

CARDIO MAX KICKBALL

Group Games (Secondary)

STUDENT TARGETS

- **Skill:** I will work with my team to reduce open space in the field.
- **Cognitive:** I will discuss strategies selecting defensive plays.
- **Fitness:** I will actively engage in order to increase my heart rate.
- **P&S Responsibility:** I will move safely, following all game rules.

TEACHING CUES

- Stay Alert & Under Control
- Spread Out to Cover Open Space
- Make Quick Transitions from Offense to Defense

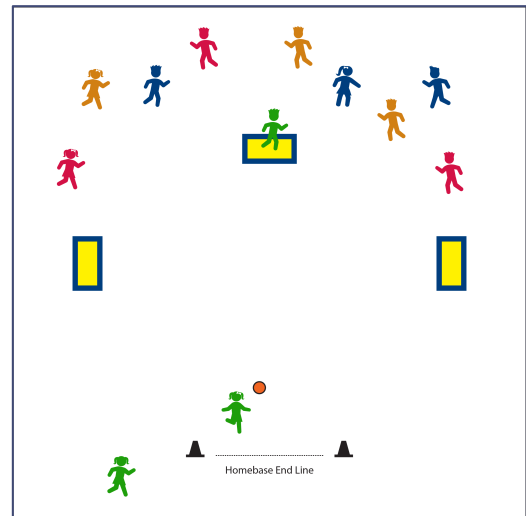
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 3 large bases (mats or floor tape)
- 2 large cones
- 1 foam ball
- 1 pinnie per player (enough colors for several teams of 3–5 students)

Set-Up:

1. Create a kickball field with 3 mats as bases and 2 large cones marking the home base end line.
2. Create several equal teams of 3–5 students each.
3. Each team wears a different color pinnie.



Activity Procedures:

1. It's time for Max-Cardio Kickball. The object is for your team to score as many runs as you can before making 1 out. All of the defensive teams are working to get your team out. The defensive team responsible for getting the kicking team out becomes the new kicking team.
2. Outs are made when:
 - a. A player is tagged with the ball in between bases.
 - b. A ball is caught in the air with no bounces off of the floor or wall.
 - c. A ball is kicked and hits the ceiling or lights.
 - d. A pitch is made across the home base end line and the kicking team has no kicker ready.
3. General rules:
 - a. Runners can stay on base with multiple other runners and can also pass other runners.
 - b. Defensive teams must be playing in the outfield at the start of each pitch.
 - c. Pitches must come from the outfield.
 - d. No bunting. Kicks must make it past 1st and 3rd bases.
 - e. Play safe: At any time, the adult activity leader can make up new rules to enhance safety.

STANDARDS & OUTCOMES ADDRESSED

- **Standard 2 [M11.6-8]** Identifies the correct defensive play based on the situation (6); Selects the correct defensive play based on the situation (7); Reduces open spaces in the field by working with teammates to maximize coverage (8).

DEBRIEF QUESTIONS

- **DOK 1:** How can you recognize open space in the field?
- **DOK 2:** How can you apply what you know about open space to improve your defense?
- **DOK 3:** How is communication related to defensive play in Cardio Max Kickball?