



Physical Activity Lesson Plan-Pin Battle

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This game works on passing and control. Students will work together to try and knock down the pin in the middle.

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:

Hula Hoops (1 per group)

Pins (bowling pin, real or foam; or something that will stand and can be knocked over)-1 per group

Foam balls (dodgeballs)-1 per group

Lesson Objective #1:

To work with teammates to knock down the pin.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

How do you trick your opponent when throwing a ball at their pin? See what answers the students come up with.

Instructions:

RULES:

Players stand in a circle formation.

A pin is placed in the middle of the circle and one player is selected to guard the pin.

The teacher gives a foam ball to the players in the circle.

Players may pass the ball to each other until they have an open shot to knock the pin down.

Round 1: Passing Pattern

All players stand in a circle formation. They are given a ball which they have to pass around to each other. Players may not pass the ball to the players to their immediate left or right. The group must find a passing pattern that allows all players to touch the ball without

breaking the No passing to your neighbor rule.

Round 2: Group Juggling

The players continue to pass the ball in the pattern they have developed in round one. The teacher adds additional balls to the game. The group's challenge is to see how many balls they can keep passing without dropping any of the balls and without any player ever having more than one ball in hand.

Round 3: Guarding a Player

The teacher now places a hoop in the middle of the circle. One player is selected to be the target and another player is selected to be the guard. The target player must stand with both feet in the hoop. The group's challenge is to complete a pass to the target player without the guard intercepting the ball. If a pass is complete, the target player returns to the circle and the guard becomes the target player.

Round 4: Guarding a Pin

Same rules as the previous round, however the target player is replaced by a pin which the guard must defend. Add 2 guards to make it harder for the offense.

Checking for Understanding:

Observe students understanding in each round. If they are not understanding, stop them and reteach.

Lesson Adaptations

Time Adaptations:

Do less rounds if you do not have enough time; skip to round 4 which is the main activity.

Location Adaptations:

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

Age Adaptations:

K-1: Go in order of the rounds to make sure they understand.

Learning Style Adaptations

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