



GROUP CATCH

STUDENT TARGETS

- **Skill:** I will throw and catch using only one hand.
- **Cognitive:** I will discuss the difference between one handed and two handed catches.
- **Fitness:** I will be actively engaged during this activity.
- **Personal & Social Responsibility:** I will use positive and encouraging communication with my teammates.

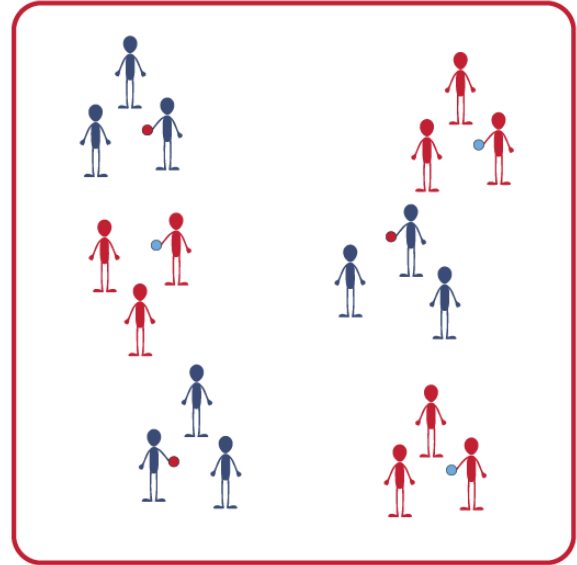
EQUIPMENT & SET-UP

Equipment:

- 1 quaffle per group (deflated volleyball)

Set-Up:

- Create teams of 3-4 players.
- Team begins with students 5-10 feet apart and facing their teammates in a circle.
- One teammate begins with the quaffle.



ACTIVITY PROCEDURES

1. This activity is called Group Catch! The object of the game is to see how many times your team can consecutively throw and catch the quaffle using only 1 hand.
2. During the game of Hoop Ball, you will only be able to use one hand to throw and catch the quaffle. So today we are going to practice catching with only one hand.
3. Get ready with your teammates by spreading out about 5-10 feet from each other. You will face all of your teammates in a circle.
4. On the start signal, the teammate with the quaffle will toss it to one of their partners who will attempt to catch it with only 1 hand. They will then throw the quaffle to the next teammate. Your team will continue throwing and catching until you hear the stop signal.
5. Your team is working together to get the highest number of consecutive of one handed catches. If a teammate isn't able to catch the quaffle, just start again and begin a new streak.
6. The team who gets the highest number of consecutive one handed catches in a row is the winner!

GRADE LEVEL PROGRESSION

- **Grades 3-5:** Play one round allowing students to catch with both hands, then begin playing with one handed catches.
- **Grades 6-8:** Play the activity as described above. Allow students to increase the distance between teammates if needed.

TEACHING CUES

- **Consistent:** Make sure the teammate you are throwing to is looking at you and is ready to receive the ball.
- **Communication:** Use encouraging and positive language with your teammates.





GROUP CATCH (continued...)

UNIVERSAL DESIGN FOR LEARNING

- **UDL 1:** Use different types of balls as the quaffle to increase success.
- **UDL 2:** Decrease the space between teammates if needed.
- **UDL 3:** Allow for peer partners to work together.
- **UDL 4:** Provide both verbal and visual cues and directions.
- **UDL 5:** Allow students to participate seated versus standing if needed.

ACADEMIC LANGUAGE

Catch, Communication, Consecutive, Teamwork

PRIORITY OUTCOMES

Social Interaction:

- Describes the positive social interactions that come when engaged with others in physical activity.
- Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing within the spirit of the game or activity.

DEBRIEF QUESTIONS

- **DOK 1:** Can you share what teamwork looks like?
- **DOK 2:** Do you think being active is more fun when you get to participate with your friends or family?
- **DOK 3:** What are some ways that you can show respect for yourself and others during physical activities?

