

Equipment Needed for Lesson Plan:

One [playground ball](#) per student

Music for Fitness Challenges

8" foam or rubber ball for each student

[8.5" playground ball](#) (Optional)

[15 bowling pins](#)

Two or more 8" [foam balls](#)

1. INTRODUCTORY

4

Activity with Playground Balls

Outcomes:

I am responsible for using physical education equipment safely.

Instructions:

Allow students to practice ball control skills. Encourage a challenge by allowing them to move if they are able to control the ball in place. Activities can range from tossing and catching to dribbling.

Teaching Hints:

Place the balls around the perimeter of the area.

On a signal, students move throughout the area, acquire a ball and practice doing a favorite activity.

Start by controlling the ball and standing in place. Then progress to walking or jogging.

2. FITNESS DEVELOPMENT

3

Fitness Challenges - Level 1

Outcomes:

I can name three ways to be active during school.

I can compliment others during physical education.

Instructions:

1. Locomotor Movement: Walk for 30 seconds.
2. Flexibility and Trunk Development Challenges
 - a. Bend in different directions.
 - b. Stretch slowly and return quickly.
 - c. Combine bending and stretching movements.
 - d. Sway back and forth.
3. Locomotor Movement: Skip for 30 seconds.

4. Upper Body Strength Challenges

In a push-up position, do the following challenges:

- a. Lift one foot; the other foot.
- b. Wave at a friend; wave with the other arm.
- c. Scratch your back with one hand; use the other hand.
- d. Walk your feet to your hands.

5. Locomotor Movement: Jog for 30 seconds.

6. Abdominal Development Challenges

From a supine position:

- a. Lift your head and look at your toes.
- b. Lift your knees to your chest.
- c. Wave your legs at a friend.

From a sitting position:

- a. Slowly lay down with hands on tummy.
- b. Lift legs and touch toes.

7. Locomotor Movement: Run and leap for 30 seconds.

Teaching Hints:

Use music to stimulate effort. Any combination of movements can be used.

Keep the steps simple and easy to perform. Some students will become frustrated if the learning curve is too steep.

Signs that explain the aerobic activities will help students remember performance cues.

Don't stress or expect perfection. Allow students to perform the activities as best they can.

Alternate bouncing and running movements with flexibility and strength development movements.

3. LESSON FOCUS

1 2

Kicking, Trapping, Bowling & Rolling Skills



Outcomes:

I can kick a stationary ball using 2 of 4 cues.

I can kick a stationary ball using 4 of 4 cues.

I can roll a ball at two different speeds.

Instructions:

Kicking and Ball Control Skills

Inside of Foot Kick. Approach at 45-degree angle; inside of foot meets ball. Place non-kicking foot alongside ball.

Outside of Foot Kick. Short distance kick; keep toe down.

Long (instep) Pass. Contact the ball with the shoelaces. Not as accurate, but used for distance.

Sole of Foot Control. Use sole of foot to stop ball; make sure weight is placed on the non-receiving foot.

Inside of Foot Control. Use inside of foot and learn to "give" with leg so ball doesn't ricochet off foot.

The receiver can practice soccer skills. For example, the following skills are suggested:

Toe Trap

The Foot Pickup

Bowl with Your Feet

Rolling and Bowling Skills (2 of 2)

Two-handed roll; between the legs, with wide straddle stance.

Roll the ball with one hand. Use both left and right hands.

Roll the ball and put spin on the ball so it will curve to the left and right.

Roll the ball through human straddle targets:

Start rolling at moderate stances and gradually increase as bowlers become more proficient.

Use left and right hands.

Scoring can be done giving two points for a ball that goes through the target without touching and one point for a ball going through, but touching a leg.

Use objects such as milk cartons, clubs, or bowling pins for targets. Various bowling games can be developed using the targets.

Stand with your back facing your partner. Bend over; look through your legs and bowl.

Experiment with rolling the ball at different speeds. When might you want to roll the ball slowly? Fast?

Teaching Hints:

Give each student a ball. The ball of preference is an 8" foam rubber ball since it will not be painful to kick and trap. Underinflated (they are easier to control) 8.5" playground balls can be substituted.

Assign students two or three activities to practice so you have time to move and help youngsters. Alternate activities from each of the categories so students receive a variety of skills to practice.

Work with a partner and practice rolling and bowling to each other.

When bowling through the legs of youngsters, students need to take turns. Encourage them to change position after three or four turns.

4. CLOSING ACTIVITY

2

Circle Straddle Ball

Outcomes:

I can work safely with a small group during the game.

Instructions:

Circle Straddle Ball

Children are in circle formation, facing in. Each stands in a wide straddle stance with the side of the foot against the neighbor's. The hands are on the knees. Two balls are used. The object of the game is to roll one of the balls between the legs of another player before he can get his hands down to stop the ball. Each time a ball goes between the legs of an individual, a point is scored. The players having the fewest points scored against them are the winners. Keep the circles small so students have more opportunities to handle the ball. Players must catch and roll the ball, rather than batting it. Children must keep their hands on their knees until a ball is rolled at them.
