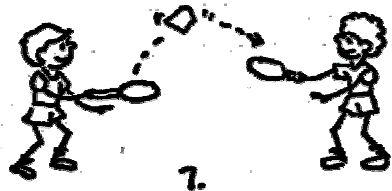


LEVEL	UNIT	LESSON Number 6	EQUIPMENT
Kindergarten	Volleyball	Bean Bag Paddle Play	Rackets, Bean Bags

Objectives

The students will:

1. Demonstrate the points to striking a ball with their hand.
2. Verbally describe the points to striking a ball with their hand and racket.
3. Work safely in room space with the rackets.
4. Have fun.

Activity	Time (Minutes)	Procedure	Comments/ Set-up/ Diagram
Part 1	10	Warm up by practicing hitting a yarn ball with hand only. Review the points of striking with the hand to self.	
Part 2/3	20	1. Walk with your Beanie on the paddle. Try to run; skip; gallop; side-step. Look for open spaces! 2. With your Beanie on the paddle, try to sit down; then stand up again without dropping the beanbag. Can you stand still and move the paddle all around your body; from hand to hand; high to low? 3. Place your beanbag on the paddle. Can you toss Beanie up off your paddle and catch it in your free hand? Can you catch Beanie between the paddle and your free hand? Switch hands and try this. 4. Who can toss the Beanie up with your free hand and catch it on the paddle? Can you toss it higher and still catch it? Can you use your other hand and still do this? 5. Show me how you can toss Beanie up off your paddle and catch it on your paddle. How many times can you toss and catch in this way without dropping the beanbags Can you toss and catch the beanbag using your other hand?	      

		6. Now try to toss Beanie up off your paddle as you hold it palm up (Forehand Position) and catch it on your paddle as you hold it palm down (Backhand Position). What other trick can you do using the paddle and your Beanie? 7. Find a partner. Stand facing each other about two giant steps apart. Place Beanie on your paddle. Can you toss Beanie back and forth and catch it with the paddle and hand? Can you catch it on the paddle only? Move one more giant step away from each other and do the activity again. Remember to watch the beanbag!	
Closure	2	Who can tell me something to remember when I am hitting the yarn ball with my hand? How about with the racket?	