

Target Bounce
by
Kelly E. Duell, M.A.

Grade Level: K-2

National Standards:

NS # 1:

NS # 5:

Learning Objectives:

- The student will practice dribbling a ball, using correct technique.
- The student will work cooperatively with a partner.

Space Needed:

- Large, open flat surface area, playground, or basketball courts.

Equipment & Materials Needed:

- Multiple types and sizes of bouncing balls, i.e. basketball, rubber, playground, hard nerf, and mini-rubberballs.
- Hula hoops, various sizes.
- Rope or Jump Ropes.

Set-Up:

- Tie the rope onto the hula hoop, leaving one handle open for holding.
- Place assortment of balls in a general space, for students to choose.

Warming-Up:

- Students start on one sideline and finish on the other sideline, of a basketball court.
- Students jump, with 2 feet, 3x; hop on right foot, 3x; jump 3x; hop on left foot 3x; repeat series until they reach the other sideline. Then come back using the same series.
- Repeat process two (2) times.

Stretching:

- Follow the Stretching Routine previously set-up, or use the teacher-designed routine.

Distribution of Students:

- Give each student a number, One (1) or two (2).
- Have each of the ones (1's) stand behind a hula hoops with the rope tail.
- Have each of the two's (2's) stand behind a one (1).
- Have each one (1) move one hula hoop to the left.
- Have each two (2) move one hula hoop to the right.
- Have all the students sit down.

Description of Learning Activities:

- Have all the students with the ball stand in one line, facing the playing area.
 - The first student holds the end of the rope, which is tied to a hula hoop (Dragon's Tail), in front of their partner.
 - The first person slowly pulls the rope behind them, thus pulling the hula hoop, from one side of the playing area to the other side.
 - The second student attempts to dribble the ball, keeping it inside the hula hoop, as many times in a row as possible.
 - When the students get to the other side of the playing area, switch student roles.
 - May use a time limit of 30 seconds.
 - Students may increase speed, as they are successful.
 - Students may use different size hula hoops.
 - Additions:
 - The students who are pulling the Dragon's Tails all stand in the middle of the playing area.
 - The students with the balls all stand on the perimeter of the playing area.
 - On the signal the Dragon Tails begin slowly walking around the space while the Dribblers attempt to dribble the ball in a Dragon Tails (hula hoop).
 - Dribblers must dribble the entire time, they may not walk with the ball to a location and then begin dribbling.
 - If the Dribbler dribbles the ball three times (3x) in a row in the same Dragon's Tail they earn one (1) point (or the two students may switch roles).
- *Teacher should be sure to switch Dribblers and Dragon Tails every few minutes.

Authentic Assessment:

- Observation of speed increases per pair.

Assessment Strategies:

- Ask the students how many times they could dribble the ball while their partner was walking, jogging, skipping, galloping, running, etc.

Debriefing & Reflection:

- What part of the hand do we use to dribble? Finger tips.
- Is it easier to dribble with straight or locked knees or bent knees? Bent knees.