

Student Name: _____ Teacher Name: _____

NTI Day 19 – Health and Physical Education

Learning Target – I can control the force of my strikes when volleying and striking objects.

Kentucky Academic Standards: Standard 1: Demonstrate competency in a variety of motor skills and movement patterns. **Practices For Movement Competency:** Physically literate individuals practice skills for achieving competency and confident in a variety of physical activities. These performance indicators focus on identifying skills that will help students effectively engage in lifelong physical activities.

K.1.L1 Explore a variety of locomotor movements, travelling in different directions.

1.1.L1 Perform a variety of locomotor movements using different body parts.

2.1.L1 Perform a variety of locomotor movements traveling in different directions, at different speeds and if different pathways.

3.1.L1 Perform, alone and with others, a variety of locomotor movements at different levels and in different pathways and directions, with and without equipment.

4.1.L1 Perform different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, using different pathways and travelling in different directions.

5.1.L1 Explore different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels and using different pathways in game-like situations.

How many strikes did you make without the object hitting the floor? Did you use any of the modifications, if so, which ones? Can you identify the muscles you used to complete this activity? This can be completed on paper or a google form.

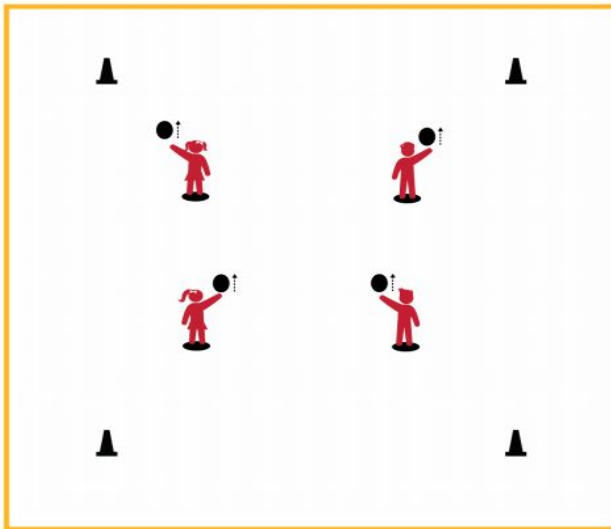
Visit CGESSpecialarea.weebly.com

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KEEP IT UP

Rectangular Snip



1. Strike the balloon straight up with your palm.
2. How many strikes can you make without the balloon hitting the floor?



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Modifications:

You can use various objects: balloon, ball, zip lock bag with air, rolled up socks, brown bag crumpled up, etc.

Less challenging - stay seated and use one hand to keep from moving around as much.

More challenging - use the back of your hand instead of your palm, use more than one object to strike, use both hands with one or multiple objects, see how high you can strike/volley the object