

I CAN

STRIKE AN OBJECT WITH CONTROL

PHYSICAL LITERACY MANIPULATIVES

SUCCESS CRITERIA

BODY IS SIDE-ON, WITH THE WEIGHT ON THE BACK FOOT

WEIGHT SHIFTS FORWARDS AS THE BALL IS MOVING TOWARDS INDIVIDUAL

STRIKE WITH A COMPLETE STRAIGHTENING OF ARMS LIKE A LONG ARC – IN EITHER A HORIZONTAL OR A VERTICAL PATTERN



GRADES K-2

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

GRADES 3-5

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments

GRADES 6-7

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

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PHYSICAL LITERACY MANIPULATIVES

LEARNING CUES

- GRIP DEPENDS ON THE IMPLEMENT
- EYE ON THE BALL
- START WITH FEET SPREAD APART AND KNEES FLEXED
- SHIFT WEIGHT FROM BACK TO FORWARD ADJUSTING THE SWING
- CONTACT MADE WITH THE BALL AT THE POINT OF COMPLETE ARM EXTENSION
- FOLLOW THROUGH IN THE DIRECTION OF THE SWING

