

Foundation PE (Reception) - Using a Bat and a Racket

Home Learning Challenge Sheet

At school we are learning to use a bat and a racket. Please help me at home. The following activities will help me to become good at using different equipment.

Activities to Support Learning

Balance That Balloon

Find a balloon and a bat or racket – you could also use some screwed-up paper and a piece of cardboard or a book. See if you can balance the balloon on the bat or racket – how long before it falls on the floor?

Hit It

Make a paper bat using some rolled-up paper, and a ball using some screwed-up paper. Ask someone to drop the paper ball just in front of you and see how far you can hit it.

Between the Targets

Use different objects e.g. plastic bottles, cardboard boxes, old clothing (anything which can be used as a marker). Create several goals which a ball can move through. Using a bat/racket and a ball (or a rolled-up paper bat), try to hit the ball through the goals. See how many hits it takes you to get through all the goals. Can you find a quicker way?

Hit and Catch

With a friend, play 'Hit and Catch'. Take it in turns to use the bat/racket (or paper bat) and the ball. Throw the ball towards the bat and see if they can hit it back to you. Can you catch it? Make sure you have a go at hitting and catching.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your bat and racket skills!

How to Use a Bat or a Racket:

1. Make sure you have a suitable size bat or racket.
2. Lay the bat/racket on the floor and pick it up from that position to get a good grip.
3. Hold your bat/racket tightly.
4. Move the bat/racket back slightly, then watch the ball as it comes towards your bat/racket.
5. Move it towards the ball and try to hit it.

