

# INDIVIDUAL DAILY ACTIVITY UNIT PLAN

<b>MAT BALL UNIT</b>	<b>Grade Level</b>
Length of unit: One or two days Written By: S. Nikodym	<input checked="" type="checkbox"/> 7 <sup>th</sup> Graders <input checked="" type="checkbox"/> 8 <sup>th</sup> Graders <input checked="" type="checkbox"/> 9 <sup>th</sup> Graders

<b>Educational Objectives &amp; Standards</b>	
Unit Objectives	State Standards
1. To execute game specific ball skills	1PA-E1PO1, 1PA-E1PO1
2. To demonstrate understanding of rules of game	5PA-E3PO 1, 5PA-E4PO1
3. To demonstrate effective offensive strategy	1PA-E2PO1
4. To demonstrate effective defensive strategy	1PA-E2PO1
5. To demonstrate ability to work as an effective team member within a game situation	1PA-E2PO1, 3PA-E2PO1, 5PA-E4PO1, 1PA-E4PO1, 6PA-E2PO2
6. To perform several muscular strength exercises correctly	4PA-E1PO1, 4PA-E2PO1
7. To perform several flexibility exercises correctly	4PA-E1PO1, 4PA-E2PO1
8.	
9.	

<b>Mastery Elements</b>		
<ul style="list-style-type: none"> <li>◇ Rules of play/ Court boundaries</li> <li>◇ Kicking</li> <li>◇ Passing</li> <li>◇ Catching</li> <li>◇</li> <li>◇</li> </ul>	<ul style="list-style-type: none"> <li>◇ Offensive strategy</li> <li>◇ Defensive strategy</li> <li>◇</li> <li>◇</li> <li>◇</li> <li>◇</li> </ul>	<ul style="list-style-type: none"> <li>◇ Stealing bases</li> <li>◇ Regulation game play</li> <li>◇</li> <li>◇</li> <li>◇</li> <li>◇</li> </ul>

**Daily Overview**

Week 1

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
	<u>MAT BALL</u> Introduction Rules of play Practice game	<u>MAT BALL</u> Review Questions/answers Regulation game	<u>KICKBALL</u> Regulation game	<u>TEAM HANDBALL</u> Introduction Practice game	<u>TEAM HANDBALL</u> Regulation three team tournament using scoreclock.

# MAT BALL

## **Equipment and Set-up:**

Mat ball is an indoor game similar to kickball. There are no out-of-bounds and no foul balls. We use 3 foot X 5 foot gymnastics or tumbling mats for the bases although any size will do. Just be sure they will not slide on the gym floor easily when a student reaches "base". A nerf soccer ball works well for the ball. The set-up for the mats are not in the shape of a diamond as in baseball, but in a rectangle basically where the four "side baskets" are inside the gym.

## **The Game:**

The offensive players line up along the wall outside the baseline where the main basket is on a basketball court. One person kicks at a time. The ball is rolled by the defensive team from the center jump circle toward the kicker. Once the ball is kicked (forward, backward, sideways), the kicker runs to first. First base (mat) is **NOT** the mat to his/her immediate right. It is the second mat to the right. It would appear to be at about 2:00 if you were the kicker. Second base would be the next base in counterclockwise direction, third the next, and home would actually be the base to the kicker's immediate right.

## **Rules for the offense:**

1. First base is the **ONLY** base where there can be a force out. If the ball is thrown to a defensive player standing on first before the kicker gets there, the kicker is out. All runners to second, third, and home must be tagged with the ball.
2. You may have any number of runners on any base. You do not have to run when the next kicker kicks the ball. You choose when to run. However, if your feet leave the mat, you must run to the next base.
3. You may **NEVER** let both of your feet leave the mat after touching a base or you **MUST** go to the next base. You can never go back to a base, only forward.
4. You may continue to steal bases until the defensive team throws the ball back to the pitcher in the center jump circle. If the defense throws the ball at runners wildly, **CONTINUE STEALING!!!**
5. It is very easy to steal bases in this game, so you must circle the bases **TWICE** to score a run for your team. You are allowed to stop on home or any other bases along the way.
6. You are not allowed to dive, slide, or roll onto a base. You **MUST** remain on your feet at all times or you are out. This is for safety purposes.
7. We have had problems with students' shoes being untied, so created this rule: If your shoe falls off when you kick, you are out.

