



# Physical Activity Lesson Plan-Speed Ball

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

## Lesson Summary

### Lesson Description:

This game incorporates basketball, handball, soccer all into one fun activity.

**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:

2 Foam Balls per playing area (dodgeball type balls)

Pinnies for one team

2 Basketball nets

4 Indoor soccer nets or a mat- something to mark as another goal

### Lesson Objective #1:

Practice attacking a goal and being aggressive in the game.

### Lesson Objective #2:

Maintaining safe practices throughout the game.

### Lesson Objective #3:

## Lesson Procedure

### Introduction/Attention Grabber:

Ask students if they like Basketball. Soccer. If they have ever heard of ultimate or handball. Explain this game is a mix of all of those games.

### Instructions:

RULES:

1. Divide the group into two teams.
2. Each team has a basketball net at the end line of the playing area and two goals (bench, soccer net, etc.) for each end corner of their half of the playing area. Both sides will have 3 areas to possibly score.

3. Teams pass the ball around in the air, like in basketball/ultimate (but no bounce pass).
4. If the ball falls to the ground, it is now played as a soccer ball.
5. A player may kick (easy) a ball into his or a teammates hands, but may not pick up the ball with his hands.
6. If a ball is kicked or thrown into the basket, that team receives 2 points.
7. If a ball is kicked into a corner goal, that team receives 1 point.
8. The goal is to score more points than your opponent.

#### ROUNDS:

1-Teams start on their own end, standing on the baseline. Each team has their own ball. On the teacher's signal, both teams attempt to move the ball forward towards the opposite baseline by making passes between each other. All players must have made contact with the ball before getting to the opposite baseline. Players may not disrupt the play of the other team.

2. Only 1 ball will be used for Rounds 2-4. In this round, only one team will attempt to move the ball forward while the other team plays defense. Defensive players may intercept passes. If a pass is intercepted, the offensive team must restart back at their baseline. Teams switch roles after three attempts.

3. Teams now must attempt to score a point by throwing the ball into the basketball net. If the offense scores in the basketball net, it is worth 3 points. Players in possession of the ball may only pivot. If the ball is dropped or goes out of bounds, possession is given to the defensive team.

4. In this round, if the ball is dropped, players continue to play by dribbling the ball with their feet. A ball on the ground may not be picked up, but can be caught out of the air (ex. players can flick the ball up to their hands or to a teammate by using their feet). A ball on the ground may be used to score into either of the two soccer nets that a team is attacking. If the offensive team scores into the soccer goal, they earn 1 point. They can also still score in the basketball goal, receiving 3 points, if the ball is kicked up and caught in the air. Continuing playing until time is up.

#### SAFETY:

1. No body contact.
2. Defense should stay an arms-length away.
3. Kicked ball must stay below the knee.

#### Checking for Understanding:

Observe for understanding of progressions, safe practices, and skill execution.

## Lesson Adaptations

#### Time Adaptations:

Adjust amount of time needed on the different rounds.

Skip to rounds 3 and 4, which are the full game play.

#### Location Adaptations:

If you have more students than is safe, create three teams. One team will watch for safe and accurate play. Every 5 points, switch teams. Have 2 teams in different color pinnies, so they can run on quickly and keep up the intensity of the game. Every team will sit out once before anyone else sits out.

#### Age Adaptations:

K-1: Spend more time on Rounds 1/2, so that students can have a good base of understanding.

## Learning Style Adaptations

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