



Physical Activity Lesson Plan-Treasure Grab

By IAN on 01/07/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This lesson is all about soccer skills, games, and fun! The game is called Treasure Grab. Students will dribble a soccer ball around the open space, trying to complete tasks and eventually competing in a team relay.

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:

Soccer Balls 1/every 3-4 students (if you have enough for each student, that is optimal) You could also use kickballs, dodgeballs, etc. Any round ball that can be kicked would work.

Pennies for each team (optional)

4-10 Hula Hoops

Beanbags or small equipment students could carry in one hand

Lesson Objective #1:

Taps or dribbles a ball using the inside or outside of their foot.

Lesson Objective #2:

Dribbles with the feet in open space while controlling the ball and their body.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Ask students if they like hunting for treasure. Begin explaining the game "Treasure Hunt."

Instructions:

RULES:

1. Set a rectangular playing area with a hoop in each corner and beanbags in the center of the area.
2. Divide the class into four or six teams, with each team being assigned a home base (one of the four-six hoops).

3. Give each student a soccer ball. Or if not enough soccer balls, give 1 or 2 to each team.
4. On the teacher's signal, students begin to dribble their soccer ball with their feet, move to the center of the playing area, collect one beanbag, and bring that beanbag back to their home base.
5. Play continues until there are no beanbags left to be collected.

DIFFERENT ROUNDS:

Round One: Space Dribbling

Have the students get into a scattered formation within the playing area and provide each student with a developmentally-appropriate soccer ball (younger students K-2 will do better with foam balls or soft soccer balls. If not enough balls, have students get with a group at each hoop. One person will leave their hoop and move around the gym. After they do it for about 30 seconds-1 minute, stop the music and count to 5 for them to get back to the hoop and give the ball to the next person in line. If they all have a ball, use music as the start signal, have students begin to move in general space while dribbling their soccer ball. (They don't need to be in teams if they all have their own ball.)

Round Two: Musical Hoops

While the students are moving in general space, place hoops in a scattered formation throughout the playing area. Now, when the music stops, students have to quickly dribble to an empty hoop while demonstrating control of their ball. In between each round, introduce one of the important elements of the skill and have students focus on demonstrating that critical element when the music starts back up. The important elements of dribbling with feet are:

1. Uses gentle taps on the ball to move it forward.
2. Uses inside and outside of foot.
3. Uses both feet to control direction of ball.
4. Looks ~~loverl~~ the ball (scans the playing area with his/her eyes)
5. Matches ball's speed with own speed (keeps it close when moving slowly, further away when running)

Round Three: Treasure Grab

During the last round of Musical Hoops, while the students are dribbling, remove all of the hoops except for one in each corner (so that there are only four hoops left). When the music stops, students will move to the remaining hoop. When they do, you will have your teams for Treasure Grab. Place beanbags in the middle of the playing area and play the full version of the game as described in the Rules section above.

Round Four: Relay Workout

For the last round, remove all but one soccer ball at each home base and assign an important element of dribbling with feet to each team.

Teams now have to collect beanbags in a relay fashion. This means that only the player with the ball may go collect a beanbag. When they get back to their hoop, they give the ball to the next teammate in line and move to the back of their line.

While the active player is dribbling their ball, the players waiting at the hoop will do a mini workout (Jumping jacks, push-ups, sit-ups, squats, lunges, plank, etc.) The teacher can change the exercise after each round or have a list so students can change the exercise after each person goes.

SAFETY:

- Students are not allowed to kick their ball at any time.
- Students should move at speeds that are safe for a shared space.
- Students should be mindful of others when dribbling their ball.

Checking for Understanding:

Observe to make sure students are following rules and understanding game play.

Observe soccer skills: contact with ball, inside/outside of foot, etc.

Lesson Adaptations

Time Adaptations:

Play less rounds or skip some rounds if you feel like your students already understand certain concepts.

If you need to fill more time, add more equipment (for points) or play multiple rounds of Relay Workout changing the exercise every round instead of after every person.

Location Adaptations:

This can be played in a gym or outside in an open space.

Age Adaptations:

For K-2: Spend more time on Rounds 1-3.

For 3-5: Spend more time on Rounds 2-4. Add more variations of skills; important elements listed above.

Learning Style Adaptations

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