

Key Knowledge

- I know that **striking** is where a bat is used to hit a ball.
- I know that **hand-eye coordination** is where my hands and eyes work together to hit, throw and catch.
- I know that a ball can be **thrown, rolled** or **bounced**.

My Body

I know that my body feels different before, during and after exercise.

I know that I can see changes in others' breathing and appearance when they have exercised hard.

Throwing			Hitting		
I know there are different types of throw.			hand	hit mitt	bat
			 		
underarm the ball swings from low to high, opposite arm to leg release the ball at chest height	overarm stand side-on throwing arm swings high opposite leg forward release ball at high point	bounce use underarm throw release ball at waist height ball bounces $\frac{3}{4}$ of the way to receiver	use the palm of your hand to hit the ball	hit mits cover your hands to hit the ball	a bat or racquet can be used to hit the ball
I know that there are different types of bats used in sports.					

