



Physical Activity Lesson Plan-Wall Ball

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

Wall Ball is a fun game that can be played with a group of friends. It helps build social and emotional learning competencies while providing physical activity.

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:

A brick wall with a large space for students to move safely.

Small and soft rubber bounce ball

Lesson Objective #1:

Students demonstrate the ability to control their emotions and actions.

Lesson Objective #2:

Students demonstrate the ability to follow activity rules and etiquette, and calmly and constructively discuss game disputes.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Talk about Good Sportsmanship. Ask students if they know what that means.

What is it?

What are characteristics of good sportsmanship?

- Follow the rules
- Respect all players, coaches and officials
- Do no cheat
- Encourage teammates

- Win and Lose in a positive way
- Don't hit things
- Don't pout or cry when they don't get there way
- Keep a positive attitude
- Shake hands with the other team; win or lose

Instructions:

SET-UP:

1. Put students into groups of 2+ players. Students stand facing the wall.
2. One player begins holding the ball.

RULES:

1. This is a game that you can play with a group of friends. Encourage good sportsmanship, having fun, and using positive and supportive language throughout the entire game.
2. The object of the game is to throw the ball so that it bounces off the wall and then again on the ground before being caught by another player. If someone catches it before it hits the ground, you're out, and you have to stand along the side of the activity area.
3. If you try to catch a ball (on a bounce or in the air), and you touch the ball but miss the catch (drop it), you must run and touch the wall before another player picks up the ball and throws it at the wall. You must beat the ball to the wall. If not, you're out, and you go stand on the side.
4. When you are out, watch the game closely. When the player who got you out makes an error and goes out, you get to reenter the game and start again.

SAFETY:

Watch to make sure students do not throw the ball at the person running in. If they do, they should not be allowed to play the rest of that day, or whatever time frame you deem appropriate.

Checking for Understanding:

Observe the game to ensure students are playing fair and safe.

Lesson Adaptations

Time Adaptations:

Location Adaptations:

Any area that has a large wall with room for multiple teams to have games going on will work.

Age Adaptations:

K-1: Make sure to use a very light-weight ball. Set up a cone behind them. That is where the student has to touch before the ball hits the wall.

Another option, play where no one gets out. They should just continue play to learn the basic fundamentals of 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: