

Lesson 3 of 6

Paddle Games

EQUIPMENT

paddles (one per student) » cones » variety of beanbags » balloons, balls; e.g., beach, tennis, sponge, wiffle » white board or large piece of paper » felt pens » copies of Physical Activity Guides and Magazines for Children

Warm It Up

BEACH BALL TAG

Ask students to stand with a hand over their heart and notice how fast it is beating. Identify 3 or 4 students to be taggers and provide each one with a beach or sponge ball. On the signal to begin, taggers try to tag other students by throwing the ball and hitting them below the waist. Should a student be tagged by the ball, they retrieve the ball and take on the role of tagger. Emphasize the importance of keeping heads up and moving into open spaces, as well as keeping the balls low. At the end of the activity, ask students to once again stand with a hand over their heart and notice if their heart rate has increased. Explain that participating in activities that increase the heart rate help to keep the heart and lungs healthy. These are called cardiovascular activities.

ABCD's of Physical Education



RELATED RESOURCES

- Physical Activity Guide for Children & 'Gotta Move!' Interactive Magazine for Children, Public Health Agency of Canada, 2002, www.paguide.com



Safety First!

See Safety Guidelines page 51.



Benefits of Health

Functional Fitness	
Body Image	
Well-Being	B(2-3)-6

Clues that students are achieving the outcome...

"Students will describe how the body benefits from physical activity" K-12 *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can explain that moving, stretching and hitting an object with a paddle helps keep the body healthy.



Whoop It Up

PARTNER PLAY

Tell students they will be participating in activities to develop their paddle skills and fitness. Explain they will have an opportunity to practice the strategies learned in lesson 2, trying to hit an object into a space that forces their partner to miss. However, they will choose to rally with a balloon or other objects; e.g., beanbags or beach, sponge, wiffle or tennis balls. Instruct students to choose a partner, determine what object they would like to rally with, then collect the object, paddles and 4 cones. Each pair will use the cones to identify boundaries of their playing area. Playing areas should be set up so that all students rally in the same direction. Challenge partners to work cooperatively to keep a rally going. Encourage students to take turns holding the paddle in both their right and left hands. When ready, challenge students to hit the object into open space and try to make their partner miss. Suggest modifications to accommodate the varying abilities of students and help ensure success for all; e.g., let the object bounce once before hitting, increase or decrease the size of the playing area. After 6-8 minutes, invite pairs to switch objects with another pair and repeat the tasks with a different object.

Call out “freeze”, instruct students to place the equipment on the floor and quickly gather in a corner of the activity area. Ask students to share strategies they have used to be successful with different objects. Invite students to return to their playing areas, change objects with another pair and repeat the challenges incorporating the strategies shared in the large group. After 6-8 minutes, ask students to once again stand with a hand over their heart and notice how fast it is beating.



Safety First!

See Safety Guidelines pages 99-100.



Benefits Health

Wrap It Up

DRAW IT, SEE IT

On a board or large piece of paper, draw a person holding a paddle on either side of a centre line representing a net, and draw a balloon near the paddle of one person. Invite students to draw, or have them tell you where to draw lines that show where a player should hit the balloon to make their partner move to retrieve it. After 3-4 lines have been drawn, ask students what the player retrieving the balloon should do to make sure they hit the balloon with their paddle and circle the body part for each idea shared; e.g., circle eyes for keep eyes on the balloon. Ask students to stand holding their paddle with a handshake grip and lead them through the motions of reaching for and hitting a balloon; e.g., take lunge steps forward and to the sides, then swing to hit an imaginary balloon. Distribute copies of the Physical Activity Guide and Magazine for Children (see Related Resources).