

### Lesson 4 of 6

# Paddle Games

#### EQUIPMENT

paddles (one per student) » station posters » cones » ropes or nets » beanbags » balloons » balls; e.g., beach, yarn, or flat inflatable balls

#### RELATED RESOURCES

- Physical Education Online website, Alberta Education, [www.education.alberta.ca/physicaleducationonline](http://www.education.alberta.ca/physicaleducationonline)



#### Safety First!

See Safety Guidelines pages 19-20.

## Warm It Up

#### HERE WHERE THERE

Instruct students to stand in a personal space. Explain that on the signal to begin, students will move throughout the activity area listening for a direction. Frequently call one of three directions and challenge students to respond as quickly as possible to each direction when it is called; Here: students run to you. Where: Students stop and run on the spot. There: Students run in the direction you are pointing.

#### ABCD's of Physical Education



Do it Daily...For Life!

#### Do it Daily...For Life!

Effort	
Safety	
Goal Setting/ Personal Challenge	D(2-3)-7
Active Living in Community	

#### Clues that students are achieving the outcome...

"Students will identify ways to change an activity to make it a challenge based on personal abilities" *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can recognize their ability to send and receive objects with a paddle
- Students can participate in tasks that challenge their abilities at each station



## Whoop It Up

### PADDLE STATIONS

Explain that students will work cooperatively, sharing equipment and space while traveling to six different stations to enhance their skills involving sending and receiving objects with a paddle. In order to enhance their skills, students will need to perform station activities in a way that challenges their individual abilities, which means they may need to create a new way to perform the tasks at each station. Create posters with key words and pictures for each station. Divide students into six groups by numbering off 1-6 or using animal or flower names (consider using vocabulary from other subject areas). Assign each group to a starting station. Provide 3-4 minutes for students to complete the tasks at each station before signaling groups to rotate to the next station. Continue until each group has been to all six stations. **Station 1** » Individually, use a paddle to keep a balloon in the air. Try holding the paddle in each hand. Beat your own record. **Station 2** » Partner rally: how many times can you rally a balloon in the air with a partner? Partner Move: can you make your partner move to hit the balloon? **Station 3** » Use paddles to rally a beach ball with a partner on the ground and in the air. **Station 4** » Individually, toss and catch a beanbag with a paddle. Try tossing with free hand and catching with paddle, tossing with paddle and catching with free hand. Toss and catch on opposite sides of the paddle. Try holding the paddle in each hand. **Station 5** » Stand facing a partner, two giant steps apart. Use a paddle to pass the beanbag back and forth. Try tossing with a free hand and catching with paddle, tossing with paddle and catching with free hand. Toss and catch with the paddle. **Station 6** » Balance a ball on the paddle while walking around the station. Use the paddle to bounce the ball on the floor, in the air, alternate floor and air. Share feedback with students to encourage and help them challenge their abilities.



### Safety First!

See Safety Guidelines pages 99-100.



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## Wrap It Up

### ANIMAL ROUND UP

Instruct the students in each group to place the equipment from their station (but not their paddles) in a designated area and then to stand at one of the “barns” (net, roped off area) located in a corner or on the side of the activity area. Explain that students are now teams of “farmers” trying to herd animals into their barn. Scatter 50 or more balloons or balls (yarn, foam or flat utility balls) in the activity area. On the signal to begin, students use their paddles to round up the farm animals (balloons) and herd them into their barn. Only one animal can be herded at a time. Continue until all of the animals are in a barn.