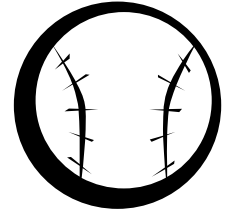


Lesson Objective:

- To develop the skills associated with receiving during group activity.
- To foster team co-operation and fair play.

Equipment Required:

- 1 ball for each pair of students.
- Pylons.



Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement. Make sure students know not to be too aggressive during the “keep away” game.

Entry Activity: SHUFFLE UP

1. Have students line up side by side on a line. When the teacher blows the whistle, the students will shuffle sideways and when the whistle blows a second time, the students shuffle the opposite way. Continue until the students have an understanding of the movement.

SCORO

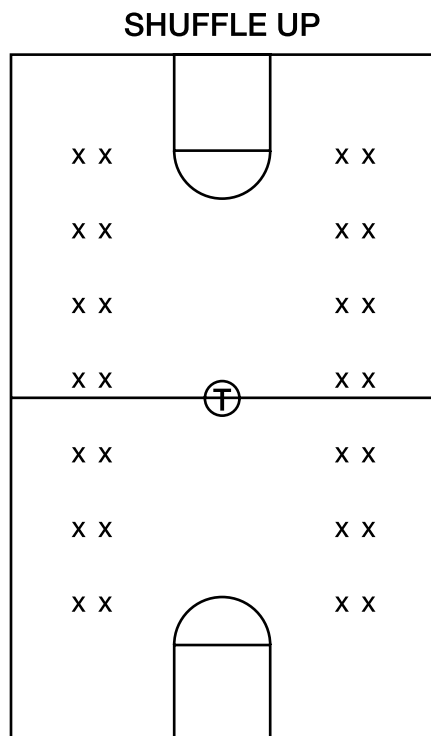
2. Have the students work in groups of 4. Each group of 4 gets 2 balls and 2 pylons to be set up as a goal. Two players roll grounders towards the goal and 2 players field the balls by guarding the goal. The players take turns in each position. The roller stands 8m from fielder and rolls the ball to the fielder, who is guarding the goal. The fielder may not move until the ball is in motion. The fielder scores one point if the ball is blocked. The roller scores one point if the ball goes through the goal. Each fielder and roller get 4 tries.

Stress: Keeping knees bent, staying low to the ground, keeping one hand close to the ground.

Skill Development:

Teacher should demonstrate for students the skill of catching a ball while moving. Have the students line up at the end of the gym in partners facing each other approx. 10m apart. Have the students pass the ball back and forth to one another while using slide step or shuffle step to move down the floor. Have them change the types of passes and use different size balls.

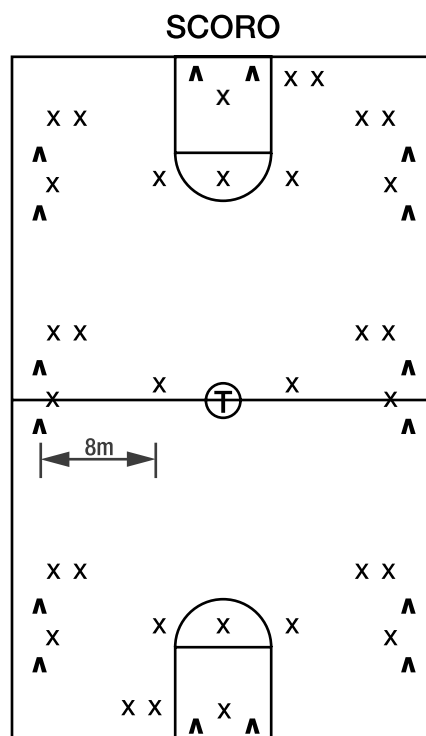
Diagrams:



LEGEND

- X STUDENTS
- Ⓣ TEACHER

ALL STUDENTS
FACE SAME WAY.
SHUFFLE ON
WHISTLE.
SHUFFLE OTHER
WAY ON SECOND
WHISTLE.
TEACHER - EMPHASIZE
ALL STUDENTS GOING
RIGHT OR LEFT



LEGEND

- X STUDENTS
- Ⓣ TEACHER
- ▲ PYLONS

ROTATE
PAIR AFTER
2 ATTEMPTS

Game: BASEBALL SOCCER

Divide group into 2 teams - one team in field, one team at bat.

Using a soft sturdy large ball the pitcher rolls the ball on the floor (ground) towards the “batter.” The “batter” kicks the ball into play. Baseball rules now apply. The “batter” runs the bases and the fielders get him/her “out” by touching any base when the runner is off a base. Teacher is umpire and counts the runs. When everybody has “hit,” change teams from fielders to “batters” and vice versa.

Cool Down: BASE TAG

Set up four bases (mats), one, two or three, chosen to be “it.” Bases are safe areas. Only three players at a time may be on one base. Players on base must do stretching exercise. When new student approaches base, first one on base must leave base.

Focus Points: RECEIVING WITH MOVEMENT

- Shuffle-step to move short distance laterally.
- Cross-over-step to move long distance laterally.
- Knock the ball down.
- Position body in front of ball as much as possible.

Diagrams:

