

LEVEL	UNIT	LESSON Number 1	EQUIPMENT
First Grade	Volleyball	Review Ball Handling to the Air	Play balls, Flags, six hoops

Objectives:

Students will

1. Play safely.
2. Students will throw the ball into the air, and remain in own space.
3. Students will catch a ball thrown into the air, 50% of the time.
4. Students will verbally respond to the questions regarding the important points of throwing the ball up into the air.
5. Students will have fun!

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part One Warm Up:	10	<p>I will explain the warm up game. The warm up Game is “Bridge Tag”. When I say go, you may get a flag and find an own space, facing me. “GO.” You have 5 seconds to get your flag and get to your space! (Begin counting) Once everyone has a flag, and is in an own space, I will explain the game.</p> <p>I am going to choose one color flag to be it. All of the green flags come to the center. When the green team pulls your flag, you have to make a bridge. You have to stay in a bridge, until someone, not on the green team, crawls under and through your bridge, picks up your flag, and puts it back on you. Stay by your flag so that everyone knows which one is yours. Be sure to stay inside the basketball court. “Ready Go” While they are playing, I will be walking around placing balls in the hoops, and watching the game. Each hoop I fill, I will call another color to be the pullers. When I have finished putting the balls out, I will call Freeze.</p>	<p>Students will be seated in the circle. The flags will be set out around the perimeter of the space, equal number of flags as students, equal number of each color, inside six different hoops. The warm up game, and most of the lesson, will be on the basketball court. The control cones can be set around the court to help provide boundary markers.</p>
Part Two Ball Handling to the Air	10	<p>“Freeze. Great job playing the game. You are excellent listeners to freeze so fast! When I say go, I want you to get a ball from the hoop, that matches your flag. Then go to a new own space and bounce and catch your ball in own space. Go.” Once everyone is in their own space I will call freeze again.</p> <p>“Freeze, when I say freeze, I would like you to put the ball between your two feet. Please do that now. Thank you! Who knows what a target is? When you are throwing, your target is what you are throwing to. When you throw a ball to a target, like down to the ground in your own space, what do you look at? Your target! That’s right. When you were catching the ball, what do you look at? The ball! Excellent! When I say go, find a new own space, and this time throw the ball up into the air, and catch it. Be sure to stay in your own space while you are throwing and catching. Go”</p> <p>“When you are throwing the ball up into the air, what are you looking at? Don’t tell me yet. I want you to practice throwing the ball straight up into the air so that it stays in your own space, and then try to catch it when it comes back down. Be sure to think about what you are looking at when you throw the ball. Go.”</p> <p>“Freeze. Who knows what you look at when you throw the ball up into the air? The air! The air above your own space. That’s your target. Try it again. Throw the ball up above your own space, and when it comes back down, try to catch it. Be sure to look at your target above your own space. Go.”</p> <p>After a couple of throws, “Freeze. When you are throwing the ball up into the air above your own space, where do your arms swing toward? Try throwing some more, and really pay attention to what your arms are swinging toward. Go”.</p> <p>“Freeze. Who knows what their arms where swinging toward? The sky above your own space! You have to look at your target, and swing your arms toward your target. Your target is the sky above your own space! This time I want you to think about your legs, and knees. How can they help to throw the ball up to the</p>	<p>As they are bouncing the balls, I will walk around watching them and telling the students that have good own spaces what a good job they are doing. As they are throwing the ball into the air, I will be walking around encouraging them to watch out for others, and try to stay in their own space.</p> <p>As they are working, I will be asking individuals, what they are looking at. I will ask them what their target is.</p>

		<p>sky above your own space? Ready, go.”</p> <p>What did you do with your legs and knees to help your throw? Bend your knees, and push off with your throw, toward your target. (Your kids will not answer exactly this way. But this was the fast succinct version.)</p> <p>“This time, when you are throwing the ball up into the air, I want you to think about what you are looking at when you are catching the ball. Not when you throw, but when you catch. Ready Go.”</p> <p>What were you looking at as you were catching the ball? The ball! That’s right. Every time you catch the ball, you have to look at it.</p>	<p>As they are working I will be asking Individuals what they are swinging their arms toward.</p> <p>As they are working, I will be asking individuals what they are looking at as they catch the ball.</p>
Part Three Practice & Fun	10	<p>This time when you throw the ball up into the air. See if you can clap once before you catch it!</p> <p>How many times can you clap before you catch the ball?</p> <p>Can you jump up in the air before you catch the ball?</p> <p>Throw the ball so that you have to travel forward to catch it. Throw the ball so that you have to travel sideways to catch it. Throw the ball so that you have to travel backwards to catch it. When you throw backwards, be safe be sure to look where you are going too.</p> <p>Throw your ball up so that you have to travel in one of the three directions to catch it. From your new own space, throw the ball up so that you have to travel in a different direction to catch it. Keep throwing the ball up in the air from the own space you end up in from the last throw. Each time you throw, throw so that you have to travel in a different direction to catch it. Keep going until I say freeze.</p>	<p>Remind the class to stay in their own space.</p> <p>Watch out for other people. Especially if you are running after your ball.</p> <p>Point out the students who are really good at traveling and catching. Let them show off!</p> <p>Point out the different students who are doing a great job being safe.</p>
Closing		<p>“Freeze. When I say go, put the ball in the hoop you got it from, put your flags in a pile next to your hoop and come back to the circle and sit down. Go”</p> <p>What did you look at when you caught the ball? What did you look at when you threw the ball to the air? What did you swing your arms toward when you threw the ball to the air? What did your legs do to help your throw?</p> <p>Great job today! Thanks for being so safe, and such good listeners. Did you have fun today?</p>	