



Physical Activity Lesson Plan-Boom City

By IAN on 01/07/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This lesson includes throwing, catching, blocking, and team work.

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:

Fold-up gymnastic mats or a marked off area on the floor

Lots of "soft" balls for throwing

2 Buckets (put anything in the bucket to track points-popsicle sticks, play coins, toys, etc)

Jerseys to designate teams

4-6 Noodle halves (optional)

Lesson Objective #1:

To work on throwing and catching skills.

Lesson Objective #2:

Discuss and work on effective strategies for game play.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Have students repeat after you. "SPIKE THE BALL...BOOM CITY...TAKE A RING" (or whatever item you are using...toy, coin, stick, etc)

If you want, let students create motions while they say it!

Instructions:

There are 3 Jobs in the game:

1-Throwers: throw a ball from behind the midline to a catcher on your team

2-Catchers: go stand on the opposite side of the bench, try to catch a ball in order to take a ring

3-Blockers: stand in front of the mat or marked off spot and attempt to block the thrown balls from the other team (use noodles to make it harder during the 2nd or 3rd round.)

On one side of the floor will be the red team. The "red" throwers will spread out and throw balls across the court to the "red" catchers on the mat. The "red" blockers will stand in front of the mat and try to block all the balls coming over to the "blue" catchers.

Rules:

1. To count as a successful catch, the catcher must have 2 feet on the mat and catch the ball in the air.
2. When a catcher catches a ball successfully, they must do three things: Spike the Ball, Yell "Boom City", and Take a Ring

When taking a ring-go take a ring from the other teams bucket (which is behind the mat) and run across the gym to place the item into their own teams bucket.

3. You may only carry one ring at a time.
4. There is a penalty Box for any rule violation (pick an activity ex. 10 jumping jacks)

Rule Violations: crossing the midline to throw a ball, stepping on the mat or into the box while trying to block a ball, taking more than one item, catchers stepping off the mat to try and catch a ball.

5. After explaining the rules and demonstrating each job, allow each team to have 1 minute to discuss their strategies and assign their positions.
6. Play as long as needed or until one team runs out of items in their bucket. If that happens, stop the game and use one of the other levels in the time adaptations section.

Strategies to discuss with students:

1. Communicate-call their name before you throw it.
2. Adjust catchers and throwers based on the skills of players on your team. It takes longer to catch/spike/take a point than it does to throw a ball, so you may want more catchers. Keep it pretty even, though.
3. When blocking, catch the ball and then throw it to one of your team members.
4. Taller people might be better at blocking/catching.
5. Throw a rainbow. This will go over blockers and it gives the catcher more time to get ready.
6. Get close to the middle line so you don't have as far to throw the ball.
7. Always keep an eye out for what job your team needs. (Ex. if there are a lot of catchers and no throwers, step off the mat and go be a thrower. (I would only give this option to 4-5. K-3 should pick a position and do that the entire round. Switch them in between rounds before the game starts back.

Checking for Understanding:

Observe students for: following the rules of the game and using proper throwing and catching techniques.

Lesson Adaptations

Time Adaptations:

Different Levels (to extend game):

- 1-Add one handed catches. You get 2 items from the bucket if you catch the ball with only 1 hand.
- 2-Use different kinds of balls-nerf football, nerf frisbee, etc.

Location Adaptations:

You can play this inside or out. Inside is better because the walls will keep the balls closer, but outside would work. Just mark the boundaries with cones.

If you do not have enough mats, you can use the area behind the end line as the "end-zone/catching area". If outside, you could set up a cone line and the "catchers" have to stay behind that line.

Age Adaptations:

K-1: Make the court size smaller and use foam balls or yarn balls. Another option is to allow them to roll it instead of throwing it. Place a bucket on the same side of the court as the catchers, that way they do not have to run to the other side of the court.

4-5: Use a variety of balls. Each round you could change to a ball that is harder to control. Frisbees and footballs are the most difficult for this age.

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. Use several students to show where each position will stand and what they will do. It may take them a minute to get it, but once they do this is usually a favorite.