

Lesson 4 of 6

Rotations with Gymnic Balls

EQUIPMENT

gymnic balls (one per student) »
music » music player

RELATED RESOURCES

- On the Ball Activities Manual, Triangles Creative Enterprises, 1995, www.physedsource.com

ABCD's of Physical Education



Do it Daily...For Life!

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

Warm It Up

CIRCLE IT

Provide each student with an appropriately sized gymnic ball (refer to lesson 1), turn on the music and instruct students to walk and roll the balls throughout the activity area into open space. Occasionally stop the music and call out 'circle it' and name a body part; e.g., elbow. Students stop on the spot, stick their elbow to the ball and move it in a circular shape until the music begins. Students walk and roll the balls into open space when the music begins until "circle it" is called again. Use a variety of body parts to circle the ball; e.g., foot, wrist, knee, tummy, head.



Safety First!

See Safety Guidelines pages 19-20 and 63.

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 demonstrate creative rotations of the ball and body
- Students can select and demonstrate rotations with varying levels and speed



Whoop It Up

EXCHANGES

Consider ways to increase or decrease the level of difficulty of each activity in order to challenge the individual abilities of students and ensure success for all.

TOSS AND CATCH: Provide an opportunity for students to practice tossing and catching individually. Start with a small toss straight up in the air and bend knees to absorb the force of the catch. Increase the height of the toss appropriate to age and ability level, retaining control of the ball. Then, challenge students to toss and let the ball bounce once before catching. Try it in reverse, bounce hard and let the ball go up over head, then catch. Try tossing the ball in the air and spinning on the spot once before catching. Encourage students to practice all types of toss and catch variations of their choice.

BALL EXCHANGE: Instruct students to find a partner and explore a variety of ways to exchange balls; e.g., one partner rolls the ball while the other partner tosses (release and catch at the same time), one partner bounce passes while the other partner tosses over, both partners sit back to back against one ball and pass the other ball in a circle from partner to partner. Encourage students to try other ways to exchange balls.

Instruct each pair to create a routine of 4 tosses, catches, bounces and exchanges. For example, toss and catch individually, roll and toss exchange, bounce 3 times individually, both bounce pass to the other (to the right side so balls do not collide). Repeat. Encourage students to talk and count out loud to communicate with their partner. Stop the group occasionally and invite a few groups to share parts of their routine to spark creativity. Invite administrators, teachers and staff to stop by and view the short routines, which students can perform together.



Safety First!

See Safety Guidelines page 63.



Wrap It Up

THREAD THE NEEDLE

Follow the leader in a single line. Students will travel with a ball in the same way as the leader. Instruct the leader to curve the line while moving forward causing it to cross itself so students must move between others like threading a needle. Teamwork and spatial awareness are required for success.