

Lesson 6 of 6

Games in Small Spaces

EQUIPMENT

obstacle free area » 6-10 plastic or metal jacks and a small bouncy ball for every 2 students

Warm It Up

BASIC (TRADITIONAL) JACKS

Provide each student or pair of students with a set of jacks and allow two minutes for free play and exploration. Gather students as a large group to explain and demonstrate the basic game of jacks. Hold the jacks in one hand and drop them so they scatter on the playing surface. Throw the ball up in the air with one hand while scooping up one jack with the same hand and catch the ball before it bounces a second time. Continue until all jacks have been picked up. In the traditional game, a player would keep the jacks that have been collected in their hand until they have all been picked up. Allow students the choice of holding the jacks or putting them down once they have been scooped up. Plastic jacks tend to be bigger and easier to pick up than smaller metal jacks, but it is harder to hold several plastic jacks in one hand. Challenge students to play jacks with their non-dominant hand and to try picking up two jacks at a time (twosies) and then three jacks at a time (threesies). Ask students to share ways to make the game of jacks more active; e.g., stand on one foot while playing.

RELATED RESOURCES

- Positive Playgrounds (LRC#585490), P. Marko & M. Smith, 1998, www.lrc.education.gov.ab.ca
- Daily Physical Activity: A Handbook for Grades 1-9 Schools, Alberta Education, 2006, www.education.alberta.ca/teachers/resources/dpa/asp



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see pages 19-20 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.

ABCD's of Physical Education



Activity	
Basic Skills	A(4-6)-5
Application of Basic Skills	

Clues that students are achieving the outcome...

"Students will select, perform and refine more challenging ways to receive, retain and send an object with control." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can play a game of jacks with increasing control
- Students can choose to play games with jacks that challenge their abilities



Whoop It Up

PIGS IN THE PEN & HORSES IN THE STABLE

Be sure to take into account the abilities of all students when planning learning opportunities

and incorporate variations as needed to ensure learning and success for all. Introduce the Pigs in the Pen & Horses in the Stable activities and challenge students to play actively by incorporating some suggestions that were offered at the end of the warmup. Instruct students as a large group, or provide written descriptions of the activities. Encourage students to create their own game with jacks after trying the two described below.

PIGS IN THE PEN: This game can be used as a lead-up to the basic game of jacks for those struggling to catch the ball and pick up jacks at the same time. Drop and scatter the jacks on the playing surface. Make a large c-shape with one hand and place it on the playing surface to form a pigpen. Throw the ball in the air, slide one jack (pig) into the pigpen and catch the ball before it bounces twice. Repeat until all of the pigs are in the pigpen.

HORSES IN THE STABLE: This game tends to be more challenging than the basic game of jacks. Drop and scatter the jacks on the playing surface. Place one hand on the playing surface and spread fingers as wide as possible. Each space between fingers is a stable. Throw the ball in the air with the other hand, slide a jack (horse) into one of the stables and catch the ball before it bounces twice. Try to get one horse into each stable.



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Activity

Wrap It Up

Collect the jacks and invite students to share which activities with jacks they found the most and least challenging as well as a personal best achievement with jacks.