

Lesson 2 of 6

Paddle Games

EQUIPMENT

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

RELATED RESOURCES

- PlaySport website, www.playsport.net

Warm It Up

BACK TO BACK, FACE TO FACE

Explain to students they will have an opportunity to work with many different classmates throughout the lesson and their challenge is to play cooperatively with everyone. Instruct students to move throughout the activity area without touching anyone. Call “back to back” and challenge students to find a partner, stand back to back and link elbows. Each pair will try to sit down and stand up keeping elbows linked. Move again, and call “face to face”. Students will find a different partner and hold hands. Each pair will bend their legs in a half squat position and spring around in a circle once. Consider trying toe to toe, seat to seat, or hip to hip.



Safety First!

See Safety Guidelines pages 19-20.

ABCD's of Physical Education



Cooperation

Communication	
Fair Play	
Leadership	
Teamwork	C2-5

Clues that students are achieving the outcome...

“Students will display a willingness to play cooperatively with others of various abilities, in large or small groups” *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can partner and play with a number of different students
- Students can work with a partner to keep a balloon in the air



Whoop It Up

PARTNER BALLOONS

Distribute paddles and balloons and instruct students to use the handshake grip and ready position while keeping their balloon in the air. Provide individual feedback about proper grip and stance.

PARTNER RALLY: Ask students to stand on one of two parallel lines that run the length of the activity area, facing a partner. Ensure there is sufficient room for partners to rally, or create two more lines. Challenge students to bat the balloon back and forth with a partner. Remind them to keep their eyes on the balloon. Encourage each pair to count the number of times they can hit the balloon before it touches the floor when holding the paddle in their right and left hand. Stop the group every few minutes and switch partners by having one line of students take one step to the right to stand facing a new partner in the opposite line. Before switching, ask partners to shake hands and say “good rally”. Repeat. Gather as a large group and ask students what they did to be able to hit the balloon with the paddle. Try to elicit answers such as keep eyes on the balloon, move feet to get to the balloon, and reach with the paddle.

MOVE YOUR PARTNER: Students return to the lines facing a partner, this time positioning themselves on either side of a line on the floor, which will be the centre line. Instruct students to hit the balloon on the opposite side of the centre line so their partner has to move to retrieve it. Stop every few minutes and switch partners. Gather as a large group and ask students what they did to make their partner move. Help students understand the importance of hitting the balloon away from their partner to the front, back or sides, to make them move. Return to the activity and allow time for students to try the strategies shared.



Safety First!

See Safety Guidelines pages 99-100.



Wrap It Up

PADDLE WEAVE RELAY

Ask each pair to join with another pair to make a group of four, and stand in single file behind a designated start line facing a row of 4 pylons. Provide a beach ball to the first student in each group. On the signal to begin, the first student in each group will hold their paddle with a handshake grip and use it to roll the beach ball on the ground and “weave” through the pylons; i.e., pass on alternating sides of the pylons. At the last pylon, turn around and roll the ball in a straight line back to the next student in line. Continue for 2-3 minutes or until each student has had two or more turns weaving the ball. As students leave the activity area, ask them to show you with a happy, sad or neutral face how well they worked cooperatively with others. Provide individual feedback as appropriate.