

Ball Strike

Approach: Open space

Level: Year 4 and year 8

Resources: 3 skittles, placement mat, 3 small rubber balls, ice hockey stick.

Instructions

Stand on the marker.

1. **Roll** the ball — see

how many skittles you
can knock. Have 3
goes.

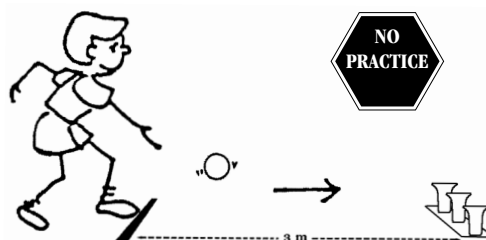
	% responses	
	y4	y8
Knocked over:		
6-9	12	16
4-5	31	37
2-3	35	37
0-1	22	10

Technique rating: good	16	28
moderate	60	57
poor	24	15

2. **Kick** the ball — see
how many skittles you
can knock. Have 3
goes.

	% responses	
	y4	y8
Knocked over:		
6-9	0	2
4-5	6	7
2-3	23	26
1	22	23
0	49	42

Technique rating: good	2	7
moderate	41	48
poor	57	45



3. **Bat** the ball — see how
many skittles you can
knock. Have 3 goes.

	% responses	
	y4	y8
Knocked over: 6-9	1	4
4-5	13	14
2-3	33	43
1	24	18
0	29	21

Technique rating: good	5	11
moderate	53	64
poor	42	25

Commentary

There were only modest increases in success rate and technique rating from year 4 to year 8. Results were poor in kicking for accuracy, but the use of a small ball for this activity and ground surface variations may have contributed to the difficulties students experienced.

Bean Bag Toss

Approach: Open space

Level: Year 4 and year 8

Resources: 3 bean bags, tray (32cm x 23cm), blu-tack (to stop tray moving).

Instructions

1. Stand **2 metres** back from the tray.
Try to throw each bean bag so that it
lands in the tray.
Use underarm throws.

	% responses	
	y4	y8
Successful throws: 3	6	16
2	21	37
1	45	36
0	28	11

2. Stand **3 metres** back from the tray.
Try to throw each bean bag so that it
lands in the tray.
Use underarm throws.

	% responses	
	y4	y8
Successful throws: 3	2	7
2	14	28
1	40	41
0	44	24

Commentary

About 20 percent more year 8 students than year 4 students managed two or three successful throws at each distance.