

# -Striking a Stationary Ball-

Using an object to swing and hit a ball.



1

Stand sideways to the ball holding the striking object over back shoulder.



2

Rotate shoulders towards the ball and swing striking object forward.



3

Hit the ball and follow through with a striking action.

Get moving with **MINI MOVES**





# BULL'S Eye

Take a strike, how close can you get to the bull's eye?



## Equipment:

Soft ball, chalk, wall, t-ball stand and bat (or newspaper).

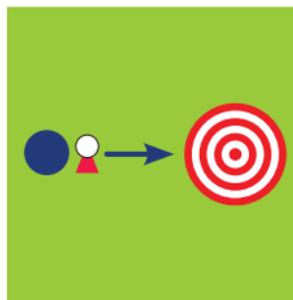
## Where to play:

 Outdoors

## Age:

Preschoolers  
(3 to 5 years).

## What does the game look like?



### KEY:

-  Child
-  Ball on t-ball stand
-  Direction of ball
-  Target



# BULL'S Eye

Take a strike, how close can you get to the bull's eye?

## Step 1

With chalk, draw a target on a wall or the ground, starting with a larger circle and drawing smaller circles within.

## Step 2

Place a ball on a t-ball stand a short distance opposite the target.

## Step 3

Have children line up and each take a turn in striking the ball towards the target, calling "bull's eye" when they hit the target.



**Tips:** **EASIER:** Children aim into an open area to see how far their ball goes.  
**HARDER:** Mark each child's name on the target where their ball hits.  
Children have three turns to see how close they can get to the middle of the target.



# Mini GOLF

Let's play mini golf, can you get a hole in one?



## Equipment:

Newspaper, cardboard box, paper, small balls, masking tape and bean bags.

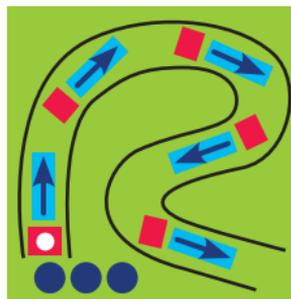
## Where to play:

 Outdoors

## Age:

Preschoolers  
(3 to 5 years).

## What does the game look like?



### KEY:

-  Direction of ball
-  Ball
-  Bean bags
-  Children
-  Cardboard tunnels



# Mini GOLF

Let's play mini golf, can you get a hole in one?

## Step 1

Use cardboard boxes as tunnels for children to strike the ball through.

## Step 2

Arrange the cardboard tunnels around a space to set up a mini golf course.

## Step 3

Ask children to create a golf club by rolling newspaper and taping each end to prevent it from rolling open.

## Step 4

Place a bean bag in front of each tunnel for children to hit the ball from.

## Step 5

Children take it in turns to strike their ball through each tunnel around the mini golf course.



**Tips:** **EASIER:** Use chairs as tunnels for children to strike their ball through.  
**HARDER:** Make/use smaller tunnels.

# HIT for Six

Batter up, swing and hit for six!



## Equipment:

Tunnel, cones, ball (for each child), 3 x bats (or newspaper bat) and mats.

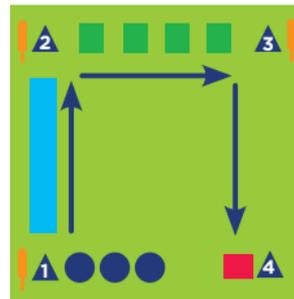
## Where to play:

 Outdoors

## Age:

Preschoolers (3 to 5 years).

## What does the game look like?



### KEY:

-  Direction of ball
-  Cones
-  Mats
-  Bats
-  Tunnel
-  Children waiting
-  Safe zone

# HIT for Six

Batter up, swing and hit for six!

## Step 1

Set up four cones in a square shape for children to bat off.

## Step 2

Place a bat at cones one, two and three and a mat (safe zone) at cone four.

## Step 3

Place the tunnel between cones one and two and place mats for children to step on between cones two and three.

## Step 4

Give each child a ball for them to hit for six and chase around the square.

## Step 5

Children take it in turns to strike from the first cone into the tunnel, then drop the bat and crawl through the tunnel to the second cone, after collecting their ball.

## Step 6

Children strike off the second cone, dropping their bat and running across the mats to the third cone, after collecting their ball.

## Step 7

Children strike off the third cone, towards the mat (safe zone) at the fourth cone, dropping their bat and running and placing their foot on the mat saying "safe zone".

## Step 8

Children return to the start for another turn.



### Tips:

**EASIER:** Children bat from the first cone only and complete the square by running around the second and third cones.

**HARDER:** Lengthen the distance between cones or change the shape of the cones, including more cones to hit off.