BUCKET HEAD

STUDENT TARGETS

- **Skill:** I will use correct form for an underhand toss.
- **Cognitive:** I will remain focused 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 bucket per team of 3
- 1 coated foam ball per team
- 2 low-profile cones per team
- 1-Minute Timer Music (Spotify, Apple)

Set-Up:
- Create teams of 3 players.
- Each team has a set of low profile cones that are approximately 6-8 feet apart.
- One teammate is the tosser and stands by the starting cone with the ball.
- The second teammate is standing by the other cone with the bucket waiting to catch the ball, and the third teammate is waiting in line behind the tosser.

MINUTE TO WIN

ACTIVITY PROCEDURES

1. This activity is called Bucket Head! The object of the game is to see how many times your team can toss and catch a ball into the bucket in 1 minute.
2. Get ready with 1 teammate by the starting cone with the ball. The second teammate will stand by the other cone ready to catch the ball in the bucket they are holding on top of their head, and the third teammate will wait in line behind the tosser.
3. On the start signal, the first teammate will underhand toss the ball so that the teammate with the bucket can catch the ball in the bucket they are holding on top of their head. After the toss, the catcher will leave the bucket by the cone and bring the ball back to the starting cone.
4. As soon as you're back at your starting cone, rotate positions and try again. The tosser becomes the catcher, the catcher will now wait in line, and the teammate who was waiting in line is now the tosser. This continues for the full 1 minute. Your goal is to successfully toss and catch as many times as possible before time expires. You get 1 point for each catch made inside the bucket while it is held on top of your head!
5. *Teacher Note: repeat this challenge with students focused on improvement.*

GRADE LEVEL PROGRESSION

- **Grades 3 & 4:** Play the activity as described above.
- **Grade 5:** With skilled players, increase the distance between the tosser and the catcher with the bucket.

TEACHING CUES

- **Stay Focused:** Tossers and bucket holders must all stay focused on the goal of tossing & catching.
- **Step with Opposite Foot:** Step to target with opposite foot. Toss underhand with tick-tock motion.
- **Cooperate:** Communicate with positive language. Work together to continually improve.

BUCKET HEAD (continued…)

UNIVERSAL DESIGN ADAPTATIONS

- **UDL 1:** Play this activity with the bucket on the ground instead of being held above a teammate's head.
- **UDL 2:** Shorten the distance between the tosser and the catcher.
- **UDL 3:** Remove the time challenge and focus on successful movement.
- **UDL 4:** Use a larger target.

ACADEMIC LANGUAGE

Feedback, Coachable, Support System

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 is feedback?
- **DOK 2:** What kind of feedback could you give to classmates who found tossing or catching to be a challenge?
- **DOK 3:** How could you have improved your performance based on the feedback that you just heard?

Teamwork Question Set:

- **DOK 1:** Can you list positive and encouraging words that could be used to give someone feedback?
- **DOK 2:** Can you give an example of using positive communication to give feedback to a teammate?
- **DOK 3:** Can you predict how you'd react to a teammate who gave you feedback using positive communication versus someone who used negative language and communication?