

LESSON PLANS/ACTIVITIES

Sports

RELAY RACES

Objective: To learn to work as a team,
To learn to properly stretch prior to exercise.

Activity: 1) Stretch
2) Relay Races

Students should stretch for 5-10 minutes. Students can learn the names of muscles during stretching.

Students divide into two or more teams (depending on the number of students). Select a starting line (point A) and a point B some distance away. Students line up in their respective teams at point A, and the relay races begin. Students can either run, hop, walk, etc from point A to point B. Students can use gym equipment to make the races more challenging. For example, one relay can require students to dribble a basketball. Teams are encouraged to cheer for their team members. Good sportsmanship should be emphasized.

Materials: Materials for relay races could include jump ropes, basketballs, soccer balls, or any other gym equipment. Relay races can take place in the gym or else on the playground. Orange cones or some other marker are helpful to indicate the starting line and point B.

DODGE BALL

Objective: To play Dodge-ball.

Activity: Split the students into two equal teams and place at opposite ends of the gym. Use one or two Dodge balls. Students throw the ball at players from the opposing team. When a student is hit with the ball thrown by the opposite team, he/she is “out” and must sit against the wall. Each team must stay on their own side of the gym (ie students can not cross the center of the gym into the territory of the other team). The team that has the last player(s) standing is the winner.

Materials: Dodge Ball(s).

BASKETBALL AND SOCCER

Objective: To learn and practice new basketball and soccer skills, to learn sportspersonship.

Activity:

1. Teach students basic basketball and soccer skills, including the basic rules of each game.

Basketball: what is a double-dribble, what is travelling, etc. Teach basic skills re: dribbling, passing, shooting, lay-ups.

Soccer: No hands, when to do a corner kick vs. goal kick. Teach basic skills re: dribbling with feet, passing, shooting.

2. Play elimination with basketball and soccer.

Basketball: divide into two even teams and line up at 1/2 court. The first two people in each line dribble a basketball towards the basket and shoot. Each student continues to shoot until one makes a basket. The student who scores returns to his/her team's line, and the other student (who is eliminated) sits down and cheers for his/her team. The first team to eliminate the players on the other team wins.

Soccer: Have students line up into two even teams. UM students play role of goalie. The first student in front of each line (two students) dribble and pass the soccer ball and attempt to score on the goalie. If the team scores, they get back in line. If they don't score, they sit down and cheer for the other students. This continues until only two students are left.

Materials: basketballs, soccer balls, soccer goals or cones to create goal.