

UNIT: AEROBIC GAMES

AGES: 8-14

OBJECTIVES

Pitching, kicking, trapping, passing, running

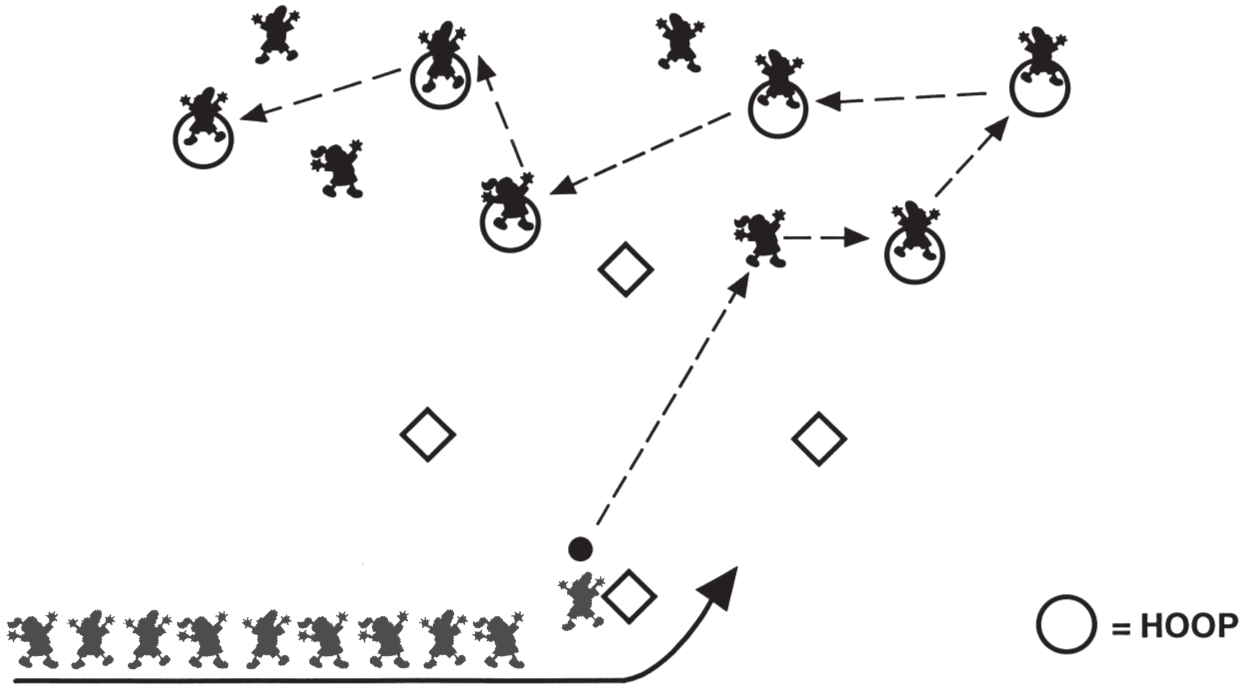
EQUIPMENT

1 ball/12-20 youth, 4 bases/12-20 youth,
6 hoops/12-20 youth, music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
<p>All-Run Kickball <i>Diagram on back</i></p>	<ul style="list-style-type: none"> -Set up a softball-type diamond and distribute 6 hoops in the outfield. -Play on a small baseball field if available. Grass fields may be adapted, however, they do not offer the safety advantages of a backstop. -Divide players into kicking and fielding groups. -Kicking group lines up behind the backstop or in a safe area. -Change sides after 3 kickers. -Have children play different positions each inning. -Once game rules are understood, divide group into 4 groups (6-10/group) on 2 fields. Smaller groups allow the game to be played with everyone having a turn "at bat" before the other group is up. -Play with different equipment (e.g., frisbee, soccer ball, vortex, rag softball). 	<ul style="list-style-type: none"> -Today's Great Game is called "All-Run Kickball!" <u>-The fielding group gets the kicking group "out" by throwing the kicked ball to a different player in each of the 6 hoops.</u> -The first batter kicks either a rolled (pitched) or stationary ball into fair territory and runs around the bases without stopping. -All members of the kicking group follow in single file (no passing allowed). -Each player reaching home plate before an "out" is declared, scores 1 run for the group. <u>-Fielders, don't stand in the baselines.</u> <u>Variation:</u> "Alaska Snowball" -The fielding group lines up in single file behind the person who fields the kicked ball. -Group members alternate passing the ball over their heads and through their legs until the last person carries the ball to the front and yells "OUT!"

ALL-RUN KICKBALL

HOOP VARIATION



ALASKA SNOWBALL VARIATION

