

Learning Objectives

- Students will demonstrate forearm and overhead passes using proper technique.
- Students will apply concepts of force/direction to passes.
- Students will demonstrate sportsmanship and adherence to rules.

Learning Targets

- I can perform forearm and overhead passes
- I can use proper force and direction when bumping and setting the ball.
- I can follow rules and play safely and fairly with my group.

Teaching Cues

- Avoid hitting the ball into the middle square.
- Only hit the ball one time before passing to another square.
- Everyone rotates up one square after each round.

PREP

- 9 Square in the Air game set up
- 9 Square in the Air ball (can use foam ball or volleyball)

SET

- Set height of the 9 Square in the Air appropriate for student's skill level.
- Place 1 student in each of square 1–8. Leave the center empty.
- Extra students wait in a line outside the game structure.

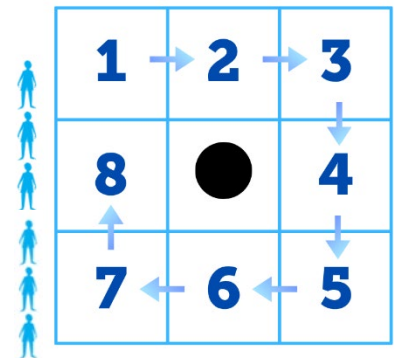
TEACH

1. Lesson Objective

- The object of *Flush* is to remain in the game as long as possible by trying to avoid hitting the ball into the center square.

2. Instructions

- To begin play, one student will toss the ball into the air and hit it up and out of their square into one of the other eight squares.
- Whoever receives it must hit the ball out of your own square and into another student's square.
- Play continues until the ball enters the center square or is not successfully returned to another square.
- If you are unable to make a successful return, you will leave your square, go to the end of the line and complete a reentry task. The rest of the students then rotate to the next square, filling the open spots.
- **Rules:**
 - The ball must travel over one of the bars of the square when being returned.
 - You may only hit the ball one time before sending it to another square.
 - The ball must enter your square before you make contact with it, blocks are not allowed.
 - The ball is playable if it hits the crossbars.
- You will return to the line if you:
 - Fail to hit the ball out of your own square.
 - Hit the ball outside the entire structure.
 - Touch the game structure with any part of your body during play.
 - Hit the ball more than once in a turn.
- Rotation after an out:
 - All students rotate up one square.
 - For example, if you are in Square #3 when you get out:
 - You go to the end of the line.
 - #2 moves to #3, #1 moves to #2, then the first person in line steps into #1.
- All 8 Players are out if:
 - The ball hits into the #9/center square. The court is "Flushed".
 - If there is a "Flush" all 8 players go to the end of the line.
 - The next 8 players walk into the court filling in squares 1-8.



Standards Alignment

Standard 1.5.13

Demonstrates striking with hands above waist in a variety of practice tasks.

Standard 2.5.4

Demonstrates knowledge of appropriate movement concepts for performance of manipulative skills.

Standard 2.5.5

Demonstrates problem solving strategies in a variety of games/activities.

Standard 3.5.3

Demonstrates respectful behaviors that contribute to positive social interaction in group activities.

Standard 4.5.5

Recognizes group challenges through movement.

SEL Competencies

Self-Awareness

Peer interaction
Self-efficacy

Self-Management

Self-regulation

Relationship Skills

Social engagement

Vocabulary

- environment
- structure
- rotation

Reflection Questions

- What are the key skill cues for the forward and overhead pass?
- Can you describe the social environment during the game today?
- How did your behavior contribute to that environment?

SPARK It Up!

1. Mulligan

- If the group gets "X" number of consecutive hits without an error then the group gets a do-over and nobody is eliminated in that round.

2. Raise the Roof

- We will change the height of the structure to give you a different challenge. *(Raise the height to make the game more difficult.)*

Teaching Suggestions

- Provide an activity for students to do as they wait to get back in the game.
- Place a spot marker in the center square to make it easier to see.
- To increase success:
 - Allow a bounce in between hits
 - Allow students to hit the ball 2x before sending it to another square.
 - Use a larger, lighter ball.

Integration

Thousands of years ago, ancient civilizations created some of the first toilets. The ancient Minoans of Crete built early flushing toilets that used water to carry waste away. Romans also built underground sewer systems to help keep cities cleaner. These early inventions helped improve sanitation and inspired many of the toilets we use today.

Teacher Reflections