



## Physical Activity Lesson Plan-Switch

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

Two teams will compete against each other; one on defense, one on offense. Offense will try to knock down the targets that the defense is defending. Teams will have to work together and communicate in order to be successful.

**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:

Each group is made up of 12 students; 6-vs.-6. Equipment listed below is for 1 game with 12 students. Double or triple amount of equipment depending on the programs size and need.

3 cones

3 foam balls, whiffle balls, or tennis balls

1-2 nerf flying discs (other options: foam balls/dodgeballs)

12 low profile cones

1 pinnie per 2 students

#### Lesson Objective #1:

Demonstrate throwing cues for accurate passing.

#### Lesson Objective #2:

Remain actively engaged while working safely during the game.

#### Lesson Objective #3:

### Lesson Procedure

#### Introduction/Attention Grabber:

Explain to them they are about to play a high-intensity game that involves quick thinking and following directions.

#### Instructions:

SET-UP:

1. Set-up one activity area per 12 students. An activity area should have 3 cones in the center of the area. Foam balls or tennis balls on the cones.
2. 8 to 10 paces away from the cones, place 12 low profile cones in a circle. This creates a defensive area on the inside closest to the cones and an offensive area on the outside.
3. Create teams of 6 students with 1 team inside the circle area (defense) and 1 team outside the circle area (offense). The team starting on offense wears pinnies.

#### RULES:

1. The object of the game is for the offense to score a goal, by throwing the frisbee and knocking one of the balls off the cone in the middle.
2. Three passes must be made before a shot is taken.
3. When a goal is scored or an interception is made (defense gains possession), players yell, **ISWITCH!!** On this signal, teams switch; offense becomes defense and defense becomes offense.
4. The new offensive team must complete 3 passes before a shot is taken.
5. Defensive teams stay inside the cones but may move throughout the defensive area. Offense must stay outside cones but may move throughout the offensive area. Continue play until you hear the stop signal.

#### ROUND 2: (3-5)

1. Add a second flying disc to the activity.

#### **Checking for Understanding:**

Observe play and make sure students are following all rules.

## Lesson Adaptations

#### **Time Adaptations:**

Set a time limit or a total number of goals that need to be scored for the game to end.

Switch teams after a set time limit, so they may play other teams.

#### **Location Adaptations:**

This can be played in any open space.

#### **Age Adaptations:**

K-2: Don't switch after every score. Let teams play that position for a set amount of time, and then have them switch when told. Keep a running score.

## Learning Style Adaptations

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