



Aim, Strike and Shine!



Description: *Focuses on developing striking skills with an emphasis on accuracy, teamwork, and fun.*

Curriculum Focus Area: *Fundamental Movement Skills (FMS)*

Learning Intention	To explore basic striking techniques and develop hand-eye coordination.
Success Criteria	I can hold equipment correctly and strike an object with control. I can strike a moving object using different types of equipment.
Assessment Focus	Observation of students' ability to strike objects with accuracy and control.
Victorian Curriculum 2.0 Achievement Standard & Content Description	Students apply fundamental movement skills in different movement situations and explain how they move their body with objects and in space effectively. Practise fundamental movement skills and apply them in a variety of movement situations, including indoor, outdoor and aquatic settings (VC2HP2M01)

Timing	Activity and Games	Equipment	Focus Question
Unofficial Start			
0-5 min	Strike the Target: Students use their hands to tap beanbags at a target.	Beanbags, cones	How can we aim at a target?
Lesson Objectives			
5-10 min	Learning Intention and Success Criteria		
Minor Game			
10-20 min	Hand-Striking Relay: Students pass balls to each other by tapping them with their hands.	Soft balls, cones	How can we control the ball when striking?
Major Games			
20-35 min	Balloon Striking: Students practise striking balloons into the air using their hands or paddles.	Balloons, paddles	How can we strike the balloon to keep it in the air?
35-50 min	Partner Target Practice: Partners use paddles to aim at small targets together.	Paddles, cones, balls	How do we aim for accuracy with a partner?
Reflection			
50-60 min	Peer Feedback: Share one tip to improve striking accuracy.		
Safety	Ensure balloons and balls are soft, use lightweight paddles, and provide ample space between groups.		

STRIKE THE TARGET

Theme focus: Aiming and accuracy



HOW TO PLAY

1. Students stand behind a designated line while holding a beanbag, preparing to aim at a target.
2. Using their hands, they gently tap the beanbag forward, trying to direct it accurately toward the target.
3. The main objective of the activity is to land the beanbag as close to the target as possible, developing precision and control.
4. Players take turns and can adjust their distance from the target based on their skill level to make the game more challenging or manageable.
5. Encourage students to focus on making soft, controlled taps rather than throwing, ensuring better accuracy and technique.



QUESTIONS

- How can we aim at a target?
- What helped you hit the target?
- How did you control your tap?
- What made aiming harder or easier?



MODIFY IT

Make it Easier:

Allow players to stand closer to the target.

Make it Harder:

Move the target farther or make it smaller.



EQUIPMENT

Beanbags, cones



SAFETY

Ensure a clear play area with no obstacles.

HAND-STRIKING RELAY

Theme focus: Hand-eye coordination



HOW TO PLAY

1. Students form a straight line, standing a few feet apart, with a ball at the front of the line. The first player prepares to tap the ball using an open palm.
2. The first player carefully strikes the ball towards the next person in line, ensuring the ball travels in a controlled and accurate manner.
3. Each player must control their strike so the ball reaches their teammate without bouncing away or rolling too fast. They must adjust their force and direction as needed.
4. When the last player in line receives the ball, they pick it up, run to the front, and restart the relay, continuing the pattern.
5. Players should focus on making smooth, controlled passes and adjusting their aim to ensure successful team play. The relay continues until every student has been at the front at least once.



QUESTIONS

- How can we control the ball when striking?
- What helped you aim your strike?
- How did you adjust if the ball went too far?
- What was challenging about passing the ball?



EQUIPMENT

Soft balls, cones



MODIFY IT

Make it Easier:

Allow underhand taps for more control.

Make it Harder:

Use smaller balls or increase passing distance.



SAFETY

Ensure enough space to avoid collisions.

BALLOON STRIKING

Theme focus: Hand-eye coordination



HOW TO PLAY

1. Students use their hands or paddles to strike balloons, keeping them in the air while maintaining control.
2. They must track the movement of the balloon and adjust their position to prevent it from touching the ground.
3. Players learn to modify the force of their strikes, aiming for soft, controlled taps rather than hard hits.
4. Encourage students to focus on accuracy and gentle contact to keep the balloon in play for as long as possible.
5. This activity can be practiced individually or in pairs, allowing players to develop hand-eye coordination while having fun.



QUESTIONS

- How can we strike the balloon to keep it in the air?
- What helped you control the balloon?
- How did you adjust if the balloon moved too far?
- What was challenging about keeping the balloon up?



