

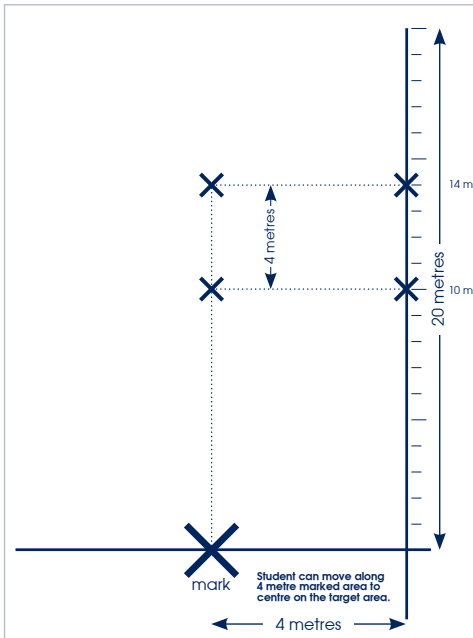
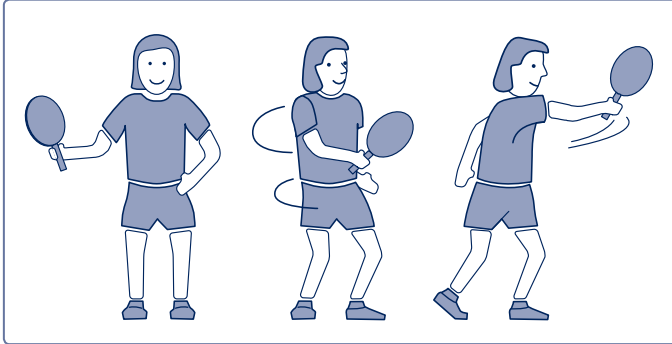
Approach: Open space

Focus: Hitting

Resources: 4 cones, tennis racquet, floor plan as below

Year: 4 & 8

Questions / instructions:



Start at the mark, side-on to the target area.

- Bounce the ball and hit it with the tennis racquet.
 - Try to hit into the target area.
 - Have **three** goes - the first is a practise hit.
- Throw the ball into the air then hit it with the tennis racquet.
 - Try to hit into the target area.
 - Have **three** goes - the first is a practise hit.

Bounce ball, then hit:

Number of firm or strong hits –

	year 4	year 8
2	61 (66)	86 (82)
1	28 (21)	12 (14)
0	11 (13)	2 (4)

Technique –

(stood facing perpendicular to target direction; backswing to opposite direction from target; foot opposite striking arm stepped towards target; marked sequential hip to shoulder rotation during strike; ball contact opposite body with straight racquet arm; followed through towards target then around body.)

very good/excellent

good

fair

poor

	year 4	year 8
3 (4)	6 (5)	
33 (34)	48 (41)	
50 (47)	44 (51)	
14 (15)	2 (3)	

Throw ball up (or out), then hit:

Number of firm or strong hits –

	year 4	year 8
2	64 (66)	87 (83)
1	25 (21)	11 (13)
0	11 (13)	2 (4)

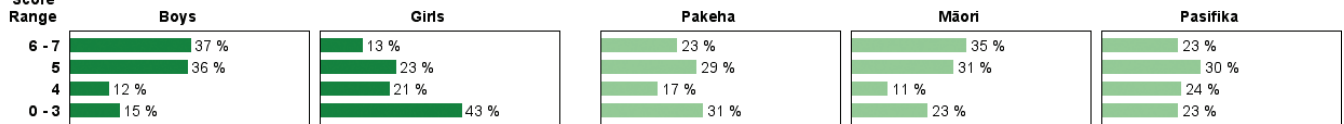
Total score:

Score Range	year 4	year 8
6-7	25 (30)	48 (41)
5	30 (25)	34 (36)
4	17 (15)	13 (13)
0-3	28 (30)	5 (10)

Subgroup Analyses:

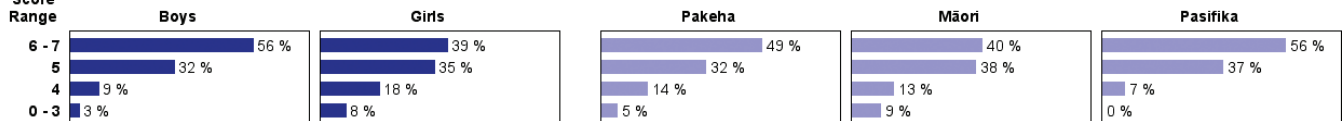
Year 4

Score Range



Year 8

Score Range



Commentary:

About 85 percent of year 8 students and 60 percent of year 4 students hit balls reliably but only about one third of year 4 students and half of the year 8 students were judged to have good technique. Boys scored markedly higher than girls. There was little change at either year level between 2002 and 2006.