8. If a kicker can kick the nerf ball in the air and hit the far wall on the fly, it is a home run. The kicker does not need to run the bases, it is automatically a run.

**Defensive rules:**

1. Defensive players may stand anywhere outside of the basketball three-point line where the kicker is. Once contact has been made, defensive players may run inside the three point line to field the ball.
2. You may get a kicker out three ways: If you catch a pop fly that they kick, if you throw it to another defensive player at first (The only force out base), or if you throw it and hit or touch the runner while they are off of a base.
3. Three outs and you go on offense.

DATE: \_\_\_\_\_ EQUIPMENT: \_\_\_\_\_

UNIT: Individual Daily Day: 1 of 2 LOCATION: Gymnasium

STANDARDS: 4PA-E1PO1 and 5PA-E3PO1

OBJECTIVE: Today we will learn a fun new game called Mat ball. Students will be given an introduction and playtime for this new game.

ACTIVITIES	CUE PHRASES/INSTRUCTIONS
<b>Intro:</b> 2 Minute slow jog around outside lines of gym.	Do not bump into anyone, tie shoelaces, line up behind squad leaders after 2 minutes.
<b>Fitness:</b> 1. Jumping jacks 2. Leg stretches, rt. over left, quad stretch, groin stretch, etc. 3. Push-ups 4. Crunches 5. Arm circles	Do not bounce when stretching. Hold for a ten count. Back straight, head up, 90 degree bend in arms. Arms folded across chest, isolate abdominal muscles.
<b>Lesson Focus:</b> Introduction and Game play  A. Quick introduction of Rules of Play. B. Divide into two even teams. C. If mistakes are made, allow for clarification without penalty. D. Use opportunity to instruct if errors occur. Assist in the application of game strategy.	Talk about offense first, then cover defense.  Position offense along the baseline out of bounds, position defense outside three point line.  Usually occurs because of trying to get a force out at 2 <sup>nd</sup> , 3 <sup>rd</sup> , or home.  Coach can control game easily if they pitch, discuss strategy between kickers.
<b>Closure:</b> Provide opportunity for questions about anything they learned today.  Dismiss to dress out.	

DATE: \_\_\_\_\_ EQUIPMENT:

UNIT: Individual Daily Day: 2 of 2 LOCATION: Gymnasium

STANDARDS: 4PA-E1PO1 and 5PA-E3PO1

OBJECTIVE: Today we will play a regulation game of Mat ball. Students will be given time for this new game.

AC TIVITIES	CUE PHRASES/INSTRUCTIONS
<b>Intro:</b> 2 Minute slow jog around outside lines of gym.	Do not bump into anyone, tie shoelaces, line up behind squad leaders after 2 minutes.
<b>Fitness:</b> 1. Jumping jacks 2. Leg stretches, rt. over left, quad stretch, groin stretch, etc. 3. Push-ups 4. Abdominal crunches 5. Mountain climbers	Do not bounce when stretching. Hold for a ten count. Back straight, head up, 90 degree bend in arms. Arms folded across chest, isolate abdominal muscles. 20 mountain climbers will get you to the summit!
<b>Lesson Focus:</b> Regulation Game play  A. Review basic rules of play. B. Ask if anything happened in yesterday's game that needs clarification. C. Divide into two new teams. D. Play regulation game – let students pitch today.	Bring out a scoreboard and have students flip the score when they score a run.  Demonstrate sportsmanship by shaking hands with five members of the opposite team when game is over.
<b>Closure:</b> Provide opportunity for questions about anything they learned today.  Dismiss to dress out.	

# INDIVIDUAL DAILY ACTIVITY UNIT PLAN

<b>KICKBALL UNIT</b>	<b>Grade Level</b>
Length of unit: One or two days Written By: S. Nikodym	<input checked="" type="checkbox"/> 7 <sup>th</sup> Graders <input checked="" type="checkbox"/> 8 <sup>th</sup> Graders <input checked="" type="checkbox"/> 9 <sup>th</sup> Graders

Educational Objectives & Standards	
Unit Objectives	State Standards
1. To execute game specific ball skills	1PA-E1PO1
2. To demonstrate understanding of rules of the game	5PA-E3PO1, 5PA-E4PO1
3. To demonstrate effective offensive strategy	1PA-E2PO1
4. To demonstrate effective defensive strategy	1PA-E2PO1
5. To demonstrate ability to work as an effective team member within a game situation	1PA-E2PO1, 3PA-E2PO1, 5PA-E4PO1, 1PA-E4PO1, 6PA-E2PO2
6. To perform several muscular strength exercises correctly	4PA-E1PO1, 4PA-E2PO1
7. To perform several flexibility exercises correctly	4PA-E1PO1, 4PA-E2PO1
8.	
9.	

