



High-Low Bounce

By IAN Staff on 03/02/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

Children will practice their ball handling ability as they try bounce a ball over a rope line.

Group Size: 5-10

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

Materials/Resources Needed:

1 large bouncy ball and 1 long rope per group of 4 children

Lesson Objective #1:

Practice agility in ball handling

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Who would like to play a game called High-Low Bounce? What kind of game do you think it is?

Instructions:

2 players hold the ends of the rope in a tight straight line close to the ground. The other 2 players stand facing each other on opposite sides of the rope. 1 of them holds the ball.

To begin the game, the player with the ball bounces it over the rope to the other player who tries to catch the ball.

The players continue to bounce the ball back and forth over the rope. After each successful catch, the rope is raised slightly higher.

The players change places when a catcher misses the ball or the rope has been held as high as possible.

Checking for Understanding:

Observe game play to make sure students are following the rules.

Lesson Adaptations

Time Adaptations:

This game can be as long or short as needed based on time and size of group.

Location Adaptations:

This game can also be played on the playground.

Age Adaptations:

Use a larger ball for younger children and smaller ball for older children

Learning Style Adaptations

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