

GRADES 5 & 6

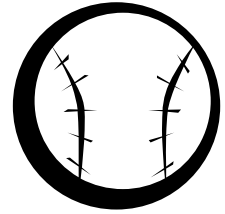
Lesson 5

Lesson Objective:

- To develop the skills associated with team play.

Equipment Required:

- One bowling pin.
- 4 bases.
- 4 rings.
- 2 pylons.
- 1 foam soccer ball.



Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement. During game, ensure students are aware of others and are not blocking the play.

Entry Activity:

Have students jog one lap around the gym and do a full body stretch.

Skill Development: 4 Ball

Teacher should discuss catching and throwing with movement. Have students get into groups of 4. One student has the ball and stands 10m in front of the other 3. The first player in line moves to the right or left and the player with the ball throws the ball in that direction. Once the ball is caught the player that caught the ball takes the place of the thrower and the thrower moves into line with the other players. Have the students practice until each player has caught the ball twice. The teacher should move around the gym and provide feedback on proper techniques.

Game: KICKBALL BOWLING

Four bases are positioned in the gym as a baseball diamond. The class is divided into 2 teams: batters and fielders. Six rings are placed around the gym in various positions. The batter stands in front of the bowling pin, which is placed behind home plate. The fielders assume their regular baseball positions. The pitcher rolls the ball to the batter, who kicks it and begins running around the bases collecting the rings as he/she passes each base. The fielder who gets the ball must pass it to the pitcher, who then rolls the ball at the pin. When the pin is knocked down play stops and the batters score is equal to the number of rings he/she has collected while running the bases. If the pitcher misses the pin, the catcher rolls it back to the pitcher for another try. If the batter gets all six rings and touches home base before the pin is knocked down, the turn is over. The batter then puts the rings back where he/she picked them up. The fielders switch positions every time the pin is knocked down by the pitcher. They cannot play the same position twice until everyone has had a chance at each position. When everyone on the batting team has had a turn at bat, the teams switch positions and the player order stays the same.

If the ball is caught on a fly, the ball is passed to the pitcher and the play continues. When the batter is running, he or she cannot interfere with the fielders and the fielders cannot interfere with the runner.

Cool Down:

Students jog one lap of gym. On whistle, all students stop and do three upper body stretches for 30 seconds each. Students jog another lap of gym in opposite direction. On whistle, all students stop and sit on floor, doing three lower body stretches for 30 seconds each. Stand up jog on the spot for 15 seconds.

Focus Points:

Emphasize the basic fundamentals of throwing and receiving.

Diagrams:

Overhand Throwing

- Grip 2 fingers over the seams of the ball if possible (3 fingers are acceptable for smaller hands).
- Throwing-hand thumb should be pointing down; hand and elbow high.
- Full arm extension on release of ball.
- Step towards target.
- Push off the back foot.

Receiving

- Thumbs together, palms facing out for high balls.
- Little fingers together, palms facing out, for low balls.
- Arms should be extended in front of the body ready to catch.
- Bring the ball into the body (give with the ball) as it is caught.

LEGEND

- X STUDENTS
- Ⓣ TEACHER
- PI PITCHER
- H BATTER/HITTER
- B BOWLING PIN
- C CATCHER
- O RINGS
- ↓ DIRECTION OF STUDENT MOVEMENT
- ⋮ DIRECTION OF BALL MOVEMENT