Mastery Elements		
◇ Rules of play	◇ Offensive strategy	◇
◇ Kicking	◇ Defensive strategy	◇
◇ Passing	◇ Regulation game play	◇
◇ Base running	◇	◇
◇	◇	◇
◇	◇	◇
◇		◇
◇		◇
◇		◇
◇		◇

DATE: \_\_\_\_\_ EQUIPMENT:

UNIT: Individual daily Day: 1 of 1 LOCATION: Gymnasium

STANDARDS: 4PA-E1PO1 and 5PA-E3PO1

OBJECTIVE: Today the students will play a regulation game of kickball. The students will be given time for this game.

ACTIVITIES	CULTURAL INSTRUCTIONS
<b>Intro:</b> 2 minute warm-up jog around outside lines of gym.	Do not bump into anyone, make sure shoes are tied, line up quickly after whistle.
<b>Fitness:</b> 1. Jumping jacks 2. Leg stretches 3. Push-ups 4. Crunches 5. Arm circles	Student led in squad formation  Variation: Count from ten backwards, count in Spanish, etc.
<b>Lesson Focus:</b> Introduction and Game play  A. Quick introduction and review of the rules of kickball.  B. Divide into two even teams.  C. Regulation Kickball Game	Review all possible ways of making an out.  Students do the pitching.
<b>Closure:</b> Provide opportunity to ask questions.  Dismiss to dress out.	



# INDIVIDUAL DAILY ACTIVITY UNIT PLAN

<b>TEAM HANDBALL UNIT</b>	<b>Grade Level</b>
Length of unit: One or two days Written By: S. Nikodym	<input checked="" type="checkbox"/> 7 <sup>th</sup> Graders <input checked="" type="checkbox"/> 8 <sup>th</sup> Graders <input checked="" type="checkbox"/> 9 <sup>th</sup> Graders

<b>Educational Objectives &amp; Standards</b>	
Unit Objectives	State Standards
1. To execute game specific ball skills	1PA-E1PO1
2. To demonstrate understanding of rules of the game	5PA-E3PO1, 5PA-E4PO1
3. To demonstrate effective offensive strategy	1PA-E2PO1
4. To demonstrate effective defensive strategy	1PA-E2PO1
5. To demonstrate ability to work as an effective team member within a game situation	1PA-E2PO1, 3PA-E2PO1, 5PA-E4PO1, 1PA-E4PO1, 6PA-E2PO2
6. To perform several muscular strength exercises correctly	4PA-E1PO1, 4PA-E2PO1
7. To perform several flexibility exercises correctly	4PA-E1PO1, 4PA-E2PO1
8.	
9.	

<b>Mastery Elements</b>		
<ul style="list-style-type: none"> <li>◇ Rules of play/Court boundaries</li> <li>◇ Dribbling</li> <li>◇ Passing</li> <li>◇ Goalkeeping</li> <li>◇</li> <li>◇</li> <li>◇</li> <li>◇</li> <li>◇</li> <li>◇</li> </ul>	<ul style="list-style-type: none"> <li>◇ Offensive strategy</li> <li>◇ Defensive strategy</li> <li>◇ Regulation game play</li> <li>◇</li> <li>◇</li> <li>◇</li> </ul>	<ul style="list-style-type: none"> <li>◇ Jump shots</li> <li>◇ Penalty shots</li> <li>◇ Fouls</li> <li>◇</li> <li>◇</li> <li>◇</li> <li>◇</li> <li>◇</li> <li>◇</li> </ul>

# Team Handball

## **Introduction:**

Team Handball combines certain aspects of basketball and soccer and is actually played at the Olympic level. The students pick up the game quickly and enjoy the non-stop action and fast pace.

## **Object of the Game:**

The object of team handball is to move the ball down the court and then shoot the ball past the goalie into the goal.

## **The Game: Offense**

A regulation basketball court (including the three point circles) works well for the playing area, but make the court as large as possible if you have the space.

