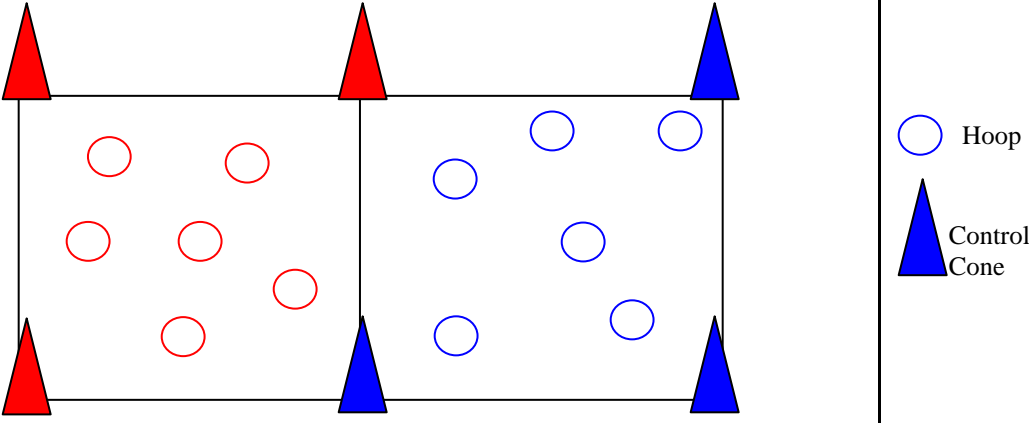


LEVEL	UNIT	LESSON Number 7	EQUIPMENT
First Grade	Flag Football	Continue Rolling a Ball	Hoops, Targets, Control Cones, Mini Fitness Cards

Objectives

1. The students will have fun practicing rolling the ball.
2. The students will work safely during the warm up activity.
3. The students will verbally describe rolling a ball.
4. The students will play fairly and safely during the Crazy hoop game.
5. The students will roll the ball to hit the target or hoop at least 5 times during the lesson.

Activity	Time (Minutes)	Procedure	Comments/ Set-up/ Diagram
Part 1	10	<p><u>Bowling for Fitness</u></p> <p>Place a mini-fitness card under each target. Each time a student hits or knocks down a target, they should look at the card beneath, replace the target and then do 10 of that exercise before moving onto the next target. Have enough targets and cards for each student.</p> <p>“When I say go, get a ball and find an own space.” Once all the students are in an own space, explain the task. “Try to get to as many different targets as you can before I call freeze! Watch out for others and if someone is working at a station you come up to, find a different one to work at.”</p>	
Part 2 & 3	18	<p>Quickly verbally review the points to rolling a ball.</p> <p><u>Crazy Hoops</u></p> <p>Activity:</p> <ol style="list-style-type: none"> 1. Divide the play area in half with six color circles/hoops randomly placed within each group's area (see figure). 2. Divide the class into groups of six. Flags work well to divide into color groups 3. Rolling from his/her side, each student tries to roll the ball over one of the crazy hoops on the opposing group's side. 4. Players may stop a ball from crossing over their crazy dots by using any part of their body. 5. Each time the student rolls a ball across a crazy dot, she/he gets a point for the group. 6. At the end of five minutes, each group adds up its points. <p>Extensions:</p> <ol style="list-style-type: none"> 1. Use more hoops. 2. Remove a hoop after a ball rolls over it. Start a new activity when all of the dots have been removed from one side. <ul style="list-style-type: none"> • A court the size of a basketball court is a good size. • If you have one court set up the students can set the other two up. • After a few minutes have the teams play a different team. 	
Closure	2	Discuss the points to rolling a ball. What exercises did you do when you were warming up today?	