EQUIPMENT

Balloons, paddles



MODIFY IT

Make it Easier:

Allow students to use hands first.

Make it Harder:

Use smaller balloons or require specific striking techniques.



SAFETY

Ensure space to avoid collisions.

STRIKING BASICS

Theme focus: Partner aiming and accuracy



1. Partners take turns striking balls toward a designated target using paddles or bats.
2. They focus on adjusting their swing, aiming with accuracy, and controlling the force behind each strike.
3. Players practice different techniques to refine their striking skills.
4. The goal is to consistently hit the target while maintaining balance and precision.
5. Teams compete against each other to land the most accurate shots and improve their control.

QUESTIONS

- How do we aim for accuracy with a partner?
- What helped you hit the target?
- How did your partner help you adjust your aim?
- What was the hardest part of aiming together?



EQUIPMENT

Paddles, cones, balls

MODIFY IT

Make it Easier:

Use larger targets and shorter distances.

Make it Harder:

Use smaller targets or increase distance.



SAFETY

Ensure a clear striking area and safe distances between pairs.

Learning Intention	To improve accuracy when striking objects towards targets.
Success Criteria	I can aim and strike objects towards a target with control. I can aim at targets of different sizes with increasing accuracy.
Assessment Focus	Observation of students' ability to aim at a target when striking.
Victorian Curriculum 2.0 Achievement Standard & Content Description	Students apply fundamental movement skills in different movement situations and explain how they move their body with objects and in space effectively. Practise fundamental movement skills and apply them in a variety of movement situations, including indoor, outdoor and aquatic settings (VC2HP2M01)

Timing	Activity and Games	Equipment	Focus Question
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Unofficial Start

0-5 min	Cone Bowling: Students roll or strike balls to knock over cones.	Balls, cones	How can we aim at a cone?
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Lesson Objectives

5-10 min	Learning Intention and Success Criteria
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Minor Game

10-20 min	Bucket Bounce: Students bounce balls off the ground and into a bucket.	Balls, buckets	How can we control the direction of the ball?
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Major Games

20-35 min	Target Strike Challenge: Students use paddles to strike balls at different-sized targets.	Paddles, targets, balls	How does our aim change with different targets?
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35-50 min	Accuracy Relay: Teams compete to strike balls into a target area while balancing speed and aim.	Balls, cones	How can we aim quickly but stay accurate?
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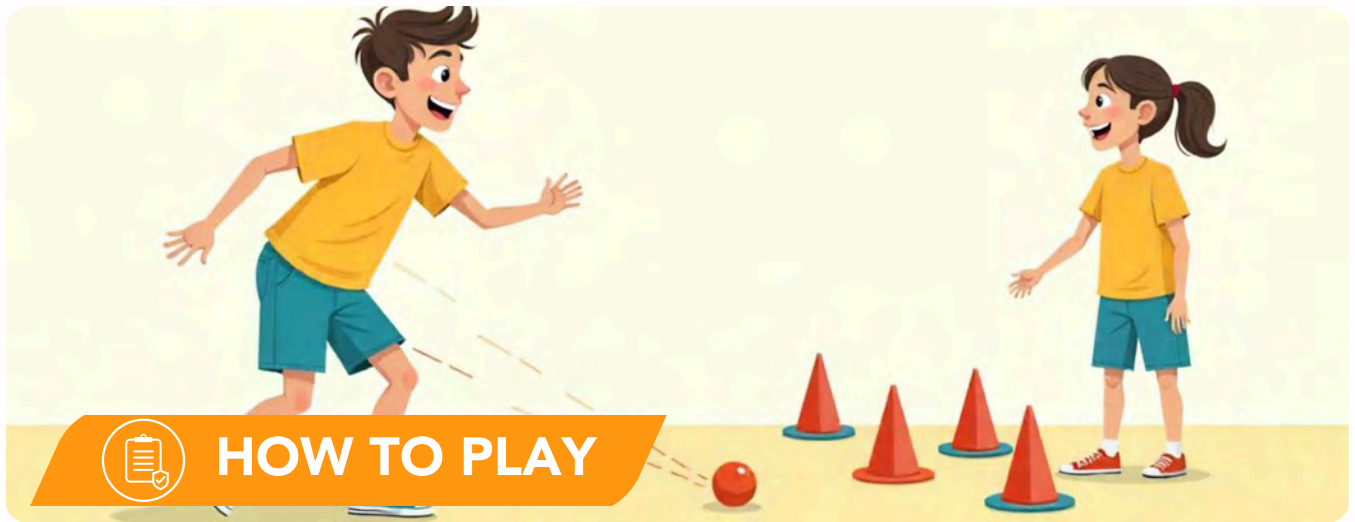
Reflection

