



Physical Activity Lesson Plan-Wall Ball and Red Light, Green Light

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This lesson includes 2 activities: Wall Ball and Red Light, Green Light.

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:

Four square court

Playground ball

4 large cones

Lesson Objective #1:

Students will work with partners to build teamwork and communication skills.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Tell students they get to play 2 games today: Wall Ball and Red Light, Green Light.

Instructions:

RULES:

1. This game is played in teams. 2 on each line=8 total players; 4 teams. Play it using the outside lines of a 4-square court.

2. Try to score points by rolling the ball through an opposing team's window (over their line in between the cones).
3. Strike the ball with an open, underhand so that the ball rolls on the ground. Balls that bounce or travel through a window in the air do not count.
4. Defend your window with an open hand. Balls cannot be blocked or kicked with feet.
5. Play begins with a rolling serve. When a team is scored on, they restart play with another rolling serve.

If extra pairs, they can wait in line. When a team gets knocked out, the next team in line slides in. The other teams adjust so you have a winner position, just like 4-square.

RED LIGHT, GREEN LIGHT

RULES:

1. All students start on the baseline.
2. Coach can start as the caller.
3. The caller will turn away from the class and say, "Green Light". Students will begin moving toward the caller. The coach will determine how players can move: skip, run, walk, gallop, etc.
4. The caller can turn around and face the students at anytime and say, "Red Light". All students must freeze. The caller can send back anyone who they see moving after they turned around. If the caller sends you back, you must return to the starting line.
5. Play continues until someone gets to the line the caller is standing on. The winner becomes the caller, all other players return to the starting line, and the game restarts.

Checking for Understanding:

Watch play to make sure players are being honest and following rules.

Lesson Adaptations

Time Adaptations:

This game can be played as long as needed.

Location Adaptations:

WB-In the gym, you can use floor tape to create the squares. You can also just use cones to create the boundaries. This can be played inside or outside.

Age Adaptations:

Window Ball, K-2: Make the boundary lines closer together. Since they are typically smaller, the ball will get between them easier. You can also use a dodgeball to make it easier.

Learning Style Adaptations

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