



SWAT

STUDENT TARGETS

- **Skill:** I will demonstrate teamwork during this activity.
- **Cognitive:** I will identify communication strategies that promote teamwork and cooperation.
- **Fitness:** I will stay actively engaged throughout activity in order to increase my heart rate.
- **Personal & Social Responsibility:** I will cooperate with teammates and resolve conflicts using respectful communication.

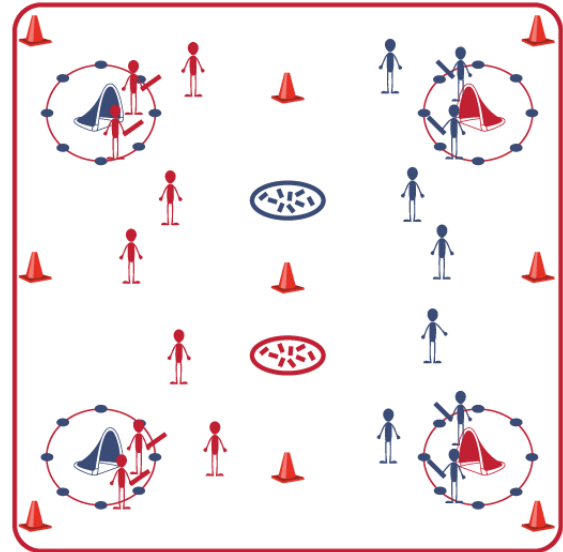
EQUIPMENT & SET-UP

Equipment:

- 4 Multi-Purpose Goals or Pop-up Goals
- Pool noodles (cut to 2 feet long)
- Noodle slices
- Baskets or hoops to hold noodle slices
- Low profile cones

Set-Up:

- Create a large activity space and divide it in half.
- Place 2 goals on each side of the activity space. Set up a “restricted zone” with low profile cones around each goal.
- Have the noodle slices in a basket or hoop in the center of activity space. Ensure they are far enough apart so it is clear which slices belong to each team.
- Divide class into two even teams and have them start spread out on their side of activity space.
- Choose 2 goalies for each goal. Goalies will have a cut Pool Noodle in each hand.



ACTIVITY PROCEDURES

1. This activity is called Swat. The object of the game is to work together to get as many noodle slices as possible into the other team’s goal. The goalies will use their pool noodles to defend the goal and “swat” the noodle slices out of the air.
2. On the start signal, each attacker (everyone that isn’t a goalie) will pick up 1 noodle slice from their team’s basket and move toward the other team’s goal. While staying outside of the restricted zone, students will attempt to throw their noodle slice into the goal. Once they throw the noodle slice, that slice cannot be picked up or used again during that round.
3. The attackers then run back to their basket and repeat, only picking up 1 noodle slice at a time.
4. Goalies must stay inside the restricted zone at all times and may only use their pool noodles to defend the goal.
5. We will count how many noodle slices went into each team’s goal when all of the noodle slices have been used. Once a winner has been crowned, we will clean up, choose new goalies, and restart a new game.

GRADE LEVEL PROGRESSION

- **Level 1:** Play as described above.
- **Level 2:** Create a larger restricted zone. Attackers may enter the restricted zone to get closer for a throw. However, a goalie can tag them if they enter the restricted zone and they must drop their noodle slice and are not allowed an attempt to throw it.



SWAT (continued...)

UNIVERSAL DESIGN FOR LEARNING

- **UDL 1:** Increase/decrease the size of the activity space as needed.
- **UDL 2:** Use modified equipment as needed (e.g., different weights, colors, and sizes).
- **UDL 3:** Use verbal cues and visual aids along with demonstrations.
- **UDL 4:** Use peer partners as appropriate.

ACADEMIC LANGUAGE

Target, Control, Force, Cooperation, Communication

PRIORITY OUTCOMES

Working with Others:

- Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts.

DEBRIEF QUESTIONS

- **DOK 1:** Was there a communication strategy that your team used during this activity?
- **DOK 2:** Sometimes we use a strategy during a game or activity, and it doesn't work well. Was there a communication strategy that you tried during this game that didn't work very well? What did you do differently if you realized a communication strategy wasn't working for your team?
- **DOK 3:** If a team doesn't communicate well, it can also lead to a lack of cooperation or even conflict. How would you recommend a team resolve any conflicts that may occur during this activity?