Steal the Ball[[1]](#footnote-1)

K-5

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| Overview | Incorporating teamwork into exercise, learning about the body. |
| Objective | After the game, have students discuss how they have could been more efficient or how they could have worked better with team members, and also discuss certain muscle groups used. |
| Standards | 1.5.3 Demonstrate cooperative play with children of varying abilities |
| Materials | Cone, Hoop, Dodgeballs, beanbags, wiffle balls, etc. Computer. |
| Procedure | 1. Class is arranged in a circle formation that includes a cone and hoop.
2. Divide up class equally into smaller groups.
3. Place all the equipment in the middle. This includes the dodgeballs, beanbags, waffle balls or any other materials you use.
4. On a signal, the first person in order runs to the middle and picks up one piece of equipment and places it in the hoop. They then run back to the line and tag the next person who does the same thing.
5. Stop when all equipment is gone.
6. Time the class
7. Challenge them to get done with a faster time
8. After class, have them visit the class Weebly site that explains the muscle groups.
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| Evaluation | Observe students ability to exercise and communicate along with other students. After the activity: review what they did, the muscles groups used, what kind of exercise, and how good communication and team work helped them improve.  |

1. Lesson plan adapted from: http://www.lessonplanspage.com/PEStealTheBall.htm [↑](#footnote-ref-1)