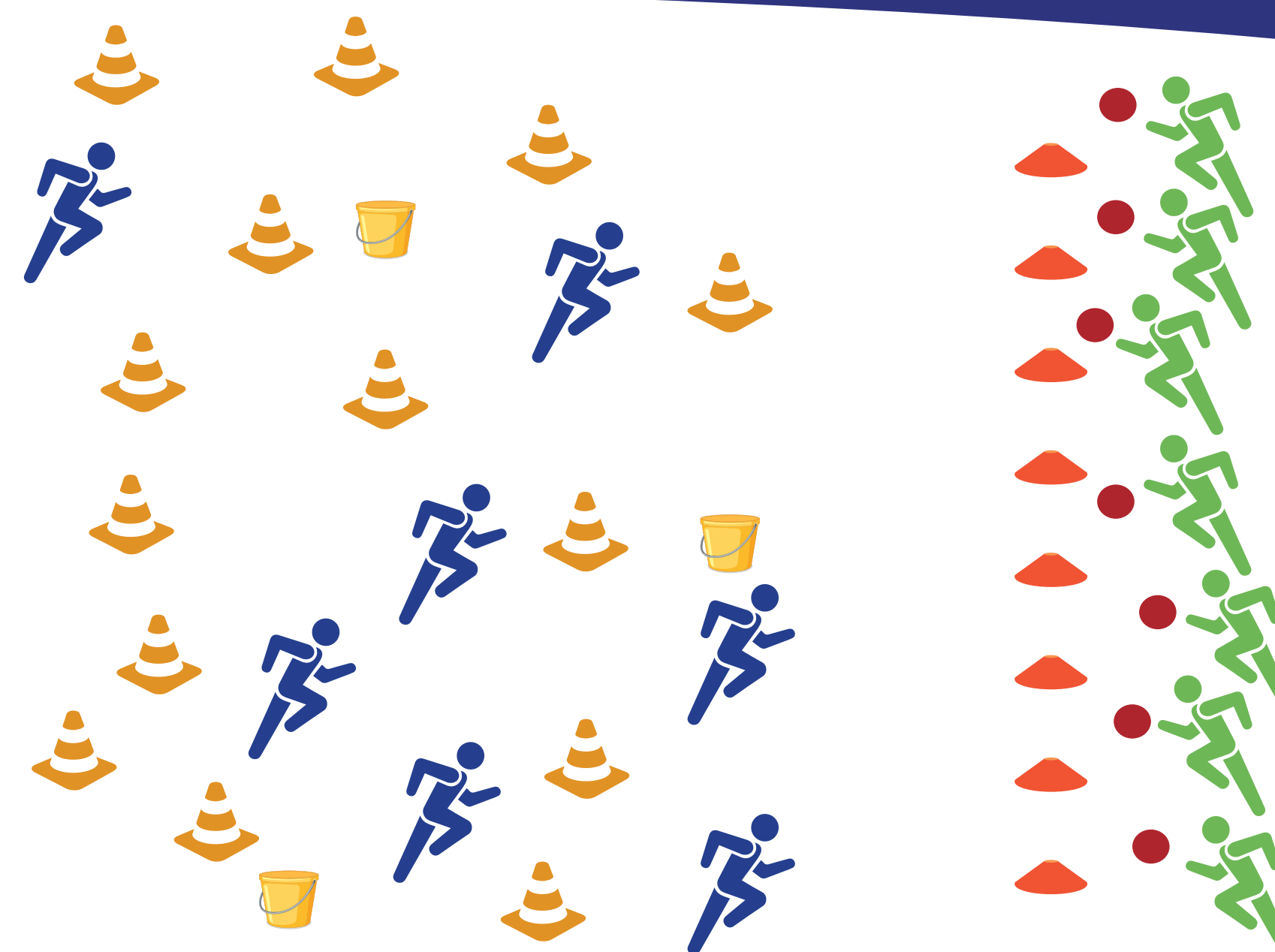


## Striking - Kickball Frenzy - Early/ First level

1. Divide your class into two teams, fielders and batters.
2. Cones and buckets should be placed around the playing field. This will depend on class size but three buckets and twenty cones is a good start.
3. On the teachers cue, the batting team will kick their soft ball, run out and try to knock over all the cones with their hands.
4. The fielding team will try and retrieve the balls and put them in the buckets.
5. The first team to complete their task earns a point.



### Cognitive Skills

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

### Physical Competencies

- > Kinaesthetic Awareness
- > Coordination & Fluency
- > Gross & Fine Motor Skills

### Personal Qualities

- > Determination & Resilience
- > Respect & Tolerance
- > Communication

### Physical Fitness

- > Core Stability & Strength
- > Flexibility
- > Speed

## Progressions

1. Increase/reduce the number of cones to make the task more challenging for the fielders.
2. Increase/reduce the number of buckets to make the task more challenging for the batters.
3. Introduce bat and soft ball.

## Equipment

- > Cones, softballs and buckets.

## Questions

1. Where should you kick the ball?
2. Where should I stand when fielding?
3. How are we going to cover all of the space when fielding as a team?
4. Should I run with the ball or throw it to a teammate?
5. What different ways can we communicate as a team?