

# Kickster

*Activity*

**Resource:** PlaySport

**Division(s):** Intermediate Senior

**TGFU Category:** Striking/Fielding Games

**Locations:** gymnasium, multipurpose room, outdoor space (e.g., field, tarmac)

## Game/Sport Connections

Striking/Fielding games are activities in which players score points by striking an object and move to designated playing areas or prevent opponents from scoring by retrieving the object and returning it to stop the play. By playing these games, participants develop skills and tactics to play other striking/fielding games or games that require the application of similar skills, concepts, and strategies (e.g., baseball, cricket, rounders, softball).

## Activity Overview

Participants learn about and practise striking a ball and working as a group to field an object.

## Key Movement Skills, Concepts, and Strategies

Throughout the activity, consider highlighting the following skills, concepts, and strategies batters can use to strike a ball in order to score runs against the fielding group. Note that this list is not exhaustive and further learning opportunities may arise during the task.

## Movement Skills and Concepts

- Manipulation and relationship: applying the appropriate amount of force when striking the object with the foot, hand, arm, or implement to make it challenging for the opposing team to retrieve (e.g., kicking the object with a strong force into a distant and open space).
- Spatial awareness: knowing when and where to move in relation to the ball and to other people (e.g., moving as a group to field the ball, and then positioning as a group to move the object from the front of the line to the back of the line).

## Movement Strategies

- Activity appreciation: learning and understanding the structure of the game and being able to participate meaningfully by following the rules (e.g., working as a group to retrieve the object quickly and to move it down the line of team members).
- Tactical awareness: understanding the game structure and making connections to other striking/fielding games (e.g., sending the object into open space to make it challenging for the fielder to retrieve it).

## Considerations

- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the diverse backgrounds, identities, needs, and interests of participants and maximize the fun, inclusion, participation, and success of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, meaningful participation, and success for everyone. Encourage participants to add any variations of their own.

## Equipment

- 1 ball to send per group (e.g., various sizes and textures of balls)
- 1 implement for striking per group (e.g., foam bat, plastic bat, foam lollipop paddle, paddle)
- 1 pylon per group

## Safety

- Inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

## How to Play

- Divide participants into 2 groups. For maximum participation, multiple smaller groups can be used if space permits.
- Each group sets up a pylon and lines up in a single file line beside it. Groups line up facing the same direction.
- Groups select a ball to send and decide how they will strike it (e.g., foot, hand, arm, or implement).
- One member of each group volunteers to begin in the outfield.
- The first participant from each group, the batter, strikes the ball toward the other group's participant in the outfield. Both participants strike the ball at the same time.
- The participant in the outfield, the fielder, moves to retrieve the other group's ball.
- Once the fielders have retrieved the ball that was sent toward them, they hold it up.
- All members of their group then race to them and line up behind them.
- Groups begin passing the ball from the front of the line to the back of the line as quickly as possible (e.g., passing the ball over the first person's head then between the second person's legs, side to side, alternating sides).
- Once the ball has reached the back of the line, the last participant from each group moves with the ball and places it beside their group's pylon.

- Groups switch batters and fielders and the game continues until each participant has the opportunity to send the ball.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.
- Consider having groups share their variations and select another variation to try with their group.

## Video: Visual Depiction of the Activity Instructions

### Video link

## Pause for Learning

Throughout the activity, ask open-ended questions to help participants refine their movement skills, strategies, and tactical solutions. Examples include:

- As a batter, where is the optimal location on the field to strike the ball so that it is more difficult for the other group to field it?
- How do you apply force to effectively strike the ball for distance or accuracy?
- As a fielder, how can you be more effective in fielding the ball?
- How does communication play a role in this game?
- How can you best work as a team (e.g., field the ball) to complete the task quickly after each participant has sent the ball?
- Which games or sports have you played or know about that use similar rules and strategies to the ones used in this game?

## Variations

- Substitute a larger and/or lighter object to send (e.g., beach ball).
- Increase or decrease the fielding space so there is less/more space to cover and less/more movement required.

- Strike with their non-dominant foot, hand, arm, or with various implements.
- Have the fielder from the same team roll/throw the ball to the participant to strike instead of having the ball stationary.