

## UNIT: GREAT GAMES

## LESSON: 1

## OBJECTIVES

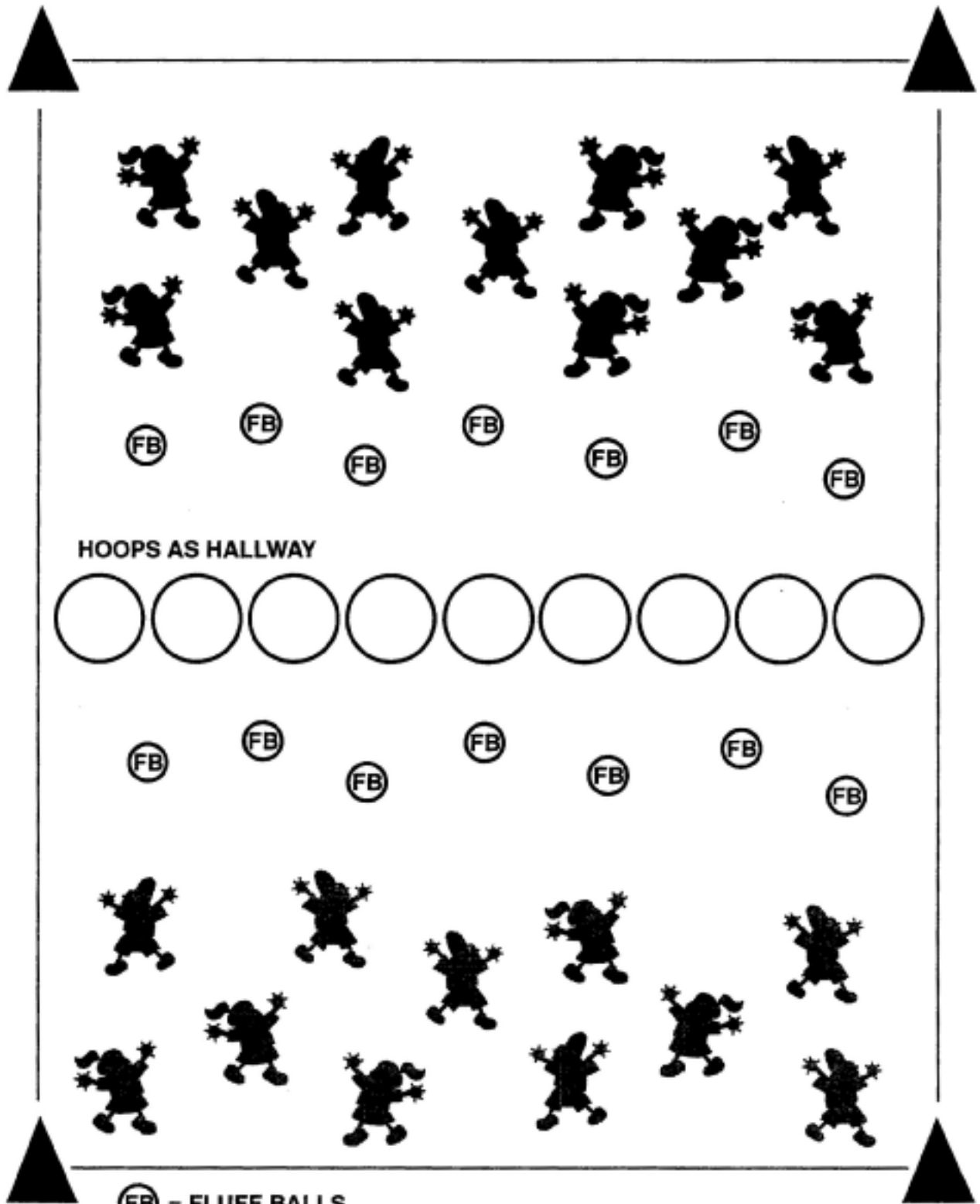
General coordination, throwing

## EQUIPMENT

1 fluffball/student, 10-12 hoops, 4 cones

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
<b>Clean Your Room</b> <i>Diagram on back</i>	<ul style="list-style-type: none"> <li>-Play area (30 X 30 paces), <u>divided in half by hoops</u> (or use existing lines).</li> <li>-<u>Divide students into 2 groups</u> (by playing Back-to-Back).</li> <li>-Give each group half of the fluffballs.</li> <li>-Never use anything heavier than a fluffball! Injury can result.</li> <li>-On stop signal, wait 3 seconds for balls to fall, then gather balls to a hoop on each side for counting.</li> <li>-Repeat, designating type of throw (e.g., left hand, overhand).</li> </ul> <p><u>Variation:</u></p> <ul style="list-style-type: none"> <li>-Throw over a net or rope to play "Clean Your Yard." (Decreases chance of students throwing at each other.)</li> </ul> <p> <ul style="list-style-type: none"> <li>• <i>Math Integration:</i> Counting, comparing number of fluffballs in hoops.</li> <li>• <i>Social Studies Integration:</i> Discuss keeping your environment (room, house, neighborhood, oceans) clean.</li> </ul> </p>	<ul style="list-style-type: none"> <li>-The Great Game we are going to play is called "Clean Your Room!"</li> <li>-<u>The object of the game is to have the cleanest room! Each side will clean their room by throwing fluffballs over to the other side.</u></li> <li>-On START cue, throw any fluffballs that are on your side <u>over</u> to the other side as fast as you can!</li> <li>-Only throw 1 ball at a time.</li> <li>-No kicking balls or throwing at people!</li> <li>-On STOP cue, everyone raises their arms in the air to make an "X." If you have a fluffball in your hand drop it to the ground.</li> <li>-We will count how many fluffballs are on your side.</li> <li>-The side with the fewest fluffballs has the cleanest room!</li> <li>-Can you throw with your other hand too?</li> </ul> <p><b>For advanced learners:</b></p> <ul style="list-style-type: none"> <li>-Play "Family Style" by dividing students into 4 groups and play area into 4 sections.</li> </ul>
<b>Cool-Down Equipment Return</b>	<ul style="list-style-type: none"> <li>-Lead a brief stretch, cool-down. Students help collect equipment.</li> </ul>	<ul style="list-style-type: none"> <li>-Let's do a cool-down, then we'll put our equipment away.</li> </ul>

# CLEAN YOUR ROOM



HOOPS AS HALLWAY

⊙FB = FLUFF BALLS