

Week # Lesson # Title	Safety Requirements Equipment	Learning Goal(s) Success Criteria	Ophea Resources & Supports
<p>Week #2</p> <p>Lesson 2/4</p> <p>Title: Introduction to the Concept of a Rally</p>	<p>Safety:</p> <ul style="list-style-type: none"> Space where the movement activity is to take place large enough for the number of learners and required movements. Surface where the movement activity is to take place a non-slip surface. Space where the movement activity is to take place free of obstacles. 	<p>Primary Focus: Sending an object with or without an implement into an intended direction.</p> <p>Junior Focus: Sending and receiving an object with an implement to create a rally alone and with another learner.</p> <p>Intermediate Focus: Sending and/or receiving an object with or without an implement to create a rally and demonstrating control with object placement.</p> <p>Learning Goal: We are learning how to send an object with or without an implement, over a net, demonstrating safety and achieving joy and success.</p> <p>Success Criteria: (Reference video for examples/demonstrations of Look fors)</p> <ul style="list-style-type: none"> I can demonstrate a ready position. I can send and receive an object with my paddle. I can send and receive an object within a boundary. I can maintain a safe distance from objects/obstacles or others. 	<p>Ophea Resources & Supports:</p> <p>H&PE Curriculum Resources: Grades 1-8 https://teachingtools.ophea.net/lesson-plans/hpe-new</p> <ul style="list-style-type: none"> Grade 3 – Wall and Court Games 2: Palm Ball Grade 5 – Modified Tennis: Defending Open Space Grade 6 - Defending Space in Net and Wall Games: Squish: Setting up for Attack <p>Learn to Move: Fundamental Movement Skills Activity Cards & Posters https://teachingtools.ophea.net/supplements/learn-move/posters/movement-skills</p> <ul style="list-style-type: none"> One Handed Strike with Implement Activity Card & Poster <p>Learn to Move: Fundamental Movement Strategies Activity Cards & Posters https://teachingtools.ophea.net/supplements/learn-move/posters/movement-strategies</p> <ul style="list-style-type: none"> Net/Wall Activity Card & Poster

Game and/or Activity: Primary/Junior/Intermediate

Primary Game: Adaptation to Ophea's H&PE Curriculum Resources: Grades 1-8: [Grade 3 – Wall and Court Games 2: Palm Ball](#)

Primary Focus: Sending an object with or without an implement into an intended direction.

Equipment:

- Large size ball (easy)
- Medium size ball (moderate)
- Small size ball (difficult)
- Materials to create a playing area (e.g. rolled up towel, tape, sidewalk chalk, string, hoop)
- Implement to serve as a racquet (e.g., paddle, handmade cardboard racquet, frisbee)

Set Up:

- Use material to create a large square/circle size playing area. This will be the target where the ball will be bouncing in.

How To Play Alone:

- Learner stands outside of the outlined playing area.
- Learner serves the ball by bouncing the ball and hitting it with an open hand into the outlined playing area.
- The ball will bounce once in the outlined playing area.
- Learner will quickly run to the other side of the playing area to receive the object.
- Begin with sending and catching the ball, and then progress to sending and receiving with an open hand (one-touch).

How To Play with Another Learner:

- One learner serves the ball by bouncing the ball and hitting it with an open hand while the other partner hits it back after one bounce.
- The ball will bounce once in the outlined playing area.
- Learners try to keep this pattern going as long as possible.

Extensions:

- Use an implement.
- Increase/decrease the size of the playing area.
- Use an upside down bucket as the target for where the ball has to bounce on.

Look Fors (Success Criteria):

- I can look at the object.
- I can be in a ready position.
- I can send the object with a controlled force.
- I can move to where the object is going.

Junior Game: Adaptation to Ophea's H&PE Curriculum Resources: Grades 1-8: [Grade 5 – Modified Tennis: Defending Open Space](#)

Junior Focus: Sending and receiving an object with an implement to create a rally alone and with another learner.

Equipment:

- Large size ball (easy)
- Medium size ball (moderate)
- Small size ball (difficult)
- Implement to serve as a racquet (e.g., paddle, handmade cardboard racquet, frisbee)
- Material you can use to hold and create a movable net (e.g., rolled up towel, pool noodle, scarf)

Set Up:

- Alone: Find a wall and create 2 markings (high and medium height)
- With another learner: Open space

How To Play Alone:

- Stand facing the wall a few steps away.
- The goal is to send the object with an open hand to the wall at the high-marking. Create a rally for up to 10 times.
- Learner will have to gauge/predict where to stand to receive and return to create a rally. Then, continue to send the object to the medium-marking height.
- Focus more on sending with the proper force, at a proper angle. Receiver needing to be 'ready' and anticipating where the ball will bounce to them.

