

Lesson 4 of 6

Juggling & Agility

EQUIPMENT

beach balls » balloons » badminton poles and nets » indoor soccer balls » tennis balls » takraw balls » computer » projector

Warm It Up

WILDLIFE PLYOMETRICS

Set up badminton nets, or makeshift nets in the activity area. Invite students to spread out along one wall of the activity area. Explain that they will be moving like different animals to warm up their bodies. The first animal is a frog. Encourage students to add their own frog noises and style as they jump forward toward the centre of the activity area on hands and feet. The second animal is a kangaroo. Instruct students to stand with feet shoulder width apart and jump forwards, avoiding contact with the nets. The third animal is a rabbit. Instruct students to hop backward toward the starting line with their feet together. The fourth animal is a cheetah. Cheetah's actually jump while they are running. Invite students to jump as far as they can with one leg and then the other, trying not to stop between jumps.

ABCD's of Physical Education



RELATED RESOURCES

- Sepak Takraw Association of Canada website, www.takrawcanada.com



Safety First!

2008 Safety Guidelines page 53.



Do it Daily...For Life!

Do it Daily...For Life!

| | |
|-------------------------------------|------|
| Effort | |
| Safety | D6-3 |
| Goal Setting/ Personal Challenge | |
| Active Living in Community | |

Clues that students are achieving the outcome...

"Students will identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions" *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can articulate and follow the general rules to Sepak Takraw.
- Students can identify safety hazards that are associated with Sepak Takraw.



Whoop It Up

SEPAK TAKRAW

Provide a variety of equipment and allow five minutes for students to practice juggling with their lower body individually, before moving into a circle of 3-4 students and trying to keep an object in the air for as long as possible without using hands.

Explain that Sepak Takraw, also called kick volleyball, is the national sport of Malaysia. It is a game played on a badminton-sized court, where each team, consisting of three players, works together to spike a ball on the opponent's side of the net. See Related Resources for more information. Consider showing a video clip of a takraw game, while reviewing the rules of play (modified to meet the abilities of the students). Pause frequently to ask students to repeat the rules; e.g., What colour are the boundary lines on this court? How many times is each player allowed to contact the ball? What do we yell to stop play when a ball rolls onto another court? When students have an understanding of how to play the game, ask them to identify other potential safety hazards or injuries that could result from playing takraw. Discuss all ideas shared and emphasize the importance of being aware of the location of teammates when attempting to kick a ball.

Ensuring the activity area is set up in a way that considers that varying abilities of students is critical to the success of the lesson. Badminton courts can be set up with nets at different heights, and pylons and ropes or tape can be used if nets are not available. Consider forming teams of students with similar or mixed skill levels and provide modifications to the game to increase success; e.g., allow the ball to bounce on the floor before being returned to the opposing team, increase the number of contacts allowed per team, change the location of the service area, serve the ball by tossing it over the net, provide a variety of foam, beach, volley and takraw balls. Create teams and let the fun begin! Students who may have to wait for a court can continue the challenge of keeping the ball in the air as long as possible while standing in a circle. Rotate teams and court positions frequently.



Safety First!

2008 Safety Guidelines page 137.



Wrap It Up

WAVE STRETCHING CIRCLE

Invite students to stand in a large circle. Lead students in a stretch wave; one person begins by performing a stretch, then the person to the right performs that same stretch and holds it while each person in succession performs the same stretch so it travels around the circle like a wave. While stretching, ask students to comment on the effectiveness of the safety rules in place during the lesson. What worked and what needs to be changed or modified to ensure safety for all?