



Physical Activity Lesson Plan-Curb Ball

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This is an outside game played with a partner.

Group Size: 20-30

Location: Playground/Outdoor Space

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:

Playground balls (1 for every 2-3 students)

Poly spots or cones (to mark starting point for each pair)

Lesson Objective #1:

To improve throwing and catching skills.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Explain they are about to play Curb Ball. Ask if anyone has ever heard of this game.

Instructions:

SET-UP:

1. Find an area with a curb/sidewalk or stairs can also be used.

RULES:

1. Place students into partners.
2. One person throws at the curb while the other rebounds. Have them stand about 10-15 feet away from the curb; rebounder can stand up on the sidewalk. (You may want to use poly spots or cones to mark the starting spot where they should stand.)
3. If the player receives points, they continue to throw. If not, then they switch. The goal is to hit the top edge, which will allow the ball to fly

back toward the person who threw it.

4. First to 10 points, wins.

5. Rotate groups so students play different people. Create a round-robin tournament, where everybody plays everybody.

POINTS:

1 point=hits curb clean (if backspins or quickly hits ground, then it doesn't count and partners would switch.)

2 points=hits curb clean and you catch it in the air. You also get to stay where you caught it and continue throwing from there.

*As long as you hit the top edge and catch the ball, you keep throwing and earning points. Anytime you miss the top edge, you switch places with your partner. Each player will keep a running total of their score. When they get to 10, tell the Coach.

*The rebounder is there to catch the ball if they miss. Then they would switch places.

*If you need groups of 3, then just have a thrower, a rebounder, and the third person waiting.

Checking for Understanding:

Observe to make sure students understand what counts as a point.

Lesson Adaptations

Time Adaptations:

You can just create the tournament if you need this to last a long time, or just let students switch and play a few people if it needs to go quicker.

Location Adaptations:

This could be played in a gym, if there are bleachers that have a good edge on them. Only use the bottom row, so the students are standing on the floor.

Age Adaptations:

K-1: Let students stand closer or use the light-weight outside balls that they typically sell at stores. They are usually in those big cages.

Learning Style Adaptations

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