Skills Manual:

Clock Dribble – pg. 236

Movement skills/concepts - Bouncing a ball in a stationary position, throwing a large ball in different directions.

Setup - One ball and one hoop per child. A hard or grass surface.

Groups of approximately four–six: children stand outside a circle of hoops, one at each hoop. *Activity* - Each child bounces the ball continuously in their hoop. On the call of a number and 'left' or 'right', (e.g. 'Three right') they pass the balls around the circle, person to person, for the number of places and in the direction called. Then they continue to bounce in their own hoop.

Tyrannosaurus - pg. 244

Movement skills/concepts - Dribbling a ball with hands stationary or moving, space awareness and evading a tagger.

Setup - Large round bouncy balls.

Children are spread out in a defined grass or hard surface area with a safe line.

All children have a ball except one child, who is the tyrannosaurus. *Activity* - Children, move around the area, dribbling the ball for as long as possible. If a child loses control of the ball, they call, 'Tyrannosaurus'. All then run holding their ball and trying to cross the safe line before being tagged by the tyrannosaurus. Choose a new tyrannosaurus and the game continues.

Circle Volley – pg. 247

Movement skills/concepts - Volleying ball to a stationary target, moving into space, changing direction and speed. *Setup*

Lightweight balls.

Groups of four–five, with one ball per group, are spread out in a circle in a grass or

Hard surface area, with about 2 metres between each child. One child stands in the centre of the circle and has the ball.

Activity - The child in the middle throws a high lob to one child in the circle, who volleys it back to the first child. This is repeated until each child has had a turn. The child in the middle is replaced by another child.

