

Developmentally Appropriate Progressions

Gregg Montgomery, Mountain View School, 118 Cloverhill Drive, Flanders, NJ, 07836, Phone: 973-927-2201, E-Mail: NJDJ703@aol.com, Health and Physical Activity Institute, James Madison University, Harrisonburg, VA, July 20-24, 2008

One vs. one- In partner groups trying to outwit the opponent.

- a. **Tag Around a Hoop**-Face partner on the opposite side of a hoop. Try to tag the partner or snatch the tail without going through the hoop. Imagine that the hoop is a tree. (Place a third person in the hoop to block the partners from tagging through the middle of the hoop.)
- b. **Pull the Donkey's Tail**- Tuck a scarf in back your shorts/pants to make a tail. Try to protect your scarf tail while the other partner tries to grab it. Stay inside the defined play area. (Poly-spots, etc.) Do not run around the entire gym. Stay on your feet. Do not hold your own tail or lean up against the wall.
- c. **Fake out your Partner**- One person tries to prevent their partner from stepping in a hoop. Partners may not grab their opponent.
- d. **One Person on a Baseline**-Try to get by your partner to a safety line without being tagged.
- e. **Scoring Goals-One Vs. One-** One person is the defender and one is trying to score a goal.
 1. Using hands as in Team Handball, Basketball
 2. Using feet as in Soccer.
 3. Using implements as in Hockey, Tennis or Racquetball

One Vs. Two- Partners cooperating to outwit a single opponent.

a. Guard the Pin

Who kept the pin from being hit? (Emphasis on Guarding)

Who were successful_____ times? (Emphasis on Throwing)

One Vs. More Than Two- Three or more people cooperating to outwit one person. The element of choice is introduced. A judgment must be made and acted upon. (Which player is in the best position to receive a pass?)

- a. **Guard the Pin-**One pin defender vs. three offensive players. The outside players try to hit the cone or pin by throwing or kicking. There can be a circle around the cone to add excitement
- b. **First and Back-**Groups of three. Home base, pitcher's mound and first base. Pitcher pitches "good ones." Can be a punch ball, paddle or bat depending on the skill level and equipment. When the ball is hit, the batter runs to first base and home. The pitcher and fielder try to field the ball and return it to the pitcher's mound before the runner gets home.

Two Vs. Two-Games involving two against two require the players to adjust rapidly to defense from offense. Players on the offense must dodge and move to the empty spaces in order to free themselves from their opponents. Players on defense must "mark" (Guard or stay very close to) a player until they are able to intercept the ball. They must learn to stay between the ball and the person they are marking.

- a. **Keep Away- Two Vs. Two-** Pass to a partner while the other two attempt to intercept the ball. Score a point each time a side succeeds in making five consecutive passes, or the team with the most passes wins the round. Challenge other teams. John Smith's idea of the "Success" side and the "Try Again" side. If your team is successful stay on one side of the gym or playing area (The Success side). If not you must move to the (Try again) side to challenge another group.
- b. **Two Vs. Two Soccer Keep Away-** Played as in Keep Away, Two Vs. Two except that the ball is passed and intercepted as in Soccer.
- c. **Hoop Ball-** Played as in Keep away, Two Vs. Two except that each team attempts to work the ball toward a goal at either end of the playing area. Goals may be hoops placed on the floor. Pairs on offense work the ball closer to the hoop until they can bounce/throw the ball into their opponent's goal. (hoop) The pair on defense attempt to protect their goal and intercept the ball so they can attack the other goal.

Three Vs. Two- The introduction of a third player on a side forces a choice of whom to pass to. The passer must, therefore, be discriminating s/he must be able to see in a flash, often before s/he has reached the ball which one of the players on their team is moving to the most favorable open position so that s/he can send the ball to meet him/her when s/he arrives. In order to make it easier for the offense, games of two vs. three usually involve three players on offense working against two on defense.

- a. **Hit Pin-** Place a cone or similar object near the wall. Two people defend the pin against three attackers who pass the ball back and forth so that they can knock the cone over. Establish a distance from the pin from which the ball may be thrown.

Three Vs. Three- Three vs. three are definitely advanced levels. If the children can handle the two vs. two and three vs. two, then the next level attempted should be three vs. three.

- a. Soccer
- b. Basketball
- c. Hockey

More Players Vs. More Equipment-

Partner Frantic Ball- All of the balls are scattered on the floor and they must remain in motion at all times by kicking them gently. The leader times the class to see how long they can keep the balls moving without 5 stops. The leader calls out when they see a ball stop moving. When they reach the number five the watch is stopped. The leader reports the results of the time score for each attempt. Have the class attempt to break their own "World Record."

American Gladiators

National Standard: Demonstrates competency in many movement forms and Proficiency in a few movement forms

Music Needed:

Equipment: Hampers Purchased from the Dollar Store, or Clean Garbage Cans to be used as Basketball Baskets, Large Hula Hoops to surround the Hamper to be used as a crease as in Hockey or floor tape, which designates the same crease type area.

Formation: Two vs. Two, Two vs. Three or Three vs. Three

How to Play: Play “Rock Paper Scissors” to determine