



## Physical Activity Lesson Plan-No Bases Kickball

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

This activity is a variation of kickball. It does not require any bases, just a ball.

**Group Size:** 10-20

**Location:** Gym

**Estimate Time for Lesson:** 30 minutes

**Estimated Time for Planning:** 15 minutes

- Subject(s) Check all that apply:
  - Healthy Eating and Physical Activity (HEPA)

#### Other:

- Grade(s) Check all that apply:
  - Kindergarten
  - 1
  - 2
  - 3
  - 4
  - 5

#### Materials/Resources Needed:

1 Hedstrom Ball 15" per game- (\$2.99 at Target)

#### Lesson Objective #1:

To work together with a team to gain as many points as possible.

#### Lesson Objective #2:

To use skills: kicking, catching, communication and running.

#### Lesson Objective #3:

To use strategy to increase game play success.

### Lesson Procedure

#### Introduction/Attention Grabber:

How many like to play kickball? Today we are going to play a new version.

#### Instructions:

SET-UP:

1. One team will form a line. The first person in line will be the kicker.
2. The defensive team will spread out in front of the kicking line, and be ready to catch the ball.

If outside, move the defense further away and use a kickball.

If inside, keep defense closer and use the hedstrom ball.

**RULES:**

1. One person from the defensive team will roll the ball (pitch) to the kicker. The kicker can also just kick the ball off the ground from the still position (no pitcher.)
2. The kicker will kick the ball and then begin running in circles around his own team. The team should stay in a straight line. Everytime he passes the front of the line, that is a point for his team. He continues running until the other team yells, "stop!"
3. The defensive team catches the ball. Whoever catches it, is the front of the line. All other members have to file in behind that person. The defensive team must pass the ball overhead until it reaches the back of the line. As soon as the last person touches the ball, that person should yell, "stop!"
4. Continue until the entire offensive team has had a chance to kick. Switch spots with defense and continue play.
5. Everytime they both have kicked and played in the field, start a new inning.

\*After the first inning, give students a chance to strategize before playing Inning 2.

### **Checking for Understanding:**

Observe students to make sure they are following instructions.

## **Lesson Adaptations**

### **Time Adaptations:**

Just play one inning if not a lot of time.

Play multiple innings if you have a lot of time.

### **Location Adaptations:**

This can be played in any open space.

### **Age Adaptations:**

K-1: If they have trouble getting in a line during defense. Let two people go out to catch the ball and the rest of the team stand in a line. The person who catches the ball will go to the front of the line and start passing the ball. The person who doesn't catch the ball will run to the back of the line and yell "stop" once they touch the ball. After every 2 kickers, change the 2 that get to go out and catch the ball.

Also, for the younger ones, share strategy...if you stand close to the person in front of you, the runner can get around your group quicker and easier to score more runs.

## **Learning Style Adaptations**

**Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students:**