



## Physical Activity Lesson Plans-Touchdowns

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

This activity allows for students to practice throwing and catching for accuracy. There are several rounds that will build on each other to help students be successful.

**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:

Hoops (enough for each student) \*can use poly spots in place of hoops-if using polys, students must keep one foot on the spot when catching

Balls (foam balls, foam frisbees, whiffle balls, yarn balls) Use whatever you have; Can also use a variety throughout the game)

Pinnies for each player

Cones for team starting points

Objects to place in the hoops (beanbags, thin pins, poly spots, rubber chickens, rubber rings, noodle pieces)

#### Lesson Objective #1:

Students will work on passing underhand and overhead, catching and communication.

#### Lesson Objective #2:

#### Lesson Objective #3:

### Lesson Procedure

#### Introduction/Attention Grabber:

Demonstrate a partner throwing to another partner in the hoop, catching it, and taking the beanbag back to their cone. Also demonstrate the proper way to throw overhand and underhand. (opposite arm and leg)

#### Instructions:

SET-UP:

1. Place hoops in a scattered formation in the playing area. Later you will add a beanbag to each hoop. (round 3)

2. On each end of the playing area, place cones. Each cone is assigned to a two-player team and each team is given pinnies to wear and a ball. (Rounds 3 and 4)

#### RULES:

1. The goal of the game is for teams to collect as many beanbags as possible.
2. For a team to collect a beanbag, one player from that team (the catcher) must move to a hoop containing at least one beanbag. That player's partner (the passer) remains at their team's cone with the ball.
3. The passer makes a pass to their catcher who attempts to catch the ball with both feet inside the hoop. The passer can use an overhand or underhand throw depending on which of the two skills the coach wants them to focus on.
4. If the pass is caught, the catcher returns back to their team's cone with their ball and one beanbag from the hoop they were standing in.
5. If the pass is not caught, then the catcher returns back to their team's cone with their ball without a beanbag.
6. Once the catcher gets back to their cone (with or without a beanbag) the two players on that team switch roles (i.e. the catcher becomes the passer and the passer becomes the catcher).
7. Play continues until there are no more beanbags in any of the hoops.

To break it down, start with Round 1.

#### ROUND 1: HOOP CATCHING

1. The teacher places hoops in the playing area in a scattered formation.
2. Each student is assigned a hoop, stands inside their hoop, and is then given a ball.
3. Players attempt to toss the ball up in the air and catch it before it drops while keeping both feet inside their hoop.
4. The teacher can decrease the difficulty of the task by providing students with a larger or softer object to catch. The teacher can increase the difficulty of the task by providing students with a smaller or bouncier object to catch. The teacher can also have students increase the height of their toss or perform an action between the toss and the catch (e.g. touch the floor, spin around, etc).

#### ROUND 2: PARTNER CATCHING

1. Students stay inside their hoops but the teacher takes half of the balls out of the game.
2. Students must now toss the ball to a player in another hoop (who doesn't have a ball) in a way that allows the target player to catch the ball while remaining in their hoop.
3. Just like before, the teacher can add a variety of balls to the game to increase or decrease the difficulty of the catch.
4. Also, the teacher can have students pass only to players who are in the same color hoop as their own (or have them pass only to players who are in different colored hoops than their own).

#### ROUND 3: TOUCHDOWNS

1. Play the full version.
2. On each end of the playing area, the teacher places cones. Each cone is assigned to a two-player team and each team is given pinnies to wear and a ball.
3. The goal of the game is for teams to collect as many beanbags as possible.
4. For a team to collect a beanbag, one player from that team (the catcher) must move to a hoop containing at least one beanbag. That player's partner (the passer) remains at their team's cone with the ball.
5. The passer makes a pass to their catcher who attempts to catch the ball with both feet inside the hoop.
6. If the pass is caught, the catcher returns back to their team's cone with their ball and one beanbag from the hoop they were standing in.
7. If the pass is not caught, the the catcher returns back to their team's cone with their ball, without a beanbag.
8. Once the catcher gets back to their cone (with or without a beanbag) the two players on that team switch roles (i.e. the catcher becomes the passer and the passer becomes the catcher).
9. Play continues until there are no more beanbags in any of the hoops.

## ROUND 4: SUPER TOUCHDOWNS

1. This round is the same as round three except that the teacher now adds a variety of objects to the hoops (not just beanbags).
2. The teacher can assign a point value to each object type. This influences the hoops students will attempt to travel to, which is helpful if the teacher wants to promote short passes or long passes.
3. Also, the teacher can set a class challenge in which the students must attempt to collect all of the objects within a given time frame (including the hoops which may only be collected if there are no objects within them).

### SAFETY:

1. Students should be careful when throwing the ball into a crowded space.
2. Only one student may be in a hoop at a time.
3. Students should be careful of the hoops on the ground when moving through the area.
4. Coach may want to control locomotor movements to keep students under control while moving through the area.

### Checking for Understanding:

Observe the game to make sure students are tossing and catching correctly, following rules and playing fair.

## Lesson Adaptations

### Time Adaptations:

Play more rounds if you have time, play less if you do not. For older kids, if not a lot of time, skip to rounds 3 and 4.

### Location Adaptations:

This game can be played inside or outside in any open space.

### Age Adaptations:

K-1: Focus more on rounds 1-3.

2-5: Focus more on rounds 2-4.

## Learning Style Adaptations

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