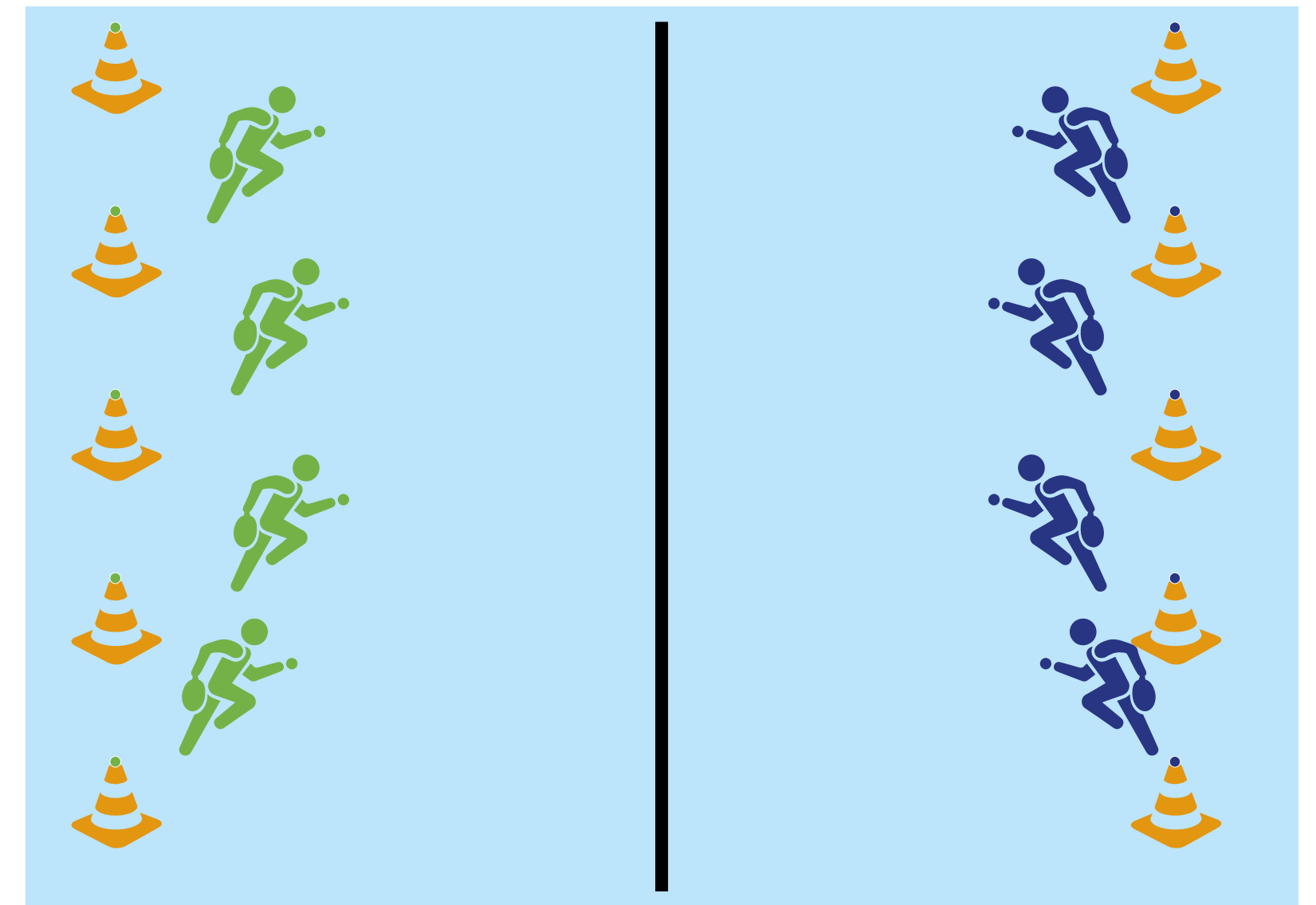


Striking- Battleships - Early Level

1. Divide your class into two teams.
2. Each player has a plastic bat and a sponge ball.
3. On one half of the hall is one team and they have 5 cones with small balls on top (battleships), on the other half this is replicated with the other team having 5 cones with small balls on top (battleships).
4. Players need to strike their ball towards the other teams battleships and knock off the ball (bats are not allowed above hip height).
5. Players are not allowed to chase their ball once it is hit or cross the half way line, they must wait until a ball arrives back over into their side.
6. Once the balls are knocked off they are not allowed put back on and once these are all knocked off the game end. If you lose all your battleships then the other team wins.



