

Manipulative Skills using Playground Balls

SHAPE Standards:

1, 3

DPE Outcomes:

- I can control a ball between my feet with taps.
- I can list three ways to be active outside of physical education.
- I can catch a large ball when bounced using 2 of 4 cues.
- I can catch a large ball when bounced using 3 of 4 cues.

Equipment:

- One 8.5" playground ball or vinyl-covered foam ball for each student

Instructions**1. Controlled Rolling and Handling in Place**

- a. In a wide straddle position (other possible positions are seated with legs crossed or outstretched, and push-up position), place the ball on the floor, and roll it with constant finger guidance between and around the legs.
- b. Roll the ball in a figure-eight path in and out of the legs.
- c. Reach as far to the left as possible with the ball and roll it in front of you to the other side. Catch it as far to the right of the body as possible.
- d. Turn in place and roll the ball around with one hand in a large circle.
- e. Roll the ball around while lying on top of it. Roll the ball around the floor while on all fours, guiding it with the nose and forehead.
- f. With the back moderately bent, release the ball behind the head, let it roll down the back, and catch it with both hands.
- g. Make different kinds of bridges over the ball while using the ball as partial support for the bridge.

2. Bounce and Catch

- a. Two hands, one hand.
- b. Bounce at different levels.
- c. Bounce between legs.
- d. Close eyes and bounce.
- e. Dribble ball in a stationary and/or moving position.

f. Dribble and follow the commands, such as move forward, backward, in a circle, or sideways, while walking, galloping, trotting, etc.

3. Toss and Catch

- a. Toss and catch, vary height.
- b. Add various challenges while tossing (i.e., touch floor, clap hands, turn, sit down, lie down).
- c. Toss and let bounce. Also add some challenges as above.
- d. Toss up and catch behind back – toss from behind back and catch in front of body.
- e. Create moving challenges (i.e., toss, run five steps and catch, toss and back up five hops and catch.)

4. Foot Skills

- a. Lift the ball up with both feet and catch. Both front and rear of body catch.
- b. From a sitting position with the ball between feet, toss it up, and catch with hands.
- c. Keep the ball in the air with feet and different body parts.

Teaching Hints

Give students two or three activities to practice so you have time to move and help youngsters. Alternate activities from each of the categories so students receive a variety of activities for practice.

Place emphasis on control of the ball. Students should be challenged to keep "the ball under control."

To teach accurate tosses, tell students to assume their feet are "glued to the floor." Tosses must be made directly overhead and caught without moving.

Begin tosses at a low level and gradually increase height as students gain control of the ball.