

“D” It Up
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Grade Level: K-12

National Standards:

#1: #2: #3: #4: #5: #6:

Learning Objectives:

- The student will utilize various kicks to dribble the ball.
- The student will utilize various offensive and defensive strategies throughout the activity.
- The student will work cooperatively in a shared space and maintain proper personal responsibility.
- The student will use proper social support.

Space Needed:

- A large grassy area is best; however a cafeteria, blacktop, or any flat surface is acceptable.

Equipment & Materials Needed:

- One ball per two (2) students.
- One hula hoop or cone per two (2) students.
- Blue and Red jerseys; one per student.

Set-Up:

- Place the hula hoops in a line, with at least 3-5 feet in between each one, on both sides of the playing area.
- Place the balls inside the hula hoops (depending upon which option: balls are on both sides or on only one side).
- Draw a line, designating the “line of scrimmage”, on the ground (or use a rope on the ground).

Description of Learning Activities:

Option 1:

- Have the balls on one side of the playing area.
- The Blue team has all the balls in their hula hoops and are defending them; playing defense.
- Defense tries to stop the offense from stealing the ball; cannot block or tag an offensive player without a ball.
- The Red team is standing on a line 20 feet away; and tries to steal the balls from the Blue team and dribble to their hula hoop, on the other side of the playing area.
- If the Red team gets to their hula hoops, they will trap the ball inside the hula hoop.

Option 2:

- Same as Option 1 except each defender is assigned to one offensive player and may not defend anyone else during the game.

Option 3:

- The Blue team stands at the Line of Scrimmage to defend the balls.
- The Red team stands 10 feet behind the Line of Scrimmage; they try to steal the balls; dribble to their hula hoops on the other side of the playing area; they must trap the ball inside the hula hoop to keep it (or it must be returned).
- The Blue team may not cross over the Line of Scrimmage, towards their hula hoops.

Option 4:

- Each student stands in front of a hula hoop with a ball.
- The Red team may steal the balls from the Blue team and then dribble back to their hula hoop. The Blue team does the same thing to the Red team.
- Once the ball is stolen and are in the respective hula hoops, they may not be taken.
- Students may steal a ball from any player in the field, at any time.
- If the player kicks the ball past the hula hoops, they must return the ball to the other side.
- If the player does not trap the ball inside the hula hoop, they must return the ball to the other side.
- Teacher should encourage students to play offense and defense.
- No guarding the hula hoops.
- Students begin on the teacher's signal.

Authentic Assessment:

- Teacher observation of students' skills while dribbling.
- Teacher observation of students' offensive and defensive skills.
- Teacher observation of students' social support and group cooperation.
- Teacher may use a skills check list for various skills, if so desired.