Name/Title: Stayin' Alive

Purpose of Event: To work on volleying and ball control using the shoelaces/top of the foot, inside of the foot, outside of the foot, and the knee.

Prerequisites: Prior individual practice and knowledge of where it is appropriate to kick the ball on the foot and on the knee.

Suggested Grade Level: 4-6

Materials Needed: Balloons, beach balls, lightweight trainer soccer balls

Description of Idea

Have students find a partner. Students will challenge themselves by choosing either a balloon, beach ball, or trainer soccer ball depending on their skill level with kicking. Once they have chosen the equipment, they must keep the object (ex..balloon) in the air and not let it hit the ground using their feet (inside/outside/shoelaces) or knee.

If the piece of equipment is too easy, choose a beach ball, and if too difficult, choose a balloon. Let the students decide which piece of equipment is appropriate for their abilities.

Variations:

Allow the ball to bounce once before volleying it.

If students are performing well increase the group size to 3-4 students. In order to make sure all students get a chance to volley the ball equally consider making it so a player may not volley the ball two times in a row or every player must volley the ball one time before volleying it a second time.

Assessment Ideas:

Time the groups and see how long each group is able to keep the piece of equipment in the air. Challenge students to get as many volleys as they can in a row.

Make notes of how each student is kicking the piece of equipment

Adaptations for Students with Disabilities:

Have the students with disabilities be involved in the group and if they are in a wheelchair, allow them to use their hands. After they hit the ball, if their ability allows them to do so, raise

their arms out in front of them and back down twice.

Submitted by **Krista Braun** in Reedsburg, WI. Thanks for contributing to PE Central! **Posted on PEC: 12/5/2004**.

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