50-60 min	Group Reflection: What helped you hit your target?
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Safety	Ensure targets are spaced apart, use lightweight balls, and provide instruction on safe striking techniques.
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CONE BOWLING

Theme focus: Rolling and striking skills



HOW TO PLAY

1. Students take turns rolling or striking a ball with the goal of knocking down cones placed in a specific formation.
2. The cones are arranged either in a straight line or in a triangular shape, similar to a bowling setup, to provide different aiming challenges.
3. Each player takes turns rolling the ball toward the cones and then counts how many cones they successfully knock down.
4. Students can adjust their rolling power and the angle of their throw to improve accuracy and effectiveness in knocking down cones.
5. Encourage players to develop proper hand-eye coordination by focusing on aiming techniques and controlling their rolling motion.



QUESTIONS

- How can we aim at a cone?
- What helped you knock over the cones?
- How did you adjust your aim?
- What made rolling tricky?



MODIFY IT

Make it Easier:

Use larger cones and shorter distances.

Make it Harder:

Use smaller cones or increase distance.



EQUIPMENT

Balls, cones

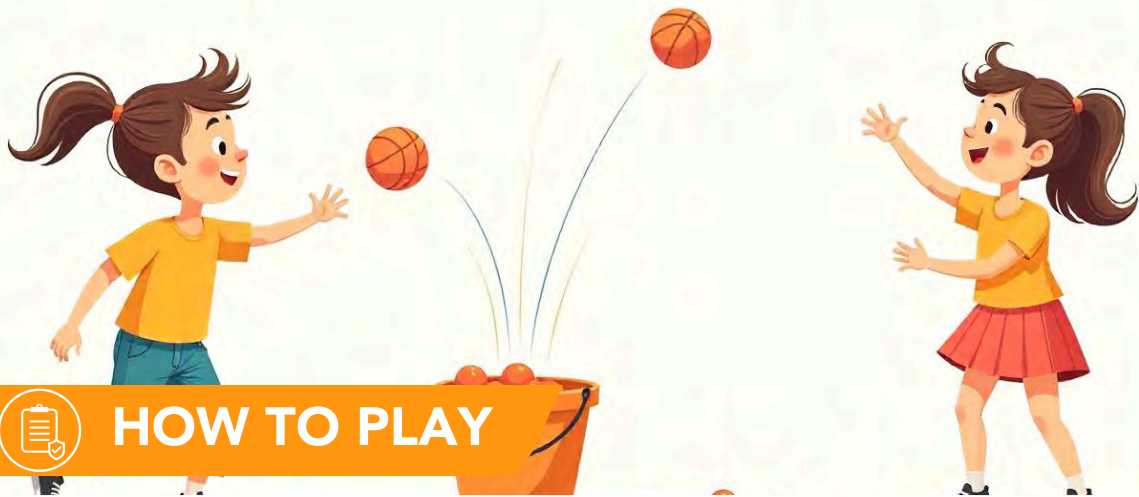


SAFETY

Keep space clear to avoid tripping hazards.

BUCKET BOUNCE

Theme focus: Aiming and ball control



1. Each student takes turns standing at a marked distance from a bucket with a ball in their hands, preparing for their turn.
2. The player carefully bounces the ball off the ground, aiming to land it inside the bucket. They must consider the height and force of their throw.
3. If the ball misses, the player should observe what went wrong and adjust their strength, angle, or distance before trying again.
4. Encourage players to focus on control rather than power, making small adjustments each time to improve accuracy.
5. The challenge is to land the ball inside the bucket as many times as possible, and students can track their successful shots to see improvement.

QUESTIONS

- How can we control the direction of the ball?
- What helped you aim accurately?
- How did you adjust after missing a shot?
- What was challenging about bouncing the ball?

EQUIPMENT

Balls, buckets

MODIFY IT

Make it Easier:

Use larger buckets or shorter distances.

Make it Harder:

Use smaller buckets or increase bouncing distance.

SAFETY

Ensure a clear area to avoid tripping hazards.

