

Week # Lesson # Title	Safety Requirements Equipment	Learning Goal(s) Success Criteria	Ophea Resources & Supports
<p>Week #3</p> <p>Lesson 3/4</p> <p>Title: Teaching Game Play Through Playing Games</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 over a net and/or to a wall while creating a rally.</p> <p>Junior Focus: Learn and practice sending an object into open space using an implement and practice defending an area.</p> <p>Intermediate Focus: Sending and/or receiving an object with or without an implement to create a rally and generating game play.</p> <p>Learning Goal: We are learning how to send an object with or without an implement, over a net, while creating a rally or generating game play.</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 an object with my paddle into an intended direction. I can receive an object successfully and return it into an intended direction. I can set a personal goal. 	<p>Ophea Resources & Supports:</p> <p>PlaySport www.playsport.net</p> <ul style="list-style-type: none"> Net/Wall Game: Up, Up and Away Net/Wall Game: Whacket Away <p>H&PE Curriculum Resources: Grades 1-8 https://teachingtools.ophea.net/lesson-plans/hpe-new</p> <ul style="list-style-type: none"> Grade 8 - Applying Skills & Strategies <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 PlaySport Net/Wall Game: [Up, Up and Away](#)

Primary Focus: Sending an object over a net and/or to a wall while creating a rally.

Equipment:

- Materials to create a net (e.g. rope tied to 2 chairs, toilet paper rolls, gate)
- Materials to create the boundaries of the court (e.g. rolled up towels, tape, sidewalk chalk)
- Objects (3) to send and receive:
 - Balloon, air-filled bag (easy)
 - Large size ball (moderate)
 - Medium size ball (difficult)

Set Up:

- Create a rectangular court with a net set up in the middle.

How To Play Alone:

- Learner begins by hitting the object over the net and then moving quickly to the other side to receive it.
- Once the learner receives the object, they will return it back over the net to the other side.
- Attempt to maintain a rally where the object does not stop moving, while staying in bounds.
- Progress through the other objects.
- When using the moderate/difficult object, learner will be striking with an open palm and allowing a bounce before sending it over the net.

How To Play with Another Learner:

- One learner starts the game by hitting the object into the other learner's court.
- The receiving learner sends the object back to the other side of the court.
- Learners work together to maintain a rally.
- When using the easy level object, if the object hits the ground or goes out of bounds, the rally starts again.

Extensions:

- Increase/decrease the playing area
- Change the object
- 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 over the net.
- I can move to where the object is going.

Junior Game: Adaptation to Ophea's PlaySport Net/Wall Game: [Whacket Away](#)

Junior Focus: Learn and practice sending an object into open space using an implement and practice defending an area.

Equipment:

- Objects (3) to send and receive:
 - Balloon, air-filled bag, larger bouncing ball (easy)
 - Medium sized bouncing ball, 8", 6" (moderate)
 - Small sized bouncing ball, 4", 2"(difficult)
- Implement to serve as a racquet (paper plate, homemade cardboard racquet, paddle, racquet)
- Line markers for playing area boundaries (tape, chalk, rolled up towels, string)
- Median line marker as a net (tape, chalk, rolled up towels, string, object to support raising the height of the net)
- Wall (alone)

Set Up:

- Alone: Create a rectangular boundary extending away from the wall. Mark a line on the wall at least a meter from the ground. Consider adding a line on the ground at least a meter away from the wall.
- With another learner: Create rectangular boundaries with median line acting as a net (this is the size of the area where you will be exchanging an object).

How To Play Alone:

- Stand well behind the line marked on the ground.
- To serve, have the ball bounce once and then send it above the 'net line' marked on the wall.
- Allow the ball to bounce once over the line marker on the ground before returning it to the wall.
- The objective is to maintain a continuous rally with yourself, while sending and receiving it after one bounce within the marked area.
- If desired, add a scoring system similar to playing with a partner, aiming for the lowest possible score within X number of rallies.

