



Physical Activity Lesson Plan-Flip It

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This game involves throwing at targets and working with a partner to move your hoop across the floor. This is an active game.

Group Size: 20-30

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 Hula hoop per team

1 Target item per team (Ex. small pool noodle standing on end, bowling pin, empty 2 liter bottle)

1 Throwing object (Ex. nerf football, frisbee, beanbag, dodgeball, etc.)

Lesson Objective #1:

To work with a partner by knocking down your target and moving your hoop across the gym. Demonstrate proper throwing and tossing techniques.

Lesson Objective #2:

Developing strategies with your partner to be successful.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Explain to students they are about to have target practice! Get them excited about that and then explain the rules to Flip It.

Instructions:

SET-UP:

1. Divide the students into teams of 2. You can have 3 on a team if you have an odd number of participants.
2. Give each team a throwing object, a noodle and a hoop.
3. Place the hoop right in front of their starting line (the sideline). Place the noodle/bowling pin standing up inside the middle of the hoop.

RULES:

1. The partner with the throwing object will stand on the sideline of the basketball court. This game moves from sideline to sideline in a straight line.
2. The other student will place the hoop on the sideline, the target inside the hoop, the student at the hoop will take one step behind the hoop. This partner will catch the ball. Then the partners will switch places.
3. The thrower will try to throw the object and knock down the target in the hoop.
4. If successful, the thrower will pick up the hoop and flip it over so it is one turn closer to the other sideline. Reset the target. Then they will stay by the hoop.
5. The other partner who was by the hoop, will go retrieve the throwing object and go to the starting line to get ready to now become the thrower.
6. If an unsuccessful attempt is made, the students will change places.
7. Play continues until one team is able to flip their hoop across the gym floor to the opposite sideline. (winner)
8. If a team knocks down another team's target, they help that team move across the gym.

Round 2-

A team may play defense by throwing at another team's target. This time, if they knock down another team's target, that team must flip their hoop back one time closer to their starting point. (throwing line)

*Students may throw underhand or overhand to try and knock the target down.

Checking for Understanding:

Observe game play to make sure students are following all rules.

Lesson Adaptations

Time Adaptations:

Only play one round or start the hoops further away from the sideline, so they don't have to move them as far.

Location Adaptations:

Can be played inside or outside in any open space.

Age Adaptations:

K-2: You may want them to only go about half the distance compared to the older groups. They can roll, toss underhand, throw overhand, anything works as long as they are being safe with it.

Learning Style Adaptations

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