TARGET STRIKE CHALLENGE

Theme focus: Aiming and accuracy



HOW TO PLAY



1. Students use paddles or their hands to strike balls toward designated targets of various sizes.
2. Targets are placed at different distances, challenging students to adjust their striking power and accuracy.
3. Players must carefully assess each target and modify their strength and direction to improve their chances of hitting the mark.
4. They count the number of successful strikes and keep track of their progress.
5. Encourage strategic aiming, controlled movement, and focus on precision to improve accuracy over time.



QUESTIONS

- How does our aim change with different targets?
- What helped you hit the target?
- How did you adjust after missing?
- What was hardest about aiming at different targets?



EQUIPMENT

Paddles, targets, balls



MODIFY IT

Make it Easier:

Use larger, closer targets.

Make it Harder:

Reduce target size or increase striking distance.



SAFETY

Ensure a clear striking area.

AIM AND ACCURACY

Theme focus: Striking with speed and accuracy



1. Teams race against each other to strike balls into a specific target zone.
2. Players must balance both speed and control to ensure precision in their strikes.
3. The first team to successfully complete the challenge wins the round.
4. Encourage quick decision-making while maintaining accuracy under pressure.
5. The goal is to develop the ability to strike with accuracy and confidence in fast-paced situations.



QUESTIONS

- How can we aim quickly but stay accurate?
- What helped you hit the target at speed?
- How did you adjust when missing?

- What was the hardest part about balancing speed and accuracy?



EQUIPMENT

Balls, cones



MODIFY IT

Make it Easier:

Allow more time for aiming.

Make it Harder:

Reduce the target size or add time limits.



SAFETY

Ensure safe striking zones and controlled swings.

Learning Intention	To develop teamwork and cooperation through striking games.
Success Criteria	I can strike objects while towards a target. I can strike while adjusting my position based on feedback.
Assessment Focus	Observation of teamwork and students' ability to strike objects effectively in group games.
Victorian Curriculum 2.0 Achievement Standard & Content Description	Students apply fundamental movement skills in different movement situations and explain how they move their body with objects and in space effectively. Practise fundamental movement skills and apply them in a variety of movement situations, including indoor, outdoor and aquatic settings (VC2HP2M01)

Timing	Activity and Games	Equipment	Focus Question
Unofficial Start			
0-5 min	Circle Tap: Teams pass a ball around a circle by tapping it with their hands or paddles.	Soft balls, paddles	How can we work as a team to keep the ball moving?
Lesson Objectives			
5-10 min	Learning Intention and Success Criteria		
Minor Game			
10-20 min	Cooperative Striking Race: Teams move a ball through a cone course by tapping it together.	Balls, cones	How do we work together to move the ball?
Major Games			
20-35 min	Striking Soccer: Teams play a modified soccer game using paddles to strike the ball into goals.	Goals, balls, paddles	How can we communicate while playing?
35-50 min	Group Challenge: Teams create a new striking game and teach it to the class.	Balls, paddles, cones	How does teamwork make the game more fun?
Reflection			
50-60 min	Class Vote: Which game was the most creative and fun?		
Safety	Provide clear boundaries, ensure paddles are used safely, and encourage positive communication between teammates.		

CIRCLE TAP

Theme focus: Teamwork and ball control



1. Students stand in a large circle while holding a ball, preparing to work together to keep it moving.
2. Using either their hands or paddles, they gently tap the ball to another player in the circle, ensuring it stays in motion.
3. The goal of the game is to prevent the ball from touching the ground while keeping it moving consistently around the circle.
4. Players must communicate with each other, using verbal and non-verbal cues to ensure smooth transitions and teamwork.
5. Encourage students to practice controlled taps to maintain steady movement and improve coordination with their peers.

QUESTIONS

- How can we work as a team to keep the ball moving?
- What helped you control the ball?
- How did you communicate with your team?
- How did changing speed affect the game?

EQUIPMENT

Soft balls, paddles

MODIFY IT

Make it Easier:

Use a larger, slower-moving ball.

Make it Harder:

Use a smaller, faster ball.

SAFETY

Ensure players have enough space to move safely.

COOPERATIVE STRIKING RACE

Theme focus: Teamwork and coordination



1. Teams form a line at the starting point of a cone-marked course, with a ball placed at the feet of the first player.
2. The first player taps the ball gently using their hands, guiding it through the course while keeping it inside the cones.
3. When the ball reaches the next player, they take over and continue moving it along the course while staying in control.
4. Players should communicate with their teammates to ensure smooth transitions and maintain steady, controlled taps to keep the ball on course.
5. The goal is to complete the entire course as a team while keeping the ball moving in the right direction without it leaving the marked path.