How To Play with Another Learner:

- Learners hold each end of the rolled-up towel, scarf, or pool noodle with the same hand. This is the moving-net.
- Learner A begins the game by bouncing the ball on their own side of the net, and then hits the ball with an open hand over the net onto the other side.
- Learner B waits for the ball to bounce and then returns it, also using an open hand.
- Learners count how many times they can keep the ball going, review the term rally.
- Begin by playing stationary, and progress to playing while moving around the playing area.

Extensions:

- Change the object.
- Create a rally over the net with no bounce.
- Use an implement.

Look Fors (Success Criteria):

- I can look at the object.
- I can be in a ready position.
- I can send the object with a controlled force.
- I can predict where the object is going.
- I can move to where the object is going.

Intermediate Game: Adaptation to Ophea's H&PE Curriculum Resources: Grades 1-8: [Grade 6 - Defending Space in Net and Wall Games: Squish: Setting up for Attack](#)

Intermediate Focus: Sending and/or receiving an object with or without an implement to create a rally and demonstrating control with object placement.

Equipment:

- Objects (4) to send (e.g., ball, rolled up paper ball, rolled-up sock, different sized balls that bounce)
- Materials to create targets on the court (e.g., buckets, tape, paper stuck on the floor, chalk circle, string)
- Materials to create a net and border of the court (e.g., rolled-up towel, gate, board)
- Implement (e.g., paddle, paper plate)

Set Up:

- Use your material of choice to create the net and court.
- Place your materials to create 4 targets on one side of the court at the back right/left and front right/left.
- Introduce the terms: 1) Right side 2) Left side 3) Close to the net = short 4) Far from the net = long/deep

How To Play Alone:

- Set an objective as to a) how many targets you will send to successfully, b) a time interval you might complete the challenge in, c) the object or implement you want to be successful with etc.
- Stand on the side of the court that does not have the 4 target. From the centre, send the object (using open palm/implement) with intention to one of the 4 targets, shuffling to one of four corners on your own side, then coming back to centre in a ready position before collecting the next object to send to one of the remaining three targets, and so on.

How To Play With Another Learner:

- Alternate turns, as described above to practice aim and return to ready position. Progress to first learner serving the object, from centre, by bouncing it on the ground and, using the hand/implement hitting it from underneath to have it bounce near one of the four corners on the opponent's side. After one bounce, the second learner returns the object similarly, quickly moving back to centre in a ready position. Aim to achieve a rally with X number of exchanges (set a realistic objective). Try it! Make adjustments to align with objectives. If desired, progress to a competitive level: if the ball is not returned after one bounce or not sent to one of the four corners, a point is scored by the other player.
- Play a mini game up to three points. Make adjustments to align with objectives.

Extensions:

- Increase/decrease the size of the playing area.
- Play against a wall, using targets.

Look Fors (Success Criteria):

- I can look at the object.
- I can be in a ready position.
- I can send the object with a controlled force with intention and follow through.
- I can move to where the object is going.
- Knowing my ability, I can set a realistic goal.

Accommodations and Modifications:

Accommodations:

- Change the size of the court (e.g. making it wide/narrow or long/deep)
- When playing the net/wall game with another learner, progress to sending and receiving the object without it bouncing on the ground.
- Vary the type of object to send.
- Against a wall, using a short/wide court, work on turning the body to hit the ball at different angles.

Modifications:

- Learner could also throw and catch rather than sending and receiving with open palm/implement.
- Instead of sending and receiving the object to a target on the wall, have the learner touch different targets on the wall.
- Have the learner hold an implement (e.g. paddle) and touch each target on the wall.
- Have the learner balance an object on their implement (e.g. paddle) and walk to a target and drop it in/on the target.

P/J/I Guiding Questions (embed social-emotional learning skills):

1. How does controlling where you send the object on the court or to the wall, help you create a rally with or without a partner? (A1.6)
2. How did you change your swing to hit the ball so it travelled a longer or shorter distance? (A1.6)
3. It is normal to have feelings of stress during the games today. What does that look, sound and feel like for you? What are some strategies you can use to cope with these feelings? (A1.2)
4. When playing the game with another learner, what are some actions and words you can use to help each other be successful in the game? (A1.4)
5. 5) Did you have an objective before playing? Did you make any changes along the way to better align with your objectives? If your objective was not realistic, did you modify it? (A1.6)