



Physical Activity Lesson Plan-Rally Ball

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

Rally Ball is a game that works on volleying, finding open space and strategizing.

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:

Tennis balls (1 per court)

Cones or floor tape to mark each square (8 per court if using cones)

Lesson Objective #1:

Students will work to maintain a rally while defending their space.

Lesson Objective #2:

Students will work to deceive their opponent while looking for the open space.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

2 Coaches try to play and show the students what it looks like to find the open space and place the ball where the other person can't get to it.

Instructions:

SET-UP:

1. Mark off 2 squares with an open area in between. The two squares can be about the size of a four-square court. The area in the middle should be about $1/3-1/2$ the width of the other 2 squares, but all equal length across.
2. You can use cones or floor tape to mark off the area. The middle area will already be recognizable, so I just mark the squares and then point out the middle area to the students so they recognize it is the dead area.

RULES:

1. Each student has their own area, marked by four cones or tape, that faces their opponent's area.
2. The space between the two areas is a dead zone.
3. Using underhand throwing (lob) only, players start the game by having one player lob the ball into the other player's area.
4. Players may let the ball bounce once before catching the ball and lobbing it back (players have 1 second to lob the ball back and may not move with the ball in their hand).
5. If a player lobs the ball outside of their opponent's area, then the point and serve goes to the opponent.
6. If a ball bounces twice before being caught, with the first bounce being within the opponent's area, the player who lobbed the ball wins a point and gets to serve.
7. Games are played to 5 points.

Round 1: Maintaining A Rally

Students work as partners. They must lob the ball back and forth to each other without it ever bouncing more than once following a throw. Partners work together to maintain a rally for as many exchanges as possible. In this round, the teacher can modify the equipment (e.g. trade the tennis ball for a foam ball, volleyball, or racquets and a shuttlecock).

Round 2: Scoring a Point

1. Players must now try to beat their opponent by having the ball bounce twice inside their opponent's area.

Round 3: For older students 3-5

For older students, the teacher can modify each player's area (ex. a short and wide area forces the attacking player to throw the ball either left or right, and a long and narrow area forces the attacking player to throw the ball either short or long).

SAFETY:

1. Only underhand throws are allowed.
2. Remind students not to go through other students' playing areas.

Checking for Understanding:

Observe games to make sure students are playing safely and understand game play.

Lesson Adaptations

Time Adaptations:

To fill more time, play a tournament.

Location Adaptations:

This can be played anywhere with a flat surface, so the ball will bounce.

Age Adaptations:

K-1: Focus on round 1 for most of the time. Let them switch and work together with other players. Only move on to round 2 if they are following directions and completing the game correctly.

2-5: Play all rounds and end with either a round-robin tournament or a regular tournament with a winner and loser bracket.

Learning Style Adaptations

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