Name/Title: Dribble around the clock

Purpose of Event: For students to practice stationary dribbling, using finger pads, dribbling at waist, and looking up, and having control of the ball. To practice telling time.

Activity cues: Hand Dribbling Cues

Prerequisites: Students should have prior practice using their finger pads, dribbling at waist level, looking up, and dribbling at a stationary spot. Students should also have basic knowledge of telling time.

Suggested Grade Level: 1-3

Materials Needed: Playground ball for each student Spot markers Telling time worksheets taped around the gym Music Player

Description of Idea

I recommend this activity for first and second graders. Around the gym, tape clock worksheets against the wall with a spot marker in front of each clock. Have times already written in prior to class starting. When the music starts, have students hold their ball and skip (walk, gallop, etc…) until they find an open spot marker. When students get to a spot, have them read the clock that is in front of their spot marker. After the student has read the clock, have the student dribble that amount of times (6 times for 6:00, 11 times, for 11:00, etc…). After students have dribbled the correct amount of times, have them skip to a new spot marker and repeat the process. Emphasizes to students to make sure when they are dribbling that they are dribbling at waist level, using their finger pads, and looking up. When the music stops, or they hear the whistle, have students put the ball between their legs and eyes on you.

Variations:

Based on skill level, you can have students dribble with two hands or with one hand. Instead of having students performing locomotor movements, you can have students dribble to each clock. You can also have students partner up so they can help each other tell time.

This lesson could also be used for foot dribbling. Have students dribble to a spot marker and then do foot taps on top of the ball.

Assessment Ideas:

I make a check sheet with the different skills that I am looking for such as using finger pads to push the ball, dribbling at waist level, having control of the ball etc. I also like to go around and

ask students what time is on the clock.

Adaptations for Students with Disabilities:

Have students work with a partner. Students can use either one or two hands when they are dribbling. If a student uses a wheelchair, they can work with a partner and practice dribbling from their chair.

Submitted by **Michele Sampsell** who teaches at Rochester Prep West Elementary Charter School in Rochester, NY. Thanks for contributing to PE Central! **Posted on PEC: 2/25/2017**.

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