

PE Central Challenge

Challenge #6: Paddle Strike

Task Description:

Strike a ball with a short or long-handled paddle or racket in the air continuously for 60 seconds to your self while remaining in a 3-4 foot diameter space, e.g. hoop, jump rope formed into a circle. The circle must remain stationary for the entire 60 seconds.

Administering this Challenge:

Equipment:

- Short or long-handled paddles (foam, plastic, wooden)
- Short or long-handled lightweight rackets
- Ball (foam, tennis, yarn, whiffle, etc.)
- Hoops or jump rope (to mark diameter on ground)

Measurements:

- Place hoop or jump rope formed into a 3-4 foot diameter circle on the ground. Both feet must remain in the hoop at all times during this challenge. The circle must remain stationary during the task.
- If youngsters step outside of the circle or miss a strike, please have them start the challenge over.

Starting and Stopping:

- Administer the challenge using either hand ("Go" hands up and "Stop" hands down) and/or verbal Go and Stop signal.

Challenge Diagram:



Challenge Comments:

- There is no limit to the number of attempts to satisfactorily complete this challenge. To increase participation, consider setting up several striking stations.
- Tennis-sized foam balls, yarn balls and short-handled rackets are recommended for better ball control.

Performance Cues:

- "**Grip**": Use shake-hand grip to hold the paddle/racket.
- "**Bend Knees**": Keep your knees slightly bent.
- "**Firm Wrist**": Wrist stays firm.
- "**Strike**": Strike the ball upward and keep the paddle in a "flat" position.
- "**Flat racket/paddle**": Face of paddle/racket points to the sky or ceiling.
- "**Strike**": Strike the ball upward in front of body.

Practice Tasks:

- Strike upward a ball suspended with a rope.
- 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.