How To Play with Another Learner:

- Each learner stands in one of the areas on either side of the net, and is responsible for defending that area.
- One learner sends the object, by serving to the other learner's playing area, allowing one bounce before serving, ensuring one bounce within the boundaries on the other side. The receiver defends their space by returning the object after one bounce (if playing with a light/easy object, remove the bounce). If the object is not sent with one bounce within the boundaries, the sender receives a point. Likewise for the receiver in their role.
- The objective is to have the lowest number of points. The game is over when one of the learners receives 10 points.

Extensions:

- Change the size of the activity area.
- Change the object (size, weight)
- Change the implement or racquet.
- Play with a partner to defend your space and send away the object.
- Play against a wall.

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 send the object into open space.
- I can assess my opponent's next move.
- I can move to where the object is going.

Intermediate Game: Adaptation to Ophea's H&PE Curriculum Resources: Grades 1-8: Grade 8 - [Applying Skills & Strategies](#)

Intermediate Focus: Sending and/or receiving an object with or without an implement to create a rally and generating game play.

Equipment:

- Objects (3) to send and receive:
 - Large sized bouncing ball, 12" 10" (easy)
 - Medium sized bouncing ball, 8", 6" (moderate)
 - Small sized bouncing ball, 4", 2"(difficult)
- Materials to create a net (e.g., rope tied to 2 chairs, toilet paper rolls, gate)
- Materials to create the boundaries of the court (e.g., rolled -up towels, tape, sidewalk chalk)
- Implement to use as a racquet/paddle
- Coin
- Wall (alone)
- Large square marking for wall (e.g., large paper, chalk, painter's tape)

Set Up:

- Alone: Create a rectangular boundary extending away from the wall. Mark a line on the wall at least a meter from the ground. Consider adding a line on the ground at least a meter away from the wall. Mark off a large square on the wall above the 'net line' (this will represent your opponent).
- With another learner: Create the court and net.

How To Play Alone:

- Using the coin, decide which side is a 'rally' and which side is for 'points'.
- Stand well behind the line marked on the ground.
- To serve, have the ball bounce once and then send it above the 'net line' marked on the wall.
- Allow the ball to bounce once over the line marker on the ground before returning it to the wall.
- Rally: maintain a continuous rally with yourself, while sending and receiving it after one bounce within the marked area.
- Points: as with the Rally, however this time you are sending into open space on the wall, avoiding the marked square - your 'opponent'. If you accidentally hit onto the square, your 'opponent' has 1 point. Play up to 5 points, and then re-toss the coin.

How To Play With Another Learner:

- Using the coin, decide which side is a 'rally' and which side is for 'points'.
- Learners play a game of Rock/Paper/Scissors to decide who tosses the coin.
- Rally: Learners play a simple game of sending a receiving object over the net to create a rally. Learners work together to see how many times they can carry a rally on, allowing one bounce on either side within the court boundaries. When the rally is over, re-toss the coin.
- Points: Learners play a competitive game while attempting to send the object into the opponent's open space. If the opponent cannot return the ball, the learner receives a point. Play up to 5 points, and then re-toss the coin.

Extensions:

- Play the game against a wall.
- Use a different implement as the racquet.
- Play on a table and create the net on the table.

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 personal goal.

Accommodations and Modifications:

Accommodations:

- Change the size of the court (e.g. making it wide/short or long/deep)
- 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:

- Have the learner stand at different distances to practice sending and/or receiving the object with their hands. Can also progress to having the learner hold a paddle, and the expectation is to receive the object on the paddle.
- Some learners need to learn that the net is an obstacle. Teach the learner the terms: over, at, under. Have learner close to the net and instruct learner to send the object over/at/under the net.

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

1. Where and how do you position your body to successfully receive the object when it enters your court? (A1.6)
2. To be successful in the game for our junior and intermediate learners, describe where the optimal locations are to send the object, either against the wall or on the other learner's side. (A1.6)
3. Describe how the concept of open space is valuable in a game when you are playing against an opponent. (A1.6)
4. What cues are you looking for in the game and/or from your opponent to help you successfully receive the object? (A1.6)
5. Describe what you are thinking and how you are feeling when you are playing a rally, compared to playing for points. (A1.2)