Regulation team handball requires 6 players and a goalie, but for P.E. purposes, I like to divide the class into three teams (two playing the game, one exercising on the side and waiting to challenge the winners in the next game). Any number of students can be on a team. Begin the game with a jump ball as in basketball. The ball can be dribbled also as in basketball or passed to a teammate. Two steps are allowed after picking up the dribble. You must shoot the ball outside the three point line by throwing, bouncing, or rolling it into the goal. Taking off from behind the line, jumping in the air, and then releasing the ball before landing inside the three point line is allowed. Any player except the goalie found inside the three point area must leave it immediately. A goal is 10 feet wide, but we use the padded area behind each basket for the goal. If a goal is scored, the goalie immediately retrieves the ball and throws it into play and the action continues. We play timed five minute games- after five minutes the winning team stays on the court and the challenging team comes on.

## **The Game: Defense**

Defense on a man is played much like basketball. Defense by the goalie is played much like soccer. You may not contact a player with the ball or it is a common foul. The offensive team would then throw the ball in from out of bounds. Contact on a player shooting the ball is a shooting foul and results in a penalty shot from the top of the key against the goalie. Play continues after the shot. We have a rule that the defensive players cannot even touch the ball while in an offensive players' hands, this prevents the game from turning into a jump ball-fest.

## **Miscellaneous**

A competitive three team rotation system works great for this game. One team sits out (or does a series of exercises or stretches while waiting) and becomes the next challengers. An added feature is to use the main scoreboard and put five minutes on the clock.. The teams really enjoy knowing how much time is left and what the score is. If the score is tied after five minutes, we play sudden death; first team that scores wins. The kids really enjoy this game.

**DATE:** \_\_\_\_\_ **EQUIPMENT:**

**UNIT:** Individual Daily      **Day:** 1 of 2      **LOCATION:** Gymnasium

**STANDARDS:** 4PA-E1PO1 and 5PA-E3PO1

**OBJECTIVE:** Today we will learn a fun new game called Team Handball. Students will be given an introduction and time for this new game.

<b>ACTIVITIES</b>	<b>GUIDE PHRASES/INSTRUCTIONS</b>
<b>Intro:</b> 2 Minute slow jog around outside lines of gym.	Do not bump into anyone, tie shoelaces, line up behind squad leaders after 2 minutes.
<b>Fitness:</b> Student led stretches and strength exercises.	<b>Squad leaders – squad formation</b>
<b>Lesson Focus:</b> Introduction and practice game play.  A. Introduce basic rules of play.  B. Demonstrate common plays/situations that occur.  C. Divide into three even teams; one team watches from the sideline.  D. If mistakes are made, allow for clarification without penalty.  E. Use the opportunity to instruct if errors occur. Assist in the application of game strategy.	Talk about offense first, then cover defense.  Give the odd team out something active to do. Bring jump ropes, have them do sets of sit-ups, push-ups, etc. Let them get a drink at this time.  Play five minute games, then rotate, winners stay on the court.
<b>Closure:</b> Provide opportunity for questions about anything they learned today.  Dismiss to dress out.	

**DATE:** \_\_\_\_\_ **EQUIPMENT:**

**UNIT:** Individual Daily      **Day:** 2 of 2      **LOCATION:** Gymnasium

**STANDARDS:** 4PA-E1PO1 and 5PA-E3PO1

**OBJECTIVE:** Today we will play a regulation game of Team Handball. Students will be given time for this new game.

<b>ACTIVITIES</b>	<b>GOAL PHRASES/INSTRUCTIONS</b>
<b>Intro:</b> 2 Minute slow jog around outside lines of gym.	Do not bump into anyone, tie shoelaces, line up behind squad leaders after 2 minutes.
<b>Fitness:</b> Student led stretches and strength exercises.	<b>Squad leaders – squad formation</b>
<b>Lesson Focus:</b> Regulation game play.  A. Review basic rules of play.  B. Ask if they have any questions about yesterday's game.  C. Divide into three even teams; one team watches from the sideline.  D. Set up scoreclock if possible and use during games.  E. Play regulation game – switch goalies at the halfway point of each game.	Give the odd team out something active to do. Bring jump ropes, have them do sets of sit-ups, push-ups, etc. Let them get a drink at this time.  Play five minute games, then rotate, winners stay on the court.  Demonstrate sportsmanship by shaking hands with the opposing team at the end of each game.
<b>Closure:</b> Provide opportunity for questions about anything they learned today.  Dismiss to dress out.	