

Lesson 6 of 6

Invasion Games

EQUIPMENT

Music » “Bop It” game (optional) » life-sized active cut out » summary of student feedback from lesson 4 » puzzle pieces from lesson 5 » 3-4 balls that bounce » basketball nets, garbage cans and other targets » pinnies

Warm It Up

BOP IT WITH A TWIST

Engage students in a life-sized version of the game “Bop It”, a game where each player tries to react correctly to the action called by a hand held device by twisting, pulling, flicking, spinning or hitting the appropriate part of the device. In the life-sized version, students attempt to complete the actions called out by a leader before the next one is called. Should a student perform an incorrect action or take too long, they run to touch two different walls in the activity area and return to the game. Turn on the music and call out an action for students to perform. Start slowly and gradually increase the speed in which the actions are called. Post and lead students through the following actions and allow time for practice: Kick it – one leg kick to the front; Twist it – keep feet on floor and twist torso to one side. Spin it - turn around; Pull it – pull two imaginary levers down from above the head; Bop it - jump in the air. Provide an opportunity for students to suggest modifications to the actions or to suggest new actions.



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	
Application of Basic Skills	A(4-5)-10

Clues that students are achieving the outcome...

“Students will apply critical thinking and problem-solving skills to create competitive and cooperative modified games that involve everyone.” *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can create modifications to the game that allow everyone to play
- Students can consider factors that encourage others to play when creating modifications



Whoop It Up

ZONE ATTACK, CREATE A VARIATION

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. Gather in front of the life-sized cut-out that includes strategies for maintaining possession of an object, avoiding defence, regaining possession, attacking a goal, and defending space. Explain that students will be participating in Zone Attack, a modified game of basketball that challenges them to apply all of the game strategies.

ZONE ATTACK: Provide spaces for two teams of five players each to play. If there are not enough basketball courts and nets to allow all students to play at the same time, create baskets with garbage cans or other containers and identify court boundaries with pylons. Each team is trying to shoot a ball in the opposing team's basket. The game starts with a jump ball with one person from each team in the centre of the court. Dribbling is not permitted, students must pass the ball to advance to the basket, and each player on the team must receive a pass before a shot can be taken. If a foul occurs or the ball is knocked out of bounds, the opposing team gains possession and throws the ball in from a sideline. Players are allowed to move anywhere along the sideline when throwing the ball back in play to ensure a safe pass to a teammate. After a basket, the opposing team starts with possession of the ball at the centre of the court.

CREATE A VARIATION: Post and summarize the reasons people play games identified by students in lesson 4, and the "I like to play when..." puzzle pieces from lesson 5. Challenge students to modify the rules, equipment or space to create a competitive or cooperative modified version of the Zone Attack game that involves everyone and considers reasons why students like to play. Students can work individually or as part of a group of 2-3 to create a modified game. Time permitting, allow students to try playing some of the modified games, or play the games as warm up activities in future lessons.



Safety First!

For safety, equipment, and supervision considerations when planning basketball-type activities, see page 40 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.



Activity

Wrap It Up

CIRCLE STRETCH & SHARE

Allow an opportunity for students to write down the rules to their modified game. Stand in a large circle and provide an opportunity for students to share one thing they learned about playing major muscle groups from head to toe. Provide additional feedback and comments then invite students to give other students a high-ten to celebrate their accomplishments.