



## Physical Activity Lesson Plan: Whack-a-Mate and Basket Flip Relay

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

This lesson consists of two activities: Whack-a-Mate which is a tag game and Basket Flip Relay which is a relay race that requires control.

**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:

4-8 Pool Noodles (Half Pieces)

5-7 Small laundry baskets or any small baskets that a kickball will fit in (Dollar store has these baskets) The small round ones work best.

5-7 Poly Spots for inside the basket (this helps weigh it down a little bit)

25-30 Cones or Poly Spots (This is to mark the spots to stop and flip the basket, so anything you can use to mark a spot is fine)

#### Lesson Objective #1:

To work on control and hand-eye coordination.

#### Lesson Objective #2:

To work well with teammates, using good communication skills and encouragement.

#### Lesson Objective #3:

### Lesson Procedure

#### Introduction/Attention Grabber:

Have a coach try to flip the basket and land the ball inside. The basket should go around 1 full time and land with the bottom down and the ball in the basket. Make sure to practice first, it isn't as easy as you might think.

**Instructions:****SET-UP: BASKET FLIP**

1. Place a basket at the starting line. Inside the basket, place a poly spot and a kickball.
2. Place 4-5 poly spots or cones out, about 5-10 feet apart. Create lines/stations for about 5-7 teams. (depending on your numbers and equipment)
3. Place students into groups of 4-5 per team.
4. Students will start where the basket is.

**RULES:**

1. Students start in a single-file line. The first person will take the basket to the first cone, try one time to flip the basket around once, with the ball in the basket, and land it so the ball stays in the basket.
2. If they are successful, they move to the next cone and do it again.
3. If they are not successful, they will put the ball back in the basket, leave it at that cone, return to the back of the line so the next person can go try.
4. Play continues until the team has been successful at flipping and landing the basket at every cone.

**SET-UP: WHACK-A-MATE**

1. Explain boundaries. I usually use the basketball court sidelines and endlines.
2. Give half of the students a noodle (it only needs to be half the size of a normal pool noodle)

**RULES:**

1. Students with noodles are taggers. They can only tag other players who have noodles.
2. Students without noodles, will sit on the ground and wait.
3. Once a tagger gets tagged with a noodle, they must drop the noodle and now a player who was sitting on the ground can grab the noodle, stand up and become a tagger. This will change over very quickly.
4. Players on the ground should keep their hands and feet in close to their body, so they don't get stepped on.
5. Control the way students move. Start with walking to make sure students are following directions and watching out for other people. Change locomotor skills only if you feel it is safe.
6. If a player is on the floor, they can scoot close to a noodle if no one has picked it up yet.
7. Game continues until the coach calls time.

**SAFETY:**

1. When tagging with noodles, tag on the legs. Keep the noodle angled low toward the ground.

**Checking for Understanding:**

If players are having a hard time with the basket flip, stop everyone and do a review of how to flip it.

## Lesson Adaptations

**Time Adaptations:**

Basket Flip-Do a second round with cones spaced out more and they have to work their way down the cones and back to the starting line.

**Location Adaptations:**

Both games can be played in any open space.

**Age Adaptations:**

K-1: Basket Flip-Leave the ball out and just see if they can flip the basket and land it with the open part up. Add the ball only if they are getting the hang of it.

## Learning Style Adaptations

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