**BALL DROP**

|  |
| --- |
| **STUDENT TARGETS** |
| * **Skill:** I will focus on my drop technique and repeat form and movements to find a consistent drop.
* **Cognitive:** I will focus my attention on the challenge in an effort to improve my team’s score.
* **Fitness:** I will be actively engaged in this Minute to Win challenge.
* **Social/Emotional:** I will use positive and encouraging communication with my teammates.
 |
| **EQUIPMENT & SET-UP** |  |
| **Equipment:*** 1 ping pong ball per team of 3
* 1 plastic cup per team (at least 16 oz)
* 1-Minute Timer Music ([Spotify](https://open.spotify.com/album/1XZQC0B2bRVRp4MVNcDWRh?si=0-MEP_hoRzyH2WPW4E-afw), [Apple](https://music.apple.com/us/album/1-minute-challenges/631219187))

**Set-Up:*** Create teams of 3 players.
* Place a cup and ping pong ball in space for each team to participate.
* Send each team to a ball and cup.
 |
| **ACTIVITY PROCEDURES** |
| 1. This activity is called Egg Drop. The object of the game is to score as many points as possible by dropping a ping pong ball into a cup from waist height. Each teammate will take a turn for a full minute (3 rounds total). You’ll add the score from each round to get a final score.
2. Get ready by standing with a ping pong ball in one hand and a cup directly underneath the ball. Teammates who are not taking a turn will act as ball retrievers. One will retrieve balls that miss the cup, the other will retrieve balls that make it into the cup.
3. On the start signal, drop the ball. If it lands in the cup it’s 1 point. Retrievers, quickly get the ball and hand it back to your teammate. If you need to move the cup, make sure you put it back in place.
4. Continue until you hear the stop signal. Then, prepare for the next teammate to have a turn.
 |
| **GRADE LEVEL PROGRESSION** |
| * **Grade 3:** Increase the size of the cup to make the challenge easier. Place a paper towel or cotton ball in the bottom of the cup to make it less bouncy.
* **Grades 4 & 5:** Play the activity as described above.
 |
| **TEACHING CUES** |
| * **Quick but Consistent:** Find a consistent drop touch that works. Then repeat that over and over.
* **Quickly Collect & Return:** Teammates quickly retrieve balls and return them to their teammate.
* **Cooperate:** Communicate with positive language. Work together to continually improve.
 |

**BALL DROP** (continued…)

|  |
| --- |
| **UNIVERSAL DESIGN ADAPTATIONS** |
| * **UDL 1:** Use a large box with a towel in the bottom to decrease the amount of bounce.
* **UDL 2:** Use different types of balls that will increase success.
* **UDL 3:** Increase or remove the time challenge and focus on successful movement.
 |
| **ACADEMIC LANGUAGE** |
| Motivation, Inspiration, Celebrate |
| **PRIORITY OUTCOMES** |
| **Personal Challenge:*** **(Grade 3)** Discusses the challenge that comes from learning new physical activities.
* **(Grade 4)** Rates the enjoyment of participating in challenging and mastered physical activities.
* **(Grade 5)** Expresses the enjoyment and challenge of participating in a favorite physical activity.
 |
| **DEBRIEF QUESTIONS** |
| **Growth Mindset Question Set:*** **DOK 1:** What does inspiration mean?
* **DOK 2:** What do you know about feeling inspired?
* **DOK 3:** Have you ever seen anyone do something that was inspirational? If so, what was it? How did it make you feel? Why was it inspirational?

**Teamwork Question Set:*** **DOK 1:** Can you make a list of inspiring movies or music?
* **DOK 2:** Can you summarize what makes those things inspirational?
* **DOK 3:** How might you be able to inspire your teammates to try their best during challenges or competitions?
 |