Name/Title: Noodle Knockdown

Purpose of Event: To perform the proper form for the overhand throw and trapping a moving object.

Activity cues: Overhand throwing cues: 1. STATUE--stand facing in the direction of your target, feet slightly spread apart, arms by side with the ball in throwing hand. 2. MUSCLE Man--still facing the same direction, raise arms up into a muscle man pose. 3. SUPERMAN--point hand without the ball at the target, put the ball with the arm bent by the ear, turn feet to face where you are throwing. 4. SWIMMER--bring down hand that is pointing at target, followed by hand that has the ball and swim like a swimmer, following through. Trapping Cues: 1. Move your feet quickly so you get your body in front of the ball. 2. Relax the body part you are going to trap the ball with (i.e., inside of foot, thigh, etc.) 3. Give with the body part you are trapping with. 4. Pretend the body part is a pillow or something soft. You don't want the ball to go very far from you after it contacts your body.

Prerequisites: Overhand throwing Trapping

Suggested Grade Level: K-2

Materials Needed: One cone for half of the class, one ball for half of the class with 2'noodle segments and noodle connectors that sit on top of each cone (these can just be one segment and one connector or elaborate with many segments/connectors in a variety of designs), and floor tape.

Description of Idea

Mark a large noodle area inside the playing area using floor tape. Scatter the cones with noodle segments inside the noodle area. Assign half of the class as “Attackers” and ask them to grab a ball and find a personal space outside the noodle area. Assign the other half of the class as “Defenders” and ask them to stand by a cone (inside the noodle area).

“Attackers” sneak around outside the noodle area looking for “Defenders” who are distracted by other “Attackers”. They throw balls at noodles attempting to knock them down. “Defenders” are constantly watching for any “Attacker” and try to trap the ball, preventing a “knock down”.

Rules:
1.Balls stuck inside the noodle area can be removed by “Attackers” (no attacks in the noodle area) or rolled out by “Defenders.
2.Noodles that are knocked down are set back up again as quickly as possible.
3.After 2 minutes of play, stop the activity and switch “Attackers” and “Defenders”.

Assessment Ideas:

Checklist noting students who demonstrate:
1.Proper form for the overhand throw
2.Proper form for trapping
3.The six pillars of character

Submitted by **Marlys Gwaltney** who teaches at Bentley Primary School in Bentley, KS. Thanks for contributing to PE Central! **Posted on PEC: 3/3/2010**.

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