QUESTIONS

- How do we work together to move the ball?
- What helped your team keep the ball on course?
- How did you adjust when the ball went off track?
- What was challenging about working as a team?

EQUIPMENT

Balls, cones

MODIFY IT

Make it Easier:

Use wider pathways and slower movement.

Make it Harder:

Add obstacles or require faster movement.

SAFETY

Ensure clear pathways and safe spacing.

STRIKING SOCCER

Theme focus: Passing and teamwork



HOW TO PLAY

1. Teams engage in a soccer-style game where players use paddles instead of their feet to pass and strike the ball.
2. Players must communicate effectively, pass the ball to teammates, and move into open space to create scoring opportunities.
3. The goal is to strike the ball with controlled power and accuracy while working together as a team.
4. The game encourages teamwork, spatial awareness, and decision-making as players navigate the field.
5. The main objective is to execute strategic passing and scoring while maintaining control of the ball.



QUESTIONS

- How can we communicate while playing?
- What helped your team move the ball effectively?
- How did you adjust to pass to teammates?
- What was challenging about striking instead of kicking?



EQUIPMENT

Goals, balls, paddles



MODIFY IT

Make it Easier:

Allow slower movement and larger goals.

Make it Harder:

Reduce goal size or add defenders.



SAFETY

Ensure players follow fair play rules.

TEAM STRIKING FUN

Theme focus: Creativity and teamwork



HOW TO PLAY

1. Teams collaborate to design their own striking game, incorporating paddles, balls, and various targets.
2. They decide on the rules, scoring system, and playing area before testing the game.
3. Players take turns teaching their game to classmates, ensuring clear instructions and fair play.
4. Encourage teamwork, creativity, and thoughtful decision-making during game design.
5. The goal is to create a fun and engaging activity that challenges both skill and strategy.



QUESTIONS

- How does teamwork make the game more fun?
- What helped your team create a fair game?
- How did you decide the rules?

- What was the hardest part about making a game?



EQUIPMENT

Balls, paddles, cones



MODIFY IT

Make it Easier:

Provide a basic game structure to modify.

Make it Harder:

Require extra challenges or time limits.



SAFETY

Ensure fair and safe play for all students.

Learning Intention	To combine accuracy, control, and teamwork in creative striking challenges.
Success Criteria	I can combine my striking skills with accuracy and teamwork. I can give feedback to my teammates to improve our striking accuracy.
Assessment Focus	Observation of students' ability to combine skills and collaborate in team challenges.
Victorian Curriculum 2.0 Achievement Standard & Content Description	Students apply fundamental movement skills in different movement situations and explain how they move their body with objects and in space effectively. Practise fundamental movement skills and apply them in a variety of movement situations, including indoor, outdoor and aquatic settings (VC2HP2M01)

Timing	Activity and Games	Equipment	Focus Question
Unofficial Start			
0-5 min	Partner Passing: Students strike balls to their partner and try to keep a rally going.	Balls, paddles	How can we keep the ball moving between us?
Lesson Objectives			
5-10 min	Learning Intention and Success Criteria		
Minor Game			
10-20 min	Target Team Challenge: Teams work together to strike balls into designated target zones.	Balls, cones, targets	How can we balance speed and accuracy?
Major Games			
20-35 min	Striking Obstacle Course: Teams strike balls through a course with accuracy and speed.	Balls, paddles, cones	How can we overcome challenges in the course?
35-50 min	Ultimate Striking Challenge Course: Teams navigate a more complex striking obstacle course with added layers of strategy and precision.	Balls, paddles or bats, cones, hoops, ramps, markers, and small targets.	How can we combine accuracy and speed to complete the course successfully?
Reflection			
50-60 min	Group Celebration: Recognise each team's progress and highlight teamwork efforts.		
Safety	Ensure obstacle courses are free of hazards, supervise closely, and provide encouragement for safe play.		

PARTNER PASSING

Theme focus: Striking and rallying skills



1. Students work in pairs, using either paddles or their hands to pass a ball back and forth between them.
2. They gently strike the ball, focusing on keeping a steady rhythm while sending it back to their partner.
3. The objective is to maintain a continuous rally for as long as possible, practicing consistency and control.
4. Players should concentrate on accuracy by aiming their passes carefully, making it easier for their partner to return the ball.
5. Encourage students to adjust the strength and angle of their passes based on their partner's skill level to ensure smoother exchanges.



