

PATH Kickball (1st-2nd grade)

Lesson Plans Spring 2012

General information about the class:

Goal: Each student will become familiar with the rules and strategies of kickball, practice good sportsmanship and have fun!

Inclement weather location: the gym

Materials needed: a field (or gym), bases, and a Playground Ball (big rubber bouncy ball the size of a basketball)

Warm up exercises (5-8 minutes):

Straddle stretch – sit on ground with legs stretched out as far apart as possible. Gently stretch to the right, the left and the middle.

30 Jumping Jacks

Shoulder Stretch – Stretch right arm straight out in front of you. Then stretch it to the left, gently pulling it close to your body with your left arm. Switch to left arm and repeat.

Run two laps around playing field

Ball pass – pass the ball from person to person down a line and back. Practice to increase speed and effective passing.

** Other warm up exercises suggested by students who take gymnastics, karate and the like may be used occasionally.

Elementary Kickball Rules

Kickball is played on a field with 4 bases arranged on the corners of a diamond shaped “infield”. Player positions are similar to those used in baseball, although with a class of 10-12, players must work together well if they wish to cover both outfield and infield.

Game play:

The ball is rolled toward home plate and the player who is up (kicking) tries to kick the ball far enough to allow him to run at least to first base.

If the ball is caught in the air, the kicking player is out. The kicking player can also be tagged out if the ball hits him (when someone throws it at him) before he touches the next base. [My personal rule: we are aiming at chest and below. If a player is accidentally hit in the face, he is not out]. Thirdly, a player may receive a "forced out" when someone holds the ball and tags the next base before he touches it, but this is only legal if the player is being "forced" to run to the next base --- either the first base following a kick or any base when there is another player just behind him.

Players may continue to run bases until the ball is back in the hands of the pitcher. Once the pitcher has the ball, play ends.

** Incidentally, if a ball is thrown at a running player in an attempt to tag him out and the ball misses that player, he may only run to the next base. This is known as the Overthrow Rule.

Once the kicking team receives 3 outs, the teams switch sides. Also, if the kicking team gets 5 points, the teams switch sides. A team earns one point for having a runner make it all the way around the bases and back to home base. Obviously, the team with the most points wins.

The game is over at the end of the hour.

Note: I plan to spend a few moments the first few class days discussing fair play, good sportsmanship, including everyone, helping classmates develop their game skills, and developing a good attitude about sport. I will also look for opportunities to praise and reinforce good behavior and examples of the attributes mentioned above.