


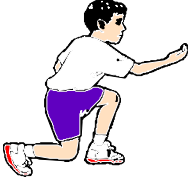

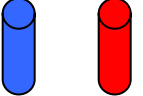



LEVEL	UNIT	LESSON Number 6	EQUIPMENT
First Grade	Flag Football	Review Rolling a Ball	Targets, Control Cones, Playground Balls

Objectives

1. Students will warm up safely during the first activity.
2. Students will cooperate with their partners rolling the ball back and forth while practicing rolling the ball.
3. Students will verbally describe the points to rolling a ball.
4. Students will demonstrate the points to rolling a ball while working with their partner and while playing the game of pin ball.
5. Students will have fun.

Activity	Time (Minutes)	Procedure	Comments/ Set-up/ Diagram
Part 1	5	<p><u>Choo Choo Train</u></p> <p>Two children form a train and chug around the gym maintaining contact by keeping both hands on the hips (or shoulders) of the child immediately in front of them. Play music as they travel. Each time the music stops, they must find one other train to link with. Cars begin to link together until there is one big train moving in unison. With each new link, the conductor (teacher or child) can see if the train can go up a steep hill really slowly, swoosh down the hill, go backwards, get the cars really close together, make train noises, squat down to go through a low tunnel.</p>	
Part 2	10	<p>With the class seated, I will review the points of rolling the ball.</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Ready Position Knees bent, facing target, feet shoulder-width apart, eyes on target, object held in dominant hand (palm up) in front of the body.</p> </div> <div style="text-align: center;">  <p>Arm Back -swing the rolling arm back at least to waist level.</p> </div> <div style="text-align: center;">  <p>Step and Roll -step forward with the opposite foot, swing the rolling arm forward, and release the ball on the ground (low level) while bending at the knees and waist. The front body surface should be facing the target.</p> </div> <div style="text-align: center;">  <p>Follow Through -rolling hand continues toward the target in front of the body and finishes above the waist with palm facing upward.</p> </div> </div> <p>Review Questions</p> <ol style="list-style-type: none"> 1. 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.) I will let them practice before I ask them to answer the question. 2. How can you use your arm's back swing to help get more power in your roll? (Swing it back farther) 3. What can your hips do to help as you roll the ball? (Besides your weak leg stepping and your strong arm and shoulder swinging toward your target, your hip can help give you power and direction to the target by swinging from your weak hip first facing the target and finish with the front of your body facing the target. 	<p>Partner 'A' stands on one side, partner 'B' on the other. They each roll at their own target, using the ball that their partner rolled to roll back. Both partners can roll at the same time, setting up any target they knock over, trying only to their own!</p> <div style="text-align: right;">    </div>

“Find a partner and sit back to back with them. When I say go, you will each get a ball and a target and set up your targets like this. (have a demonstration set up for them) Each of you will roll the ball trying to hit your own target, when your partner’s ball comes across to you, use their ball to roll toward your target. Keep practicing rolling the ball at your target. Count how many times you can hit it! The third time you hit the target, take a step or two backward and try it from a little farther away!

Part 3

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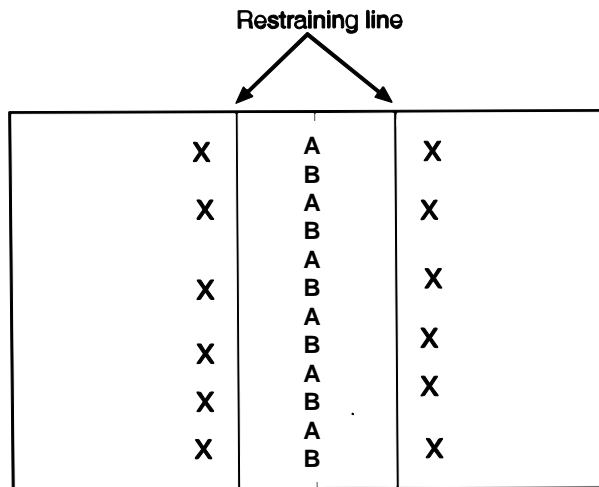
Pin Ball

Objective: To use the underhand roll to hit the opposing group's bowling pins or targets

Equipment: Three balls per team and six plastic bowling pins (indicated by A and B for our purposes here) for each group. Bowling pins need to be color coded for each group (use different colored tape, for example, to mark the cones). A volleyball court or basketball court would make a good size court.

Activity:

1. Set up a play area with a center line and two restraining lines approximately 12 feet away from the center line.
2. Divide the class into two equal groups and place the groups behind the restraining lines facing each other.
3. Set the twelve pins up along the center dividing line of the play area, alternating colors (see figure).
4. Give each group three balls.
5. On the start signal, the students roll the balls and try to hit the opposing group's pins. The students may not cross the restraining line.
6. A pin is not down if the ball was rolled from in front of the restraining line.
7. The activity is restarted when all of a group's pins have been knocked down.



After a few minutes, have the teams switch to play against another team. Have one court set up so that the students can see how to set it up.

Closure

What do you look at as you roll the ball? What do you step toward?