

# Striking/Fielding Activities

## Activity

**Resource:** Learn to Move

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

Activities in which players strike a ball and then score points by advancing to designated areas. Fielders retrieve the object and return it to a specified place to stop points from being scored and to get opponents out.



## Progression

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### Simple

- Avoid getting out (offensive)
- Use speed and decision making to run quickly in order to advance and gain points

## Moderately Complex

- Defending space (defensive)
- Position to cover space in field to prevent opposition from scoring

## Complex

- Score runs (offensive)
- Advance the runner by choosing an area to hit the ball to facilitate scoring runs

## Living Skills Connections

- What living skills are important to being a valuable team member?
- How can communicating with teammates increase chances of success when fielding?
- How does experimenting with different strategies allow for better results in a game?

## These strategies transfer to:

- playing cricket
- playing beep baseball
- playing stickball

## Tactical Awareness

- What are effective tactics to try and prevent the batting team from scoring runs?
- Why is it important to use different amounts of force when hitting the ball?
- Why is it important to make appropriate decisions about when to run and when to remain where you are while on offense?