

Volleying and Striking

Filling Outcome Holes (4.17.15)

Standard 1.E22 Volley, underhand

[E22.K-2] Volleys a lightweight object (balloon), sending it upward (K); Volleys an object with an open palm, sending it upward (1); Volleys an object upward with consecutive hits (2).

[E22.3-4] Volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner, while demonstrating three of the five critical elements of a mature pattern (3); Underhand-volleys, using a mature pattern, in a dynamic environment (e.g., 2 square, 4 square, handball) (4).

Standard 1.E23 Volley, overhead

[E22.4-5] Strikes/volleys with a two-hand overhead pattern, sending a ball upward while demonstrating four of the five critical elements of a mature pattern (4); Strikes/volleys a ball using a two-hand overhead pattern, sending it upward to a target (5).

Standard 1.E24 Striking, short implement

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

[E24.3-5] Strikes an object with a short-handled implement, sending it forward over a low net or to a wall (3a); Strikes an object with a short-handled implement while demonstrating three of the five critical elements of a mature pattern (3b); Strikes an object with a short-handled implement while demonstrating a mature pattern (4a); Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall (4b); Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment (5).

Standard 1.E25 Striking, long implement

[E25.2] Strikes a ball off a tee or cone with a bat, using correct grip and side-orientation/proper body orientation (2).

[E25.3-5] Strikes a ball with a long-handled implement, sending it forward, while using proper grip for the implement (e.g., hockey stick, bat, golf club). Note: Use batting tee or ball tossed by teacher for batting (3); Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis/badminton racket), while demonstrating three of the five critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane and follow-through) (4); Strikes a pitched ball with a bat using a mature pattern (5a); Combines striking with a long implement with receiving and traveling skills in a small-sided game (5b).

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