

KINDERGARTEN & GRADES 1 & 2

Lesson 4

Lesson Objective:

- Receiving a ground ball

Equipment Required:

- Foam balls
- Gym balls
- Wiffle balls



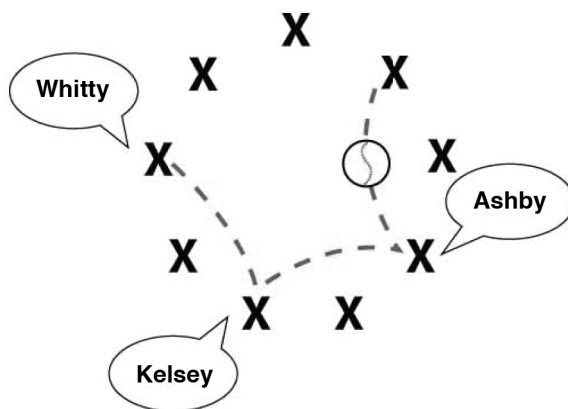
Safety Considerations:

Check the playing area for any hazards. Make sure the students are dressed properly for active movement. During game activity, instruct the students to throw the balls in the proper direction and not at other students. When the students retrieve balls, make sure they are careful not to be hit.

Entry Activity:

Split the student into 3 groups, with an odd number of students in each group if possible. Have the students stand in a circle. The teacher gives a ball to one player (if a circle has even numbers, then give a ball to two different students). At the start signal, the student with the ball throws the ball underhand to the second player to their right. While throwing the ball, they must say the name of the student catching the ball.

Once the students become comfortable with one ball, the teacher can add a second, third and fourth ball. See how many balls the players can handle at the same time.



Skill Development:

The teacher is to have students focus on communication when relaying the ball to each other. The students are only to forward the ball to their classmate when the classmate is ready to receive the ball. Focus should be on the technique of the skill. Speed when doing a skill will develop if a solid base of the skill is established first.

Game 1:

Spread all of the soft (foam/gym/wiffle) balls along the wall at one end of the gym. Do not use hard indoor balls. An empty bag is to be placed at the other end of the gym against the wall. Spread out the students throughout the gym. The entire group works together as a team vs. the stop watch. The object is to get all of the balls from one end of the gym into the empty bag at the opposite end of the gym. Balls can only be passed to the person next to you, meaning you cannot throw the ball from one end of the gym to the other over students heads. Students cannot run with the ball. The balls can only move by tossing them to their classmate. It is a massive relay race to get all balls from one end into the bag at the opposite end.

Ensure only 1 ball is being tossed to a student at a time.

Mark the time and try again to beat the previous record.

Game 2:

In each corner of the gym, place 3 balls. The teacher stands in the middle of the gym with a bag and the rest of the soft balls. Students spread out throughout the gym. On the teachers' instruction, all the balls in each corner are to make their way into the teachers' bag at the center of the gym. Students cannot run/walk with a ball in hand. They can only toss it to a classmate once they are prepared to receive the ball (watching for the throw). At the same time, the teacher starts to roll out balls from the bag into vacant areas of the gym. These balls are also to be thrown and caught by students and returned to the teachers bag.

Set a time limit for this game, and at the end of the game, count how many balls are not placed back into the bag in the middle of the gym.

Restart game and try to beat the previous record.

Focus Points:

- Communication
- Watch the ball at all times
- Ensure person is looking at you before you toss the ball

