

Name/Title: Bouncing to the Jingle Bell Rock (December '08)

Purpose of Event: Using small (4-6") bouncing balls, the students will be able to enhance hand-eye coordination and rhythm by performing various ball handling skills to the selected music.

Suggested Grade Level: K-5

Materials Needed: One small bouncing ball for each child (balls similar to the "Milky Way Balls" available from S&S Supply), CD player, and portable microphone in order to cue during the routine and above the sound of the music.

Recommended music: Jingle Bell Rock by Bobby Helms, available on the Radio Disney Holiday CD

Description of Idea

Once the music begins hold for 2 sets of 8

1-8 – Bounce and catch the ball using the R hand 4x (the ball hits the floor in front of the R foot on each odd count and the students catch the ball on the even counts)

1-8 – Bounce and catch the ball using the L hand 4x (the ball hits the floor in front of the L foot on each odd count and the students catch the ball on the even counts)

1-16 – Bounce the ball with the R hand and catch with the L, bounce the ball with the L hand and catch with the R hand. Repeat for a total of 8x or 16 counts.

The ball hits the floor on the odd count and the students catch the ball on the even counts. Instruct the students to bounce the ball on the floor in the middle of their feet.

1-8 – Take the ball in the R hand and pass it behind the head to the L hand (2 counts). Bring the ball to the front of the head and pass it to the R hand (2 counts). Repeat both movements – behind the head and to the front of the head.

1-8 – With the ball in the R hand pass it behind the waist to the L hand (2 counts). With the ball in the L hand bring it to the front of the waist and pass to the R hand (2 counts). Repeat both movements – behind the waist and to the front of the waist.

1-16 – Figure 8 around the legs. With the ball in the R hand pass it behind the L leg and to the L hand (2 counts). Bring the ball to the front of the L leg and pass it to the R hand behind the R leg (2 counts). Bring the ball in front of the R leg and begin the pattern again. The "figure 8" will be done 4x.

Begin the rhythm ball routine again and repeat the patterns until the end of the song.

Variations:

For younger or less skilled students, bean bags can be substituted for the balls. The bags can be “gently” tossed and caught instead of bouncing and catching the ball. The bean bags can also be more easily passed around the head, waist and legs.

Challenge older or more skilled students to move the ball around the head, waist and legs more quickly. Allow one count for each movement instead of 2 counts.

Teaching Suggestions:

While staying with the music, challenge each student to keep complete control of the ball or bean bag -- never dropping it or losing control throughout the entire song.

Submitted by **Brenda Goodwin** who teaches at Missouri State University in Springfield, MO. Thanks for contributing to PE Central! **Posted on PEC: 11/25/2008.**

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