

# ACTIVITY #1: BALL EXCHANGE

**DURATION:** 5-7 minutes

**FORMAT:** minor games

**SPORT:** Could be used as a warm-up for a track and field unit, as well as certain net-wall games.

## **OBJECTIVES:**

- 1) To increase the core temperature of the muscles and get the synovial fluids of the joints flowing, to reduce injury.
- 2) To work on cognitive anticipation skills.
- 3) To familiarize yourself with other class members via social interactions.

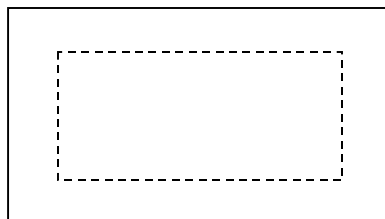
**TEACHING STYLES:** Command and convergent discovery.

## **EQUIPMENT:**

- 1) As many tennis balls as there are students in the class
- 2) An area that has been marked off with cones, lines, etc., with at least 5 metres of free space all around the outside of the area.

**INSTRUCTIONS:** The students all start within the confines of a coned off area, and each will have a tennis ball. The students begin by walking around the area, looking for other players to exchange tennis balls with. To begin the exchange, two students make eye contact and verbal contact (ie call out each other's name) when they are 3-5 metres apart. The exchange takes place with a simple, simultaneous throwing of the balls. If the exchange is successful, both players are awarded a point. If one or both of the players drop their tennis ball, both must perform either 5 push-ups or 5 jumping jacks before they may continue playing. While players must keep moving the entire time, if they bump into another player, both must also perform the penance. At the end of the designated period, the teacher will ask the students for their scores.

*\*SAFETY NOTES:* The push-ups or jumping jacks must be done outside of the area, and if a ball is dropped it must be picked up before doing the push-ups or jumping jacks.



**PROGRESSIVE STAGES:**

1. Walking
2. Jogging
3. Jogging with a bounce pass
4. Jogging with throw and catch with the same hand.
5. Could possibly add a few students with no balls who are looking to make a steal

**TEACHING CUES:**

- 1) Staying low will help you catch a ball that is thrown low
- 2) Throwing the ball underhand without flicking the wrist will give you more control

**LEARNING DOMAINS:**

Social/Affective—communication, social interaction with multiple people

Cognitive—Problem solving (decisions on best way to initiate ball exchange)

Psychomotor—throwing a ball, hand-eye coordination