

PE Guidance Page: Bat and Ball Games

Usually at this time of the year we have lots of exciting tennis and cricket tournaments to follow and we would start to play rounders in school. All of these sports involve using a bat and ball. It might be tricky to play these games during lockdown, so why not create a bat and ball game of your own to play with people at home.

What if I don't have a bat?

You do not need a 'proper' tennis racket or cricket bat to be able to play a bat and ball game. Get creative and create a bat of your own, but don't forget to check with an adult before you use anything! Plastic bottles, cardboard tubes or even old frying pans could work.

Skills to consider

- How will you **serve** the ball?
- How will you use your bat/racket to **aim**? It is important that the ball ends up where you intended it to.
- How will you **return** the ball? Will you need to use your bat to hit it back to a partner? How will you make sure that you hit the ball?
- Will you need to **throw** or **catch** the ball? What styles of throwing will be appropriate for your game?
- How important are **tactics** or **teamwork** to your game?

Do you recognise any of these people?



Helpful links

Why not try this 'balloon tennis'?

https://www.youtube.com/watch?v=9oz_ZuTsLrY

Do you want to become a tennis star? Take a look at some advice from the professionals. <https://www.bbc.co.uk/bitesize/articles/zvhwrj6>

England Cricket Board have launched a new app with lots of fun ideas for cricket games. Remember you must remember to check with an adult before downloading any apps. <https://www.ecb.co.uk/news/1667995/ecb-launches-dynamos-cricket-app-for-kids>

Struggling to stay active?

It can be hard at the moment to stay active. Move in a way that feels good for you, a short walk or dance in the living room can really help. If you are finding it tricky to stay active have a look at the Newsround link below.

<https://www.bbc.co.uk/news/round/52546937>