

LEVEL	UNIT	LESSON Number 8	EQUIPMENT
First Grade	Fitness	Rolling a Ball to a Target	playground balls, cones, and various targets

### Objectives

1. Have fun
2. Play safely
3. Use an underhand motion to roll the ball at the target.
4. Verbally discuss the key points of rolling;
  - A. eyes look at the target.
  - B. palm faces target at the moment of release.
  - C. arm swings out toward target.
  - D. opposite foot steps toward target.

Activity	Time (Minutes)	Procedure	Comments/Set-up/ Diagram
Part 1 Warm Up	10	<p><u>Clean up Your Backyard.</u>  <i>Use the playground balls that you will use for the lesson. This will also work on arm strength, modify this game by having all the children use the crab walk or crawl on hands and feet, to get to the ball. In order to get the ball over to the opposite side, they must push it with their hands from a crab position. The key is, they must travel using the crab walk, and stay in a low or medium level when sending the ball into the other teams back yard. If you are only able to play outside, the students may travel on feet, however they may not pick up the ball or use anything but their hands to push the ball to the other yard.</i></p> <p>Equipment: Playground Balls and dividing markers. Control cones work really well as the fence!</p> <p>Divide the children in half. (One way is to have your students get a ball first and then tell them which side the students with red, yellow and orange balls should go to, and the opposite side for the students with purple, blue and green balls.) You can also have them get a partner and sit back to back. One partner stand and one sit, sitting partners go to side A, the standing partner to the other side! The balls can be up across the back of each team's yard.</p> <p>One half should be on one side of the playing area and the other half on the other side of the playing field. Have a line, cones or something divide the field into two halves. You will need at least one ball for each child playing the game. The balls are garbage. The garbage will be littering up the teams yards. The object is for each team to clean up their back yard by emptying the garbage (balls) into the other team's yard. The game is over when one of the teams has completely cleaned their yard, or the teacher says so!</p> <p><u>Body Composition</u>            3.7 Sustain continuous movement for increasing periods of time, while participating in moderate to vigorous physical activity.</p> <p><u>Fitness Concepts</u>            3.2 Participate 3-4 times per week, for increasing amounts of time, in moderate to vigorous physical activities that increase breathing and heart rate.</p>	I always forget to count who has the most garbage!
Part 2 Learning to Roll a ball to a target.	10	<p><u>Rolling the ball</u>            If you can have your students set up their targets so they are rolling the ball toward a fence or a wall, this will save time and chaos when having to retrieve the ball after they roll it!</p> <p>[AT = Action Task] "When I say go, you will get a ball and a target and find an own space. After setting your target down in your own space, stand a few steps away from your target and roll your ball on the ground toward your target. The object is to hit your target."</p>	You can save Juice Jugs, Milk Jugs, Chip Cans, Etc. to be used as targets. Tape the lids on to help keep the shape of your targets.

		<p>As everyone is working, walk around and watch the students as they roll. Remind the class to watch out for others when they are moving to get the ball as well as when they are rolling the ball. Once everyone is working and is on task move onto the guided discovery questions.</p> <p>(Guided discovery questions. These questions should be asked one at a time. After each question at least 2 minutes of time should be allowed for the students to physically practice bouncing the ball while concentrating on the question. While the students are working during this two minute period, the teacher should walk among the class, asking the students if they have discovered the answer. Rephrasing the question may be necessary for those students who do not understand or cannot figure out the answer without a more specific guideline. Before moving on to the next question, stop the class and ask them for the answer. It is safest to choose students that you know have discovered the correct answer. Then, once they understand the concept, ask the next question and set them off to work again.)</p> <p><b>Questions</b></p> <ol style="list-style-type: none"> <li>1. What do you look at as you roll the ball toward your target? (The target)</li> <li>2. What can your weak, or opposite leg do as you roll the ball to help direct the ball to the target? (Step toward the target.)</li> <li>3. In order to get low enough to roll the ball, and still look at your target, what part of your body should bend to help lower your arm and hand closer to the ground. (Your knees, not your waist.) What happens when you bend at the waist, is it easy to see the target?</li> <li>4. How can you use your arm's back swing to help get more power in your roll? (swing it back farther)</li> <li>5. What should your arm be pointing toward when you release the ball to roll to your target? (The target)</li> </ol> <p>Once you are satisfied that your students have a good grasp of the concept of rolling a ball at a target, you can move onto part three.</p> <p><u>Manipulative Skills</u></p> <p>1.14 Underhand toss and catch a ball to self.</p> <p>2.7 Explain that the non-throwing arm and hand provide balance and can influence the direction an object travels</p> <p>2.6 Explain that when using the underhand throw, the position of the fingers at the time of the release influences the direction an object travels.</p> <p>2.5 Identify examples of underhand and overhand movement patterns.</p> <p>1.10 Demonstrate the underhand movement (throw) pattern.</p>	
<p>Part 3 Rolling Practice</p>	<p>10</p>	<p><u>Rolling Creative</u></p> <p>Following activities are individual tasks that allow the students to practice rolling the ball. Each one should be presented one at a time, with at least 2 minutes to work on each one. Some may last longer, if you do not use all the ideas, use them in future lessons.</p> <ol style="list-style-type: none"> <li>1. A. With a partner, set up your two cones so there is a space for you to roll the ball between. Each of you stand on opposite sides, and try to roll the ball through the cones. If it is too easy, try standing farther away, or make the cones closer together. B. See if you can do it with your weak hand. C. Before you catch it see if you can do a trick.</li> <li>2. With your partner come and get three more cones or targets, set up your targets in a pattern or design, and try to roll the ball to knock them over, see if you can pick just one out and knock it without touching the others, or see if you can knock them all over with one hit.</li> <li>3. What kind of game can you and your partner come up with using the targets you have, and rolling the ball?</li> </ol>	

Stretch		<p>Have the two partners each lead two stretches one each for upper and lower body.</p> <p><u>Flexibility</u> 3.6 Stretch arms, shoulders, back, and legs without hyper-flexing or hyper-extending the joints.</p> <p><u>Self Responsibility</u> 5.1 Willingly participate in new physical activities. 5.2 Identify and demonstrate acceptable responses to challenges, successes, and failures in physical activity.</p> <p><u>Social Interaction</u> 5.3 Demonstrate the characteristics of sharing and cooperation in a physical activity setting. 5.4 Invite others to use equipment and/or apparatus before repeating a turn.</p> <p><u>Group Dynamics</u> 5.5 Identify and demonstrate the factors for being an effective partner in a physical activity setting. 5.6 Identify and demonstrate effective practices for working with a group without interfering with others.</p>	
Closure	2	<p>What do you look at when you are rolling a ball to a target?          What does your rolling arm swing toward?          What does your weak leg step toward?          What part of your body do you bend so that you can look at the target and keep the ball low as you roll it?</p>	