Cognitive Skills

- > Problem Solving
- > Focus & Concentration
- > Decision Making

Physical Competencies

- > Coordination & Fluency
- > Rhythm & Timing
- > Gross & Fine Motor Skills

Personal Qualities

- > Determination & Resilience
- > Responsibility & Leadership

Physical Fitness

- > Stamina

Progressions

1. Only allowed to use one hand when striking with the bat.

Questions

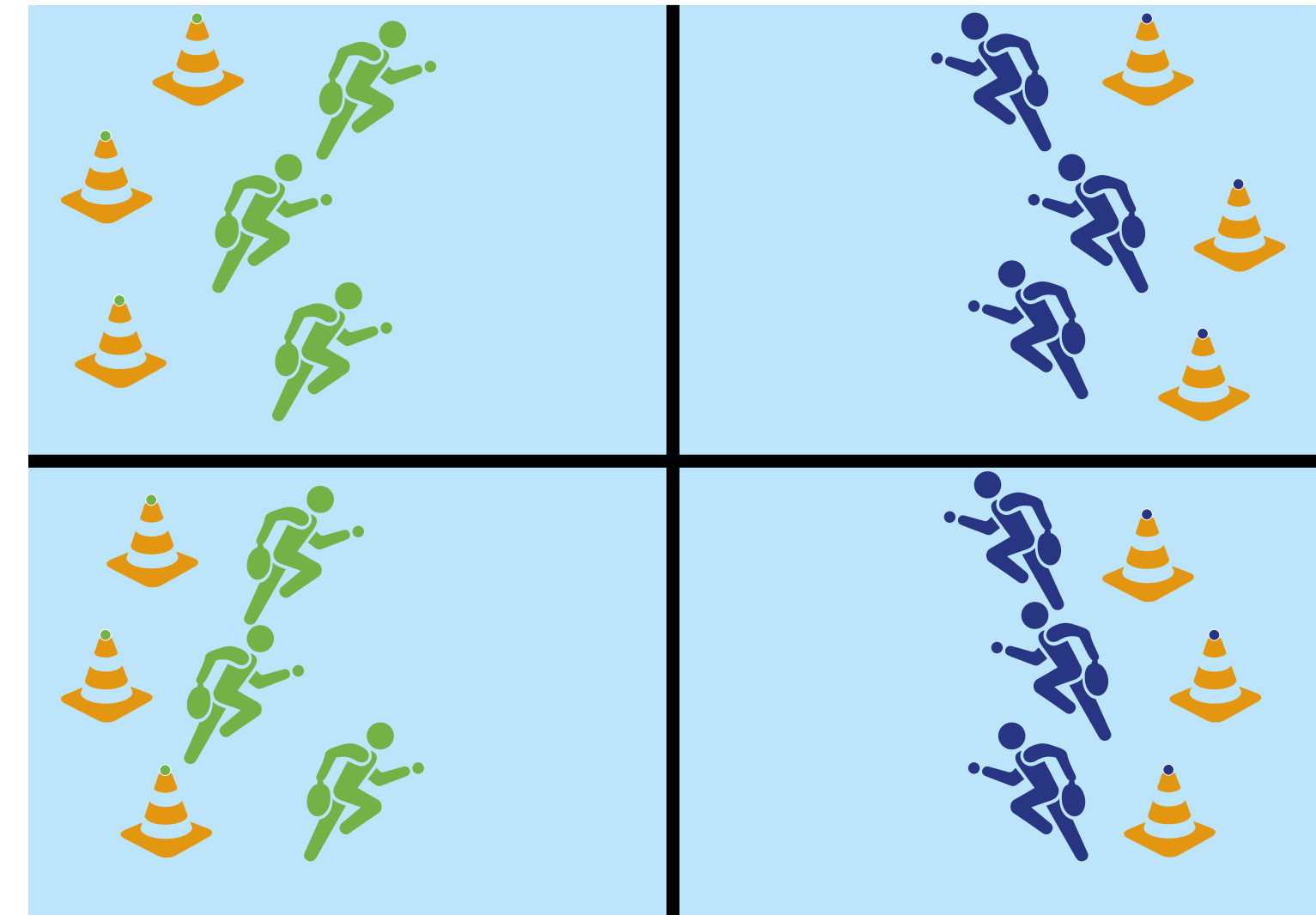
1. What battleship should I hit?
2. How do I defend my own battleships?

Equipment

- > Cones, Soft Tennis Balls, Plastic Bats.

Striking - Quad Battleships - First Level

1. Divide your class into four teams, each team has a quadrant of the hall sectioned off.
2. Each player has a plastic bat and a sponge ball.
3. In each quadrant they have cones with small balls on top (battleships).
4. Players need to strike their ball towards the other teams battleships and knock off the ball (bats are not allowed above hip height).
5. Players are not allowed to chase their ball once it is hit or cross into someone else's team,, they must wait until a ball arrives back over into their side.
6. Once the balls are knocked off they are not allowed put back on and once these are all knocked off the game end. If you lose all your battleships then the other team wins.



Cognitive Skills

- > Problem Solving
- > Focus & Concentration
- > Decision Making

Physical Competencies

- > Coordination & Fluency
- > Rhythm & Timing
- > Gross & Fine Motor Skills

Personal Qualities

- > Determination & Resilience
- > Responsibility & Leadership

Physical Fitness

- > Stamina

Progressions

1. Only allowed to use one hand when striking with the bat.

Questions

1. What battleship should I hit?
2. How do I defend my own battleships?
3. How many teams do I attack and defend?
4. How do I know what team to attack?

Equipment

- > Cones, Soft Tennis Balls, Plastic Bats.