QUESTIONS

- How can we keep the ball moving between us?
- What helped you keep the ball under control?
- How did you adjust your strikes?
- How did working with a partner help?



EQUIPMENT

Balls, paddles



MODIFY IT

Make it Easier:

Allow shorter distances and softer balls.

Make it Harder:

Increase the distance and use faster balls.



SAFETY

Ensure a clear space to prevent collisions.

TARGET TEAM CHALLENGE

Theme focus: Aiming and accuracy



HOW TO PLAY

1. Teams each receive a set of balls and stand behind a marked line, aiming at designated target zones placed at different distances.
2. Players take turns striking the ball towards the target, adjusting their stance and technique to improve accuracy.
3. Each player evaluates their previous attempt and modifies their approach, considering distance, strength, and angle of impact.
4. Encourage players to support and communicate with their teammates, offering suggestions on how to refine their aim and technique.
5. The goal is for the team to successfully land as many balls as possible into the target zones, reinforcing accuracy and teamwork.



QUESTIONS

- How can we balance speed and accuracy?
- What helped you aim at the target?
- How did you adjust after missing?
- What made aiming difficult?



MODIFY IT

Make it Easier:

Use larger target zones.

Make it Harder:

Reduce target size or increase striking distance.



EQUIPMENT

Balls, cones, targets



SAFETY

Ensure targets are spaced safely apart.

STRIKING OBSTACLE COURSE

Theme focus: Accuracy and movement



HOW TO PLAY



1. Teams take turns striking balls through an obstacle course that includes tunnels, cones, and other barriers.
2. Players must carefully control their strikes to ensure the ball moves through the course without hitting obstacles.
3. They focus on combining power and precision, adjusting their striking force as needed.
4. The team that successfully navigates the course in the shortest time while avoiding penalties is declared the winner.
5. Encourage students to find the right balance between speed and accuracy, helping them refine their striking techniques under pressure.



QUESTIONS

- How can we overcome challenges in the course?
- What helped you control the ball?
- How did you adjust to obstacles?
- What was the hardest part of the course?



EQUIPMENT

Balls, paddles, cones



MODIFY IT

Make it Easier:

Use fewer obstacles or shorter distances.

Make it Harder:

Increase obstacles or require faster completion.



SAFETY

Ensure safe spaces around obstacles.

STRIKING CHAMPIONS

Theme focus: Accuracy and strategic movement



1. Teams navigate a striking-based obstacle course featuring hoops, ramps, and targets of varying difficulty.
2. Players must hit balls through, over, or into different obstacles using controlled strikes.
3. They combine speed, precision, and strategy to maximize their success.
4. Encourage players to adapt their technique based on distance, angle, and obstacles.
5. Once all teams have completed the course, they should reflect on their accuracy and celebrate their speed and precision.



QUESTIONS

- How can we combine accuracy and speed to complete the course successfully?
- What helped your team move through the course quickly?
- How did you adjust when a shot missed?
- What was the hardest obstacle to complete?



EQUIPMENT

Balls, paddles or bats, cones, hoops, ramps, markers, small targets



MODIFY IT

Make it Easier:

Use larger targets and simpler obstacles.

Make it Harder:

Add smaller targets or extra challenges.



SAFETY

Ensure obstacles are stable and safe for play.

Unit Assessment Rubric

Criteria	Emerging (1)	Developing (2)	Proficient (3)	Extending (4)
Striking Basics	Beginning to hold and use equipment correctly.	Can hold equipment and strike an object with some control.	Strikes objects with accuracy and control.	Demonstrates precision and adaptability in striking.
Aim and Accuracy	Is developing confidence in aiming at a target.	Can aim but lacks consistency.	Strikes with control and accuracy.	Consistently hits targets with precision.
Team Striking	Beginning to coordinate striking in a team setting.	Works with a partner but is developing confidence in maintaining control.	Works effectively in a team, striking with purpose.	Leads team striking activities with strategic thinking.
Striking Challenges	Beginning to combine accuracy, control, and teamwork.	Can combine skills but needs support.	Effectively integrates striking skills in challenges.	Excels in strategic and creative striking challenges.

Performance Evaluation:

- **Emerging (1):** Requires further development and teacher support.
- **Developing (2):** Progressing towards consistent performance but still needs reminders.
- **Proficient (3):** Meets expectations for coordination, balance, and teamwork.
- **Extending (4):** Exceeds expectations and demonstrates leadership and initiative in all areas.

