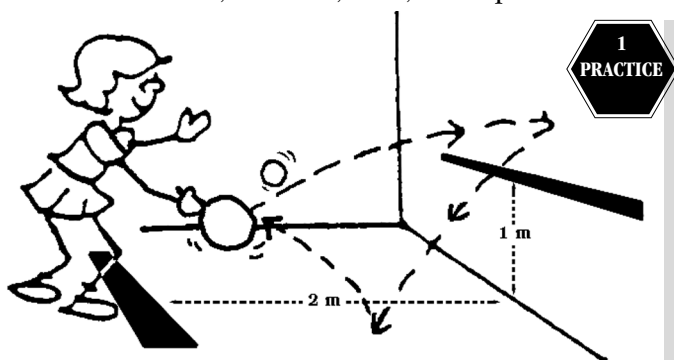


Bat and Bounce

Approach: Open space

Level: Year 4 and year 8

Resources: Small bat, small ball, timer, line to place on wall.



Instructions

Start on the marker then move to the ball.

1. Hit the ball above the line - let it bounce once—hit it above the line —let it bounce once, etc.
2. See how many times you can do this in 30 seconds.

Accuracy and rhythm:

	% responses	
	y4	y8
consistently good	1	7
mostly good	10	45
moderate control	51	41
little control	38	7

Technique:

	% responses	
	y4	y8
excellent	3	20
good	20	50
moderate	50	27
poor	27	3

Commentary

The results show a marked increase in control and technique between year 4 and year 8. About 40 percent more year 8 students than year 4 students performed at a "good" level or better.

Jog, Bat & Bounce

Approach: Open space

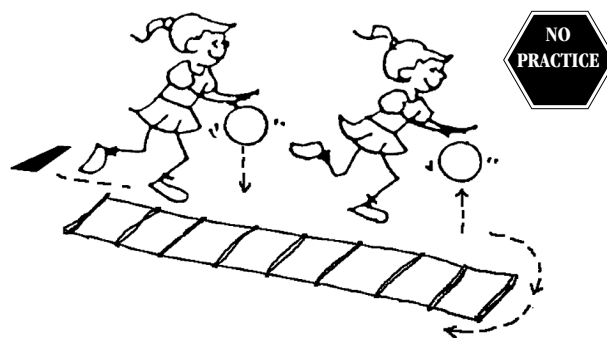
Level: Year 4 and year 8

Resources: 3.5m long rope ladder, a large ball, a small ball, small bat.

Instructions

Start at the marker.
Keep close to the ladder.

1. Jog around the ladder 3 times without stopping. Bounce the large ball with one hand while you are jogging.



2. Jog around the ladder 3 times without stopping. Bounce the small ball on the bat while you are jogging. [YEAR 8 ONLY]

Accuracy & control: consistently good
mostly good
some success
little control

Time taken: < 16 secs
16-25 secs
26-35 secs
> 35 secs

% responses
y4 y8

consistently good	25	53
mostly good	43	41
some success	28	6
little control	4	0
< 16 secs	3	35
16-25 secs	65	63
26-35 secs	24	1
> 35 secs	8	1

Accuracy control: consistently good
mostly good
moderate control
little control

Time taken: < 16 secs
16-25 secs
26-35 secs
> 35 secs

% responses
y4 y8

consistently good		22
mostly good		32
moderate control		36
little control		10
< 16 secs		7
16-25 secs		47
26-35 secs		28
> 35 secs		18

Commentary

On the large ball task, about 30 percent more year 8 than year 4 students scored at the highest level.