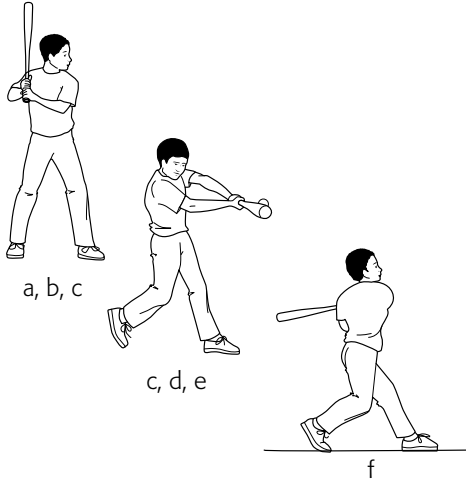
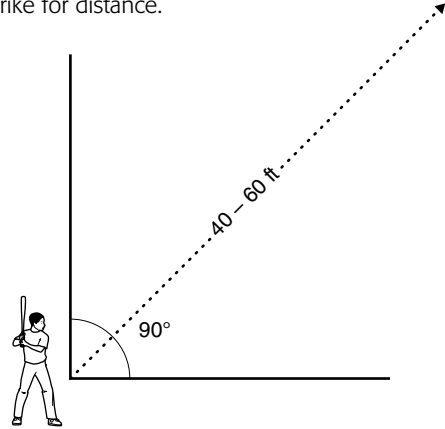


EVERYONE CAN

Assessment Item: TWO-HAND SIDARM STRIKE WITH BAT

Equipment and Space Requirements:

- Use a softball (12-inch circumference, official weight) with a no-sting surface and a regulation-size metal or wooden bat that is 26 to 28 inches in length.
- Bat in an outdoor field or large gymnasium at least 70 feet in length (10-foot staging area plus 60-foot throwing distance).

Skill Levels	Focal Points	
<p>1. Demonstrate the mature two-hand sidearm strike.</p> 	<p>The student demonstrates the following focal points for the mature two-hand sidearm strike while batting (right- or left-handed) a softball that is thrown underhand to the student at slow speed from 20 feet, on 2 of 3 trials. A softball thrown at slow speed will travel 20 feet in 2 seconds.</p> <ol style="list-style-type: none"> Grip bat with hands together, nondominant hand palm down near the base of the bat, dominant hand palm up above nondominant hand. Stand sideways, with nondominant shoulder toward pitcher, feet shoulder-width apart, weight evenly distributed on both feet, eyes on ball, bat behind dominant shoulder, hands at shoulder height. Swing bat forward in horizontal plane at waist level, with trunk rotation forward. Shift weight onto batting-side foot, and step forward with opposite foot during bat swing forward. Contact center of ball with top third of the bat. Follow through well beyond ball contact. Smooth integration (not mechanical or jerky) of the previous focal points. 	
<p>2. Demonstrate the mature two-hand sidearm strike for distance.</p> 	<p>The student with a mature two-hand sidearm strike (skill level 1) will bat a softball thrown at moderate speed from a distance on 2 of 3 trials. A softball thrown at moderate speed will travel 40 feet in 2 seconds, 50 feet in 2-1/2 seconds, and 60 feet in 3 seconds.</p>	<p>Striking (batting) distances:</p> <ul style="list-style-type: none"> ▪ Grades K-1 40 feet ▪ Grades 2-3 50 feet ▪ Grades 4-5 60 feet
<p>3. Demonstrate the mature two-hand sidearm strike for accuracy.</p>	<p>The student with a mature two-hand sidearm strike (skill level 1) and sidearm strike for distance (skill level 2) will bat a softball, thrown at moderate speed from a distance, for accuracy, on 2 of 3 trials.</p>	<p>Accuracy criterion: Within a 90° arc, 45° to the right or left of the student, centered on the person who threw the ball.</p> <p>Striking (batting) distances:</p> <ul style="list-style-type: none"> ▪ Grades K-1 40 feet ▪ Grades 2-3 50 feet ▪ Grades 4-5 60 feet

Reference data: A baseline distance of 60 feet and a distance from the pitcher's mound to home plate of 35 to 40 feet is used in fastpitch softball.

Figure 4.1 Everyone Can! two-hand sidearm strike batting assessment.

From Horvat, M., Kelly, L.E., Block, M.E., and Croce, R., Developmental and adapted physical activity assessment, 2nd ed. (Champaign, IL: Human Kinetics, 2019). Reprinted, by permission, from L.E. Kelly, J.A. Wessel, G.M. Dummer, and T. Sampson, 2010, *Everyone can* (Champaign, IL: Human Kinetics). Illustrations reprinted from J. Wessel, 1976, *I CAN: Object control* (North Brook, IL: Hubbard Scientific Company), 89. By permission of J. Wessel.