

## Learning Objectives

- Students will demonstrate teamwork and cooperation in a game situation.
- Students will participate in MVPA for sustained periods of time.
- Students will exhibit adherence to rules and safely engage in physical activities.

## Learning Targets

- I can work cooperatively and encourage others in activities.
- I can participate in activities that keep my heart rate up.
- I can move safely and follow the rules of a game.

## Teaching Cues

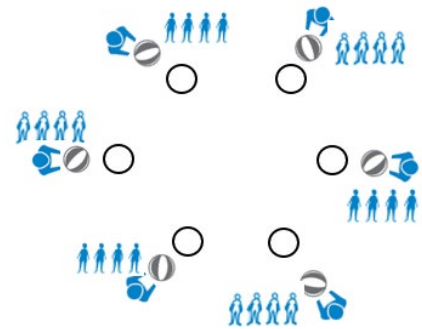
- Work together as a team.
- Make sure everyone is involved and gets the ball.
- Change defenders after each round.

## PREP

- Omnikin® Six set of colored balls. (or use other 18" balls i.e. beach balls)
- 5 sets of 6 pinnies
- 6 hoops

## SET

- Create large (30x30 paces) activity area.
- Scatter 6 hoops on the ground around activity area.
- Divide students into 6 teams of 4-6 players each, each wearing pinnies.
- Assign each team a hoop.
- Designate one player from each team as a goalie to guard their team's hoop.



## TEACH

### 1. Lesson Objective

- The object of *6 Hoops Catch* is for your team to score in each of your opponent's hoops.

### 2. Instructions

- One student will be on defense and defend their hoop. The rest of the team will be on offense and try to score.
- On the signal, offense moves around the playing area, passing the ball among their team.
- You will attempt to score in each of the other teams' hoops.
- To score, a team member must catch the ball with one foot in the hoop.
- Once you catch a pass from your teammate, you may not move until you pass the ball again.
- Defender must stay at least 3 feet away from the hoop and may block or intercept any other team's ball.
- If a defender deflects the ball, the team that was attempting to score must move to a different hoop to score.
- If it is their last hoop, they must return to their starting hoop complete a fitness task and then may make another attempt. (*Fitness tasks could include 20 push-ups, 20 sit-ups, 20 jumps with a jump rope.*)
- Play will continue until the signal or until one team has scored in each of their 5 opponent's hoops.
- (*After each round, switch defenders and play until each member of the group has the opportunity to play defense.*)

### 3. Challenges

- Can every member of your team catch the ball before you score in each hoop?

# 6 Hoops Catch

## Standards Alignment

### Standard 4: Outcome 1

Exhibits responsible social and inclusive behaviors.

### Standard 4: Outcome 1

Accepts responsibility for improving levels of fitness.

### Standard 4: Outcome 5

Cooperates with classmates on problem-solving initiatives.

### Standard 4: Outcome 6

Demonstrates knowledge of rules and etiquette.

### Standard 5: Outcome 3

Generates positive strategies in a group challenge.

### Standard 5: Outcome 6

Demonstrates respect for self and others during activities

## SEL Competencies

### Self-Awareness

Peer interaction, self-efficacy

### Self-Management

Self-regulation

### Social Awareness

Problem-solving

### Relationship Skills

Communication, cooperation

### Responsible Decision-Making

Analyzing situations

## Reflection Questions

- Offense, what strategies did you use to successfully catch the ball in the hoop?
- Defenders, how did you stop other teams from catching the ball in the hoop?
- What changes would you make to this activity?

## SPARK It Up!

### 1. Challenge vs Competition

- Instead of competing against other teams you will compete against the clock. If your team finishes before the clock expires you win.

### 2. Target Challenge

- (Put a bowling pin or another target in the middle of the hoop. Teams must knock it over to count as completing that hoop.

## Teaching Suggestions

- Discuss student safety and remind students to be careful of others moving in the same space. Also, they should be careful not to step on the hoops.
- Remind students about the rule of not moving while in possession of the ball.
- If needing to play 2 simultaneous because of large class sizes, beach balls can be used instead of Omnikin® balls.

## Integration

Do you work well as part of a team? Teamwork is the process of working together with a group of people in order to achieve a goal. This is an important skill whether you are at school, work, home or part of a sports team. The challenge with a team is that everyone has different ideas and skills that they contribute and then must come together as one unit. As you work with your team think about what is best for the team, what you can contribute and how you can encourage others to be their best.

## Teacher Reflections

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