

Warm Up #1

Time: 12 min. total (6 min. per)
Class: All grades for 36 students
Equipment: 18 tennis balls, 36 cones
Theme or Topic: Line Game

Learning Outcomes: to prepare the body mentally and physically.
Gradual increase in intensity.
Cooperatively to competition.

- In partners, numbered ones and twos, find an open space where no one else is.
- Number ones get a ball and number twos get two cones and find an open space.
- Partners begin by passing the ball between each other by bouncing the ball only once in their own court.
- Project the ball into partner's open space (court).
- Game progresses by partners moving increasingly quick and tossing ball in order to score by putting ball into opponent's open space, therefore limiting the chances of returning the ball.
- Partners aim to angle shots to elude partner.
- Low stance for balance and easy ability to move in all directions is necessary.



Teaching Points: Staggered start to initiate split stepping action. Important to review performance for learners to solve problems (i.e. where to put the ball, where to recover after bounce, how to get partner to move back, forward, and laterally. Wide base and anticipate. Watch partner's hips to dictate movement. Recover to base position.

Three Learning Domains:

1. Cognitive: Matching/Copying (Command Style), Decision-making and Problem solving (Practice Style), Analyze (Guided Discovery Style).
2. Affective/Social: Enthusiasm (all styles), Adaptation and taking responsibility (Practice Style), Communication of rules and clues (Guided Discovery Style).
3. Psychomotor: Multi-limb coordination, breaking down into intervals, lateral movement, split step, recovery.

Teaching Styles: Use of *Command Style* was useful for initial instruction. *Practice Style* begins when the learners take responsibility for decisions. *Guided Discovery Style* begins when the learners listen to clues and discover the answers to these clues.