DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Subject:	Physical Education
Title:	Paddle Ball
Grade:	PE

Standards

S1.E24	Strikes a lightweight object with a paddle or a short-handled racket. (S1.E24.K) Strikes a ball with a short-handled implement, sending it upward. (S1.E24.1) Strikes an object upward with a short-handled implement, using consecutive hits. (S1.E24.2)

Essential Question

How can I practice my striking skills at home without PE equipment?

Rationale

It is important for students to be able to demonstrate competency in a variety of movement patterns and motor skills to be a confident mover and enjoy physical activity.

Tasks

Striking with a short-handled instrument at home challenge:

1. First, find a short-handled racquet or paddle and rag balls or paper balls. if you don't have a short-handled racquet or paddle, follow this video to create one.
2. Next, practice striking with your new "paddle":
    - **"Grip"**: Use shake-hand grip to hold the paddle/racket.
    - **"Bend Knees"**: Keep your knees slightly bent.
    - **"Firm Wrist"**: Wrist stays firm.
    - **"Eyes":** keep your eyes on the ball or balloon
    - **"Flat racket/paddle"**: Face of paddle/racket points to the sky or ceiling.
    - **"Strike"**: Strike the ball upward in front of body.
3. Practice at least 10 times striking the ball or balloon upward, following the cues until you feel confident.
4. Create a challenge trying to see if you can:
    - Strike a balloon upward with a lightweight paddle.
    - Balance balls and objects on a paddle while remaining stationary or traveling.

- Strike a ball in the air continuously with a paddle.