

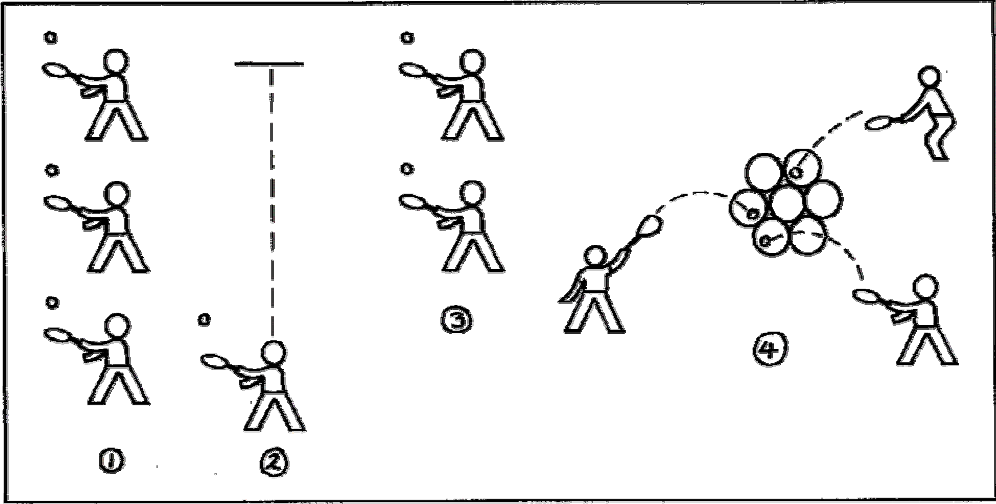
LEVEL	UNIT	LESSON Number 6	EQUIPMENT
First Grade	Volleyball	Striking with Rackets and Paddles	Balloons or Yarn balls (1 per child) and rackets. Hoops to hold equipment

Objectives

The students will:

1. Strike an object with a racket or paddle.
2. Position themselves with arm/foot opposition for the striking action.
3. Play Safely.
4. Have fun.

Activity	Time (Minutes)	Procedure	Comments/ Set-up/ Diagram
Part 1	10	Warm up with a fitness activity. You can use the colors to determine which equipment the students will use.	Organization/ Management: Response to signal (put racket and yarn balls or balloons on the ground). Position hoops around perimeter of work area to hold equipment.
Part 2	10	<p>Earlier you were introduced to the skill of volleying; during that lesson we practiced striking a balloon/ball with different body parts and with an open palm. Today we will learn to strike an object with a racket and/or paddle. The racket actually becomes an extension of your arm. The skill is very similar to the underhand volley we studied earlier.</p> <p>Content Development: (Place balloons/balls and rackets at different locations outside the working area; this will eliminate crowding as children select equipment. Balloons from the earlier lesson can be stored in large garbage bags for use in this and other lessons.) [AT] Select a racket and one balloon/ball. Strike the balloon/ball in the air so it does not touch the floor. Cue: Watch the balloon until it touches your racket. Cue: Always contact the balloon with the racket surface flat. Cue: As I observe, some of you are having trouble with the balloon traveling all over the room. You may be hitting the balloon too hard; tap it gently. [AT] In your self-space, see how many times you can strike the balloon before it touches the floor. Cue: Strike the balloon so it travels upward; again try to stay in your self-space. Cue: Watch the ball, keep your racket; keep flat, not at an angle. Cue: Contact the balloon directly underneath. Cue: Now strike the balloon so it stays in front of you as you travel forward in general space. Cue: Watch out for others. Cue: Just as you learned for the volley, strike the balloon directly behind to make it travel forward. Cue: See if you can travel and strike the balloon forward as you travel from one side boundary of our general space to the opposite side boundary.</p> <p>(Regardless of what you were using yarn ball or balloon, exchange it for a whiffle ball. Be sure the balloon is in the bag; they can become airborne quickly)</p> <p>[AT] Strike the ball with the paddle sending it upward. Collect the ball after each hit and begin again; don't try for continuous hits just yet.</p>	

		<p>Cue: Remember to keep the racket flat.</p> <p>Cue: The ball travels faster than the balloon; keep your eyes on it until you see it touch the paddle-</p> <p>Cue: Hold the ball at shoulder height and the paddle at waist height. Drop the ball and hit it upward with the paddle (model).</p> <p>Cue: Drop, don't toss the ball.</p> <p>Cue: Remember, hit the ball gently. Pretend it is an egg; don't break it.</p> <p>Cue: Can you stay in self-space and do single hits? Drop, hit, collect.</p> <p>Cue: See if you can do five single hits without moving from your self-space.</p> <p>Cue: Turn so you are facing a wall; you should be approximately four to five giant steps from the wall. Strike the ball so it travels forward to the wall.</p> <p>Cue: Remember the hand/foot opposition we learned earlier; it is needed here. R Watch the ball until it leaves your paddle.</p> <p>Cue: Now the paddle is at an angle so the ball will travel forward.</p> <p>Cue: Let's begin with single hits--drop, hit, bounce, collect.</p> <p>Cue: Try for five single hits; when you are comfortable with five, try for eight.</p>	
Part 3	10	<p>Stations for Practice:</p> <p>Our stations today are designed for practice of striking balloons and balls upward and forward.</p> <p>Station 1. How many upward hits can you do with no mistakes? Count them.</p> <p>Station 2. Travel across the gym striking the balloon forward with the racket.</p> <p>Station 3. Can you do five single upward hits without moving from self-space? Try continuous hits.</p> <p>Station 4. Strike the ball so it travels forward and lands in a hoop. Each time you are successful, increase your distance by taking a giant step backward.</p>  <p style="text-align: center;">Figure 11 Stations for Striking with Rackets</p>	
Closure		<p>What was the focus of our lesson today?</p> <p>Show me the correct way to hold the racket or paddle for striking the balloon or ball. Which was easier, balloons or balls? Why?</p> <p>Reflection:</p> <p>Are the children successful at striking a balloon?</p> <p>Do they appear to visually track the balloon or ball until contact is made?</p> <p>Can they send the balloon or ball upward or forward rather than back over their heads?</p>	