Name/Title: Snatch And Strike

Purpose of Event: To reinforce stiking with a short-handled implement using an overhand, underhand, or sidearm motion using a few of the following cues: side to target (front to target for underhand); toss object up or drop it; racket/paddle back; firm wrist; step with opposite foot (pick the few you feel are most important to begin with; add others as students experience success with first cues).

Prerequisites: Students should previously have practiced individual skills with short handled paddles and/or rackets by striking an object up/down/forward to themselves or a wall. Also, they should have previously practiced stiking objects for distance while using a variety of forces. It will also be advantageous to have a unit of volleying and/or catching precede this unit.

Suggested Grade Level: 4-5

Materials Needed: Short handled paddles and/or racket for at least half of the class; 2 nerf balls, shuttlecocks (or any other safe ball) for each student in the class; 1 hoop for each student in the class.

Description of Idea

Before the activity, scatter hoops around the general space. Place four safe striking objects in half of the hoops. After introducing one of the striking patterns and the cues for it to students, explain the activity as follows.

Students pair up; each pair goes to a hoop that is filled with four safe objects for striking. They decide who will first be the "snatcher/striker" and who will be the "catcher/receiver". The strikers get the paddle or racquet.

On your "go" signal, the "snatcher/strikers" move out of their hoop and go to any hoop in the gym which holds the objects for striking. While standing in that hoop, they pick up an object and strike it back to their partner using an underhand motion (or overhand or sidearm, depending on which one you are focusing one). If the catcher can catch the object while keeping at least one foot inside the hoop, the pair earns one point (balls can be caught in the air or off the bounce; objects go into the hoop at the catcher's feet). After each strike, the snatcher/striker can either stay at that hoop to strike another object or move to a new hoop which holds objects to strike.

When the snatcher/striker has had four striking turns, they go back to their partner and switch roles. The new striker/snatcher gets the racquet, and the new catcher then goes to any empty hoop to stand and catch.

During play, encourage students to use the correct technique/cues for striking. You can have students switch which striking form to use, or you may decide to have them work only on that
one form (depending on their experience).

Assessment Ideas:

At the end of the activity, ask students to tell you the steps for the striking form.

As students participate, move around and check to see if students are consistently (or not) using the appropriate cues for that striking form.

Teaching Suggestions:

Have all catchers pick up and hand an object to wheelchair participants to strike.

Submitted by Janice Schlegel who teaches at Nashoba Brooks Elementary School in Concord, ME. Thanks for contributing to PE Central! Posted on PEC: 4/6/2001. Visit S&S Discount for all your physical education equipment and supplies!