



SWITCH

STUDENT TARGETS

- **Skill:** I will demonstrate throwing and catching skills in order to pass and shoot accurately.
- **Fitness:** I will stay actively engaged throughout the activity in order to increase my heart rate.
- **Responsible Behaviors:** I will demonstrate teamwork and cooperation during this activity.

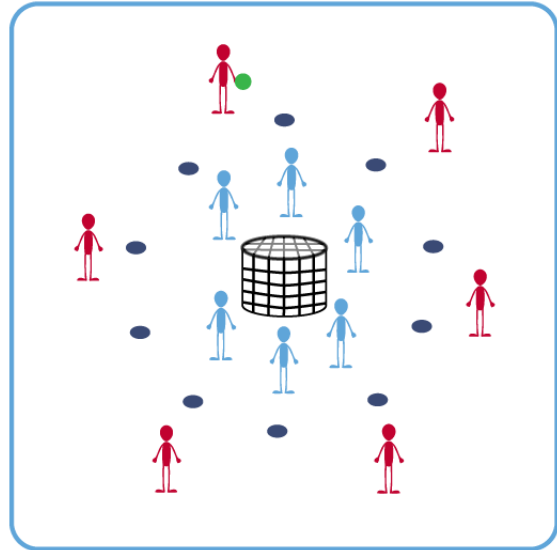
EQUIPMENT & SET-UP

Equipment:

- 1 goal (e.g., multi-goal, basket, cone with a die/foam ball on top) per 2 teams
- 1 ball per 2 teams
- 8-10 spot markers per 2 teams

Set-Up:

- Create a large activity space for each pair of 2 teams, with a goal in the center.
- Create a shooting circle with spot markers to create a defensive area inside of the spots, and an offensive area outside of the spots.
- Create teams of 6 students, with two teams at each goal. One team begins inside the spots on defense, and the other team begins with a ball outside of the spots on offense.



ACTIVITY PROCEDURES

1. Today we're going to focus on teamwork and cooperation during the game of Switch. Many of the activities during physical education class require us to work with partners or in groups. We all need to be respectful and cooperative if we want our team to be successful during games or activities.
2. The object of Switch is to score a goal after your team has completed a minimum of 3 passes. When a goal is scored or an interception is made (defense gains possession), players yell, "SWITCH!" On this signal, the offense becomes defense and defense becomes offense.
3. Defensive teams must stay inside the spots but may move throughout their area. Offensive teams must stay outside of the spots but may move throughout their area.
4. Being a good teammate means that sometimes you have to put the needs of your team before yourself. Even though you want to be the one to score the points, sometimes passing to an open player instead of taking the shot yourself gives your team a better chance to score and/or win.

GRADE LEVEL PROGRESSION

Level 1: Play as described above.

Level 2: Place a 6-sided die on top of a cone as the target. Teams receive points for a "score" based on the number facing up on the dice when it hits the ground.

ACADEMIC LANGUAGE

Teamwork, Cooperation, Respect, Offense, Defense

PRIORITY OUTCOMES

Etiquette:

Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity.

DEBRIEF QUESTIONS

DOK 1: How would you describe someone who is a good teammate during physical education class?

DOK 2: How does having respectful and cooperative teammates impact the physical activity experience for others?