



Physical Activity Lesson Plan- Odd Ball Game

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This game allows players to score points in three different ways. Teams will work together to score points while moving safely through open space.

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 foam ball per 6 students

1 basketball hoop per 6 students

1 hula hoop per basketball hoop

Pinnies

4 low profile cones per game court

1 buckets/baskets per 6 students (for younger players)

Lesson Objective #1:

Combines spatial concepts with locomotor and non-locomotor movements for a small group during the game.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Explain the points for the game by showing students how to get each point.

Instructions:

SET-UP:

1. Basketball court markings or cones as boundaries.
2. Hang 1 hula hoop from the rim of each basketball hoop.
3. Create an even number of teams. Teams of 3 is ideal, but you can have 4 if needed. Several teams play on one court at a time.
4. Begin the game with 1 foam ball in play. Add multiple balls in order to increase the pace of the game.

RULES:

1. The object of the game is to score points by either hitting the backboard (1 pt), making a basket (2pts), or throwing the ball through the hula hoop (3pts). Assign each team a goal; they can only shoot at that goal.
2. Each team can move the ball by passing to your teammates (overhand or underhand). You cannot take any steps if you're holding the ball.
3. If a ball is dropped or hits the ground, it's a turn over, and the defender closest to the ball can pick it up and advance toward her/his team's target. (Play R,P,S if a jump ball situation occurs.)
4. Defenders must stay 3 feet away from the player with the ball and cannot hit the ball out of the offense's hands or make body contact for any reason.
5. The coach will add multiple balls as the game continues.

Checking for Understanding:

Observe or ask students what offense and defense is. Watch to make sure they are following all rules.

Lesson Adaptations

Time Adaptations:

Location Adaptations:

This can be played anywhere there are basketball goals. If you have a gym with 6 goals around it, you can play 2 full-court games or 4 half-court games.

Age Adaptations:

K-2: I would add another way to score, like throwing it in a basket on the floor (1pt). I would not add more than 1-2 balls unless they are really understanding the game.

Learning Style Adaptations

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