

Lesson 1 of 6

Paddle Games

EQUIPMENT

paddles and/or racquets (one per student) » balloons

RELATED RESOURCES

- Ready –To–Use P.E. Activities for Grades K-2 (LRC# 257180) or Grades 3-4 (LRC# 257198), J. Landy & M. Landy, 1992, www.lrc.education.gov.ab.ca

Warm It Up

KEEP IT UP

Ensure students do not have latex allergies before introducing balloons in physical education class. Consider using beach balls as an alternative. Instruct students to pick up a balloon and find various ways to keep the balloon in the air as they work in a personal space. As students manipulate the balloons, call out various body parts for them to use to keep the balloon in the air; e.g., one hand, two hands, head, elbow, knee. Consider calling out the first 3-4 body parts and asking students to suggest other ideas. Collect balloons while distributing paddles to students and instruct them to stand in a personal space with their paddle on the floor.

ABCD's of Physical Education



Activity

Activity

Basic Skills

Application of
Basic Skills

A1-5

Clues that students are achieving the outcome...

"Students will demonstrate ways to receive, retain and send an object, using a variety of body parts and implements, individually and with others" *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can demonstrate the proper paddle grip and ready position
- Students can keep a balloon in the air using a paddle



Safety First!

See Safety Guidelines pages 19-20.



Whoop It Up

BALLOON AND PADDLE EXPLORATION

Plan to share modifications of each activity to challenge the various skill levels of students.

Invite students to shake hands with someone standing near them. Students then pick up their paddle and shake hands with their paddle. Ask students to check that their thumb and index finger form a “V” on the handle, which points to the head of the paddle, and to ensure the head of the paddle is perpendicular to the floor. This is called the handshake grip. Instruct students to stand in a ready position with knees slightly bent, head up, and back straight. On the signal to begin, students run into open spaces holding their paddle with the handshake grip. Occasionally call out the name of an object in the activity area; e.g., washrooms, office door, window, and have students stand in a ready position facing the object. Check for proper paddle grip and stance. Instruct students to hold the paddle in the other hand and repeat the activity 3-4 times.

BALLOON EXPLORATION: Ask students to show different ways to keep their balloon in the air using the paddle. Remind them to keep their eyes on the balloon and to take turns holding the paddle in both their left and right hands. Circulate on the perimeter of the activity area and occasionally ask students to freeze to check paddle grip and stance. Challenge students to hit the balloon in various positions; e.g., kneeling, sitting cross-legged, standing on one leg, v-sit, and count how many times they can hit the balloon before it touches the floor.



Safety First!

See Safety Guidelines pages 19-20.



Activity

Wrap It Up

SHOW AND SHARE

Students show a partner their favourite way to keep the balloon in the air with the paddle. Call “switch” and allow 10 seconds for students to find a new partner with whom to share their favourite move. Repeat 3-4 times then ask students to stand in one large circle, placing balloons in the centre of the circle. Instruct students to stand in a ready position and show the handshake grip with their right and then left hand. Share positive examples of how students demonstrated the proper paddle grip and ready position, and succeeded at keeping the balloon in the air.