



Physical Activity Lesson Plan-Tower Take-Down

By IAN on 01/07/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This activity is a game that involves throwing and some catching. The goal is to knock over the cones to earn points. There are several levels/rounds to this game.

Group Size: 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:

"Soft" balls (Dodgeballs)

10-20 cones

Small balls that will stay on top of the cones (tennis balls, whiffle balls, etc.)

Center line to separate the playing area into 2 parts

Lesson Objective #1:

To work together as a team to knock down the other teams cones and to defend your own cones.

Lesson Objective #2:

To demonstrate safe practices during the game.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Have 2 students come up and throw balls at a cone with a tennis ball on top. See who can knock it off first.

Instructions:

1. Divide students into 2 teams.
2. Place an equal number of towers on each side (a tower is a cone with a smaller ball on top of it)
3. Students must stay on their side at all times.
4. When the instructor says "go", students will begin throwing or rolling balls to try and destroy the other team's towers. A tower is considered "destroyed" when the ball on top of the cone falls off. Players can replace the ball and continue play. Coach can keep score or you can just let them play.
5. This is a continuous game and I usually play rounds lasting 4-5 minutes before adding different elements to the game.

Rounds:

Round 2-If a student catches a ball, they have the ability to rebuild a tower by setting the tennis ball back on the cone. Put the downed small balls into a basket. Leave them there until a teammate catches a ball in the air. Then reset the small ball on top of the cone.

Round 3-Players must guard the towers from behind the cone.

Round 4-Move the towers at varying distances so some are closer while others are further back.

Round 5-Play a championship round where students cannot rebuild their towers if they are destroyed.

Checking for Understanding:

Observe to make sure students are playing by the rules and understanding game play.

Lesson Adaptations

Time Adaptations:

Use the extra rounds to control how much time is needed.

Location Adaptations:

This game can be played outside. Just make sure to mark a center line.

Age Adaptations:

K-1: It may be better for them to roll the ball.

3-5: I would only use Round 5 with this age group, not the younger ones.

Learning Style Adaptations

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

Demonstrate the game by explaining and showing the students what to do.