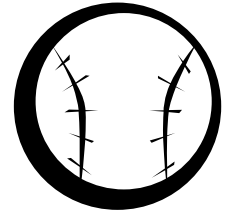


Lesson Objective:

- To develop catching skills and movement through group activity.
- To foster team co-operation and fair play.

Equipment Required:

- 1 racquet for teacher.
- 5 or 6 large light balls or balloons.
- 2 or 3 balls for each group of 5 or 6 students.



Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement. During game, ensure students are aware of other groups moving around them. Make sure students remember proper position of fingers when catching a ball. Fingers should point up when the ball comes above the waist, fingers point down when the ball is below the waist.

Entry Activity: ACTION/REACTION

Students are paired up facing each other. One student initiates a stretching exercise and the partner mirrors/imitates the stretch. The first pair to complete and imitate 10 different stretching exercises, sit down and high five each other 3 times is declared the winner. (Make sure each pair completes the stretching exercise.)

Skill Development:

Teacher should demonstrate for students the proper positioning for catching a high ball and a low ball. Players work in groups of five or six with 2 balls per group. Players with the balls begin passing to other players in the group. Have them practice different passes to each other. When students get used to passing 2 balls, have a third ball added.

Game: MEATBALL AND SPAGHETTI

Students get in groups of 3 and scatter around the gym. The groups of 3 must form a line and hold hands (like a piece of spaghetti). The teacher stands in the centre of the gym and with a paddle or racquet continuously hitting a large, light ball or balloon for the strands of spaghetti to catch. Once the ball comes towards the spaghetti the group that is going to catch it must call “meatball” so the other groups of spaghetti know to move out of the way. The spaghetti must move together and position themselves for the ends of the spaghetti to come together to catch

the ball. They must hold hands at all times. Once the ball is caught, the players must rotate positions. The ball is thrown back to the teacher. Keep the game up until every team has caught the ball at least twice. This game works really well using a badminton racket and birdies.

Cool Down:

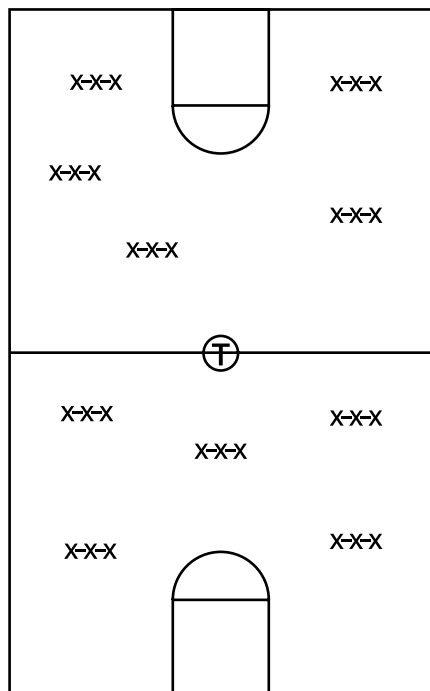
Have students skip one lap around the gym, then have students slide step one lap around the gym. After slide step have the students walk briskly around the gym, and lastly have students slowly walk one lap around the gym. Students then do a full body stretching routine.

Focus Points: 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) - Soft Hands.

Diagrams:

MEATBALL & SPAGHETTI



LEGEND

- X STUDENTS
- Ⓟ TEACHER