



Physical Activity Lesson Plan: Table-Top 2-Square

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This is an activity that can be played on the top of a table. It is similar to 4-square.

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:

Playground balls (4-square balls)

1 table per group

Cones-1 per group

Lesson Objective #1:

To successfully hit a playground ball onto the table.

Lesson Objective #2:

To understand the proper technique for hitting a playground ball in this 4-square type game.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Demonstrate how to hit a 4-square ball correctly.

-Use two hands, turned underhand, hit the ball from underneath.

Instructions:

SET-UP:

1. Set-up a rectangular table on the gym floor. Leave decent space between tables. Students will be running/moving around the table.
2. Place a cone about 5-10 feet away from it. That is where the line will wait to enter the game.
3. 5-7 players per line/table (You can allow more per group, but they will be waiting longer to get back in the game. I wouldn't do less than this, because this can get your cardio up if done correctly. They will want a tiny break while they are out.)

RULES:

1. To start: One person will be at each end of the table. A third person will start on one of the sides. To make it easier, number the players 1-2-3. 1 will start at the head of the table, they will serve the ball by rolling it down the center of the table.
2. When the ball rolls off the end of the table and bounces on the floor, #2 must hit it with 2 hands back up onto the table.
3. #3 must then be ready to hit it once it rolls off the table and hits the floor.
4. After #3 hits it, then it is #1's turn again.
5. Whichever person is unable to hit it back onto the table or is unable to get to it in time, is out. Play stops and a new person rotates in.
6. If the server is still in, they continue to serve. #1=serves, #2=receives at the other end of the table, #3=is on the side. Once they get the hang of it, you shouldn't have to number them each time. You may need to at first to help them understand the pattern.

REMINDERS:

1. The serve must roll all the way across the table.
2. Hits that are not serves, only have to touch the top of the table. They do not have to go all the way across.
3. No diving on the table.
4. No slams, ball must be hit with the underhand motion.
5. Once knocked out of the game, go to the back of the line.
6. The ball must touch the floor before being played.

Checking for Understanding:

Observe to make sure students understand the proper technique and rotation.

Lesson Adaptations

Time Adaptations:

Play as long or as short as needed.

You can rotate players to the different tables to mix up competition levels.

Location Adaptations:

This can be played in a gym where tables have been set-up.

This can be played in a cafeteria (depending on the types of tables and if you can move the chairs away from the table)

This can be played in any open space.

Age Adaptations:

K-1: I would only play 2 players at first. Play it so they have to roll it across the table everytime, not just on the serve. You could even play sideways so the table isn't as long. It will still allow them to learn the proper technique, and they should not get confused with this method.

Learning Style Adaptations

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