



Physical Activity Lesson Plan-Three Pass Game

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

Three pass is a game that requires 3 players to work together to score points. This game can be played with a defense or without.

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:

Cones-4 per game area

1 Tossable per game area- nerf frisbee, dodgeball, something soft

Pinnies- 3-4 for each court

Lesson Objective #1:

Use proper toss, catch, throw technique to successfully compete in the game.

Lesson Objective #2:

Use safe practices during the game.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Coaches demonstrate a 3 pass...1-2-3, or get 3 student volunteers to demonstrate.

Instructions:

SET-UP:

1. Set up 4 cones in a square in a small area (about the size of the lane on a basketball court; maybe a little smaller). You could have

numerous courts playing at the same time around the gym.

2. Place one tossable item on each court and 3-4 pinnies for one of the teams on each court to wear.

3. Place students into teams of 3-4. 2 teams will be at each playing area.

RULES:

1. One team starts with the ball. They must catch 3 passes in a row in order to score a point. The other team is playing defense, trying to stop them.

2. If they drop the ball before they get 3 in a row, the other team picks up the ball and is now trying to catch 3 consecutive passes.

3. Like Ultimate-type games, if the ball drops for any reason, the other team gets the ball.

K-2:

Round 1-Let offense be in the square. Let them attempt to catch 3 in a row. If they do, they get 1 point. If they don't, no points. Either way, they switch with the other team. In this round, no one is playing defense. The "defense" team will just stand on the sideline and watch. They will be changing very quickly.

Round 2-Now they can try to add in defense.

All:

After a set amount of time, switch teams to other courts so they get to play a different team.

Checking for Understanding:

Make sure students are catching 3 passes. Encourage that team to count out loud so they keep up with their passes.

Lesson Adaptations

Time Adaptations:

This game can be shortened or extended based on the needs.

Location Adaptations:

Any open space that can be marked with boundaries, will work. Inside or out would be fine.

Age Adaptations:

K-2: Adaptations are labeled above in the instructions.

Learning Style Adaptations

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