

## ANY BALL

### STUDENT TARGETS

- **Fitness:** I will remain actively engaged in order to increase my heart rate and improve my fitness.
- **Social & Emotional Learning:** I will cooperate with and congratulate my teammates and my opponents.

### TEACHING CUES

- Work Cooperatively
- Be Activity Engaged
- Show Good Sportsmanship

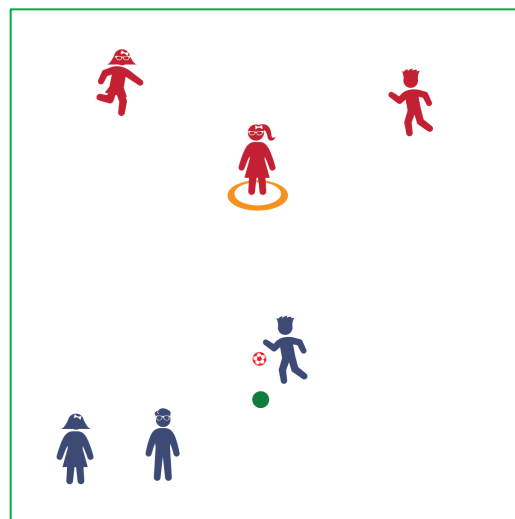
### ACTIVITY SET-UP & PROCEDURE

**Equipment:**

- 1 hoop per group (4-6 players)
- 1 spot marker per group
- 1 ball per group (“ANY” kind you want)

**Set-Up:**

1. Place a spot marker to represent Home Base.
2. Place a hoop approx. 10 paces away to represent the Pitcher’s Hoop.
3. Create 2 teams with 1 team with a player standing at Home Base – the other a safe distance behind the base.
4. The other team with 1 player in the Pitcher’s hoop and the remaining players as fielders.



**Activity Procedures:**

1. Today activity is called Any Ball. One player will be the batter and will “hit” the ball by perform the designated skill. Teacher can choose ANY skill (kicking, striking, throwing, etc.).
2. Once the player kicks/strikes/slaps the ball, she/he performs a fitness exercise and scores a point for each repetition completed. Teacher can choose ANY fitness exercise (jumping jacks, push-ups, laps, etc.).
3. The fielding team will work together to collect the ball and return it to the pitcher. Once the pitcher catches the ball inside the hoop, the batter stops doing the exercises. Rotate positions and repeat.
4. Points of clarification:
  - With groups of 5-6, where more than 1 player is standing near Home Base, all players perform exercises.
  - The pitcher is not allowed to leave the hoop. Fielding players work together to relay the ball to the pitcher for a successful catch while standing inside the hoop.
  - Be free to add ANY rules that will allow players to be successful!

**Grade Level Progression:**

- K:** Eliminate the pitcher. Instead of passing the ball, have all fielders move to the ball and touch it.  
**1<sup>st</sup> – 2<sup>nd</sup>:** Make smaller groups and/or allow the fielding players to run the ball to the pitcher.  
**3<sup>rd</sup> – 5<sup>th</sup>:** Provide students with additional challenges; it can be ANYthing (i.e. play with a Frisbee).

STANDARDS & OUTCOMES ADDRESSED

- **Standard 3 [E2.K-6]:** Actively engages in physical education and physical activity.
- **Standard 4: Standard 4 [E4.3-5]** Works cooperatively with others (3a); Praises others for success in movement performance (3b); Praises the movement performance of others both more & less-skilled (4a); Accepts players of all skill levels (4b); Accepts, recognizes, and actively involves others with both higher and lower skill abilities into physical activities and group projects (5).

DEBRIEF QUESTIONS

- DOK 1:** How can you recognize cooperation? How can you recognize sportsmanship?  
**DOK 2:** How does cooperation affect success?  
**DOK 3:** How is sportsmanship related to enjoyment?