



Physical Activity Lesson Plan-Castle Ball

By IAN on 01/07/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

Play a game called Castle Ball. This game incorporates working with a team, problem solving, throwing and knocking down castles to earn points.

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 (6/castle) - I like to use 3 castles per team, but it depends on how many students you have. I usually have 25 students and each team has 3 castles. The 6 hula hoops need to be the same size for this to work well.

"soft" balls (gator-skin, dodgeball type balls)

Middle court line/divider for the court

Lesson Objective #1:

Demonstrate cooperation and team work while building and maintaining castles.

Lesson Objective #2:

Demonstrate proper throwing skills.

Lesson Objective #3:

Practice safe habits for physical activity while playing this game.

Lesson Procedure

Introduction/Attention Grabber:

Tell students they get to build castles! Show them how to build the castle with the hula hoops.

How to build a castle with hula hoops: Place one hoop on the ground. Place 2 hula hoops, one on each side. Make sure the hoops are inside the bottom hoop. You will need to hold the top of those 2 hoops together and even until you get more of the castle built. Grab another hoop and put it on the front, again making sure you place it inside the bottom hoop. Take the 5th hoop and place it on the back, inside the bottom hoop. At this point, the castle should stand on its own. Finish by placing the 6th hoop on top of the castle.

Instructions:

1. Each team will build 3 castles on their side of the court. Make sure not to place the castles too close to the middle line.
2. One person will defend each castle. They can defend the castle by using their hands to stop the balls from hitting the castles. They can use their feet to stop balls, but may NOT kick the balls away.
3. The other team will try to throw or roll the balls at the other teams castle, trying to knock it down.
4. Every castle that gets knocked down is worth 1 point for that team.
5. When a castle gets knocked down, that team must quickly rebuild the castle. If all 3 castles are knocked down at the same time, then that round is over and the team who knocked them all down, wins.
6. Continue play as long as you would like.

Rules:

Split the students into 2 teams. 1 team will be on each half of the court.

Teams may not cross the center line for any reason.

Do not kick the balls.

If the top of the castle gets knocked off or loose, do not fix it.

Do not get inside the castle.

A blocker can switch with a thrower any time.

At least 2 people will need to help build/rebuild the castle as soon as it gets knocked down.

Safety:

1. While defending the castle, players should always be alert and watching for balls.
2. Do not get inside the castle.
3. Do not throw a ball if someone is standing right in front of you. Move a little before throwing.

Checking for Understanding:

Observe game play to make sure rules are being followed.

Lesson Adaptations

Time Adaptations:

Students love this game and will play it as long as time allows.

If you need to end the game early, announce a 2 minute warning before the game ends.

Location Adaptations:

This could be played outside, just make sure to designate a center line to separate the teams.

Equipment Adaptations:

If you do not have a lot of hula hoops, you can use other items that students could build a castle out of. Ex. bowling pins (foam), cones turned different ways, anything light weight.

Age Adaptations:

K-2: use foam bowling pins for 2 of the castles and only make 1 hula hoop castle. Also, place castles closer to the middle line as this age may not be able to throw it as far.

3-5: If in a gym with basketball goals, allow them also to score points by throwing a ball across the gym into the basketball goal. That would be worth 2 points. When a basketball goal is scored, make the team that didn't score it stop and do 5 push-ups. Their castles would be unprotected for a few seconds which gives the other team an advantage. (Make sure to tell the students guarding the castles to move to the side to do their push-ups so they don't get hit with the ball.)

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 and remind students of the proper way to throw a ball by showing and verbally explaining it to them.