

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

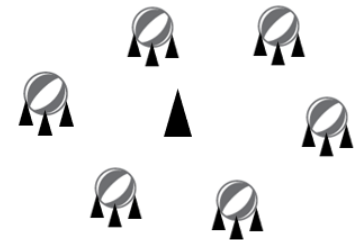
- I can work cooperatively and encourage others in activities.
- I can participate in activities that keep my heart rate up.
- I can move safely and follow the rules of a game.

Teaching Cues

- Communicate and work together with your partner.
- Pairs may not run with the ball or let it touch the ground.
- Goalies may interfere, block, or intercept any other team's ball.

PREP

- Omnikin® Six set of colored balls. (or use other 18" balls i.e beach balls)
- 18 cones (12-18")
- 1 large cone (28")
- 1 light foam ball per 2 students
- Cones for boundaries (any size)



SET

- Create large activity area (40x40 paces).
- Place each Omnikin®-6 ball on three closely placed cones, spread throughout the playing area.
- Place 1 large cone in the center of the playing area.
- Divide class into pairs.
- Assign 6 pairs to act as goalies, each guarding 1 ball.
- Start remaining pairs in the center of the playing area, each pair with a foam ball.

TEACH

1. Lesson Objective

- The object of *Knock Off* is to work with a partner to knock an Omnikin® Ball off of the cones.

2. Instructions

- Work together to push the Omnikin® ball around the circle.
- On the signal, pairs with foam balls attempt to move their ball close to an Omnikin® ball and knock it off the cones.
- When moving the foam ball, teammates may not run with the ball or let it touch the ground.
- If the ball touches the ground, the pair must return to the center cone and start again.
- Goalies may interfere, block, or intercept any other team's foam ball.
- If an Omnikin® ball is knocked off the cones, the goalies will take the foam ball to the center cone to start.
- The pair that scored will become the new goalies.
- New goalies should wait to reset the Omnikin® ball until the other offensive teams clear.
- Play until the signal.

3. Challenges

- How many Omnikin® balls can you and your partner knock off the cones before the stop signal?

Standards Alignment

Standard 4: Outcome 1

Exhibits personal responsibility in group situations.

Standard 4: Outcome 2

Reflects on personal social behavior in physical activity.

Standard 4: Outcome 3

Listens respectfully to corrective feedback from others.

Standard 4: Outcome 4

Works cooperatively with others.

Standard 4: Outcome 5

Recognizes the role of rules and etiquette in activities with peers.

Standard 5: Outcome 4

Describes the positive social interactions that come when engaged with others in 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

- What strategies did you use to successfully knock the ball off the cones?
- As goalies, how did you prevent other pairs from scoring?
- What changes would you make to this activity?

SPARK It Up!

1. Knock Out

- *(Place the Omnikin® Ball inside of a hoop for each spot.)*
- Instead of knocking the ball off of the cones, we will try to knock the ball out of the hoop. The rest of the rules still apply.

Teaching Suggestions

- Discuss student safety and remind them to stay alert as they turn and run to different cones.
- 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

Have you ever heard the expression “knock on wood”? Knocking on wood is a common superstition that this action gets rid of bad luck usually after talking about that specific experience. One theory is that people knocked on wood to get rid of evil spirits or prevent them from listening in when they bragged about their luck, so it would prevent a reversal of fortune. So next time you are watching a game don't say your team has won until it's over....unless you knock on wood!

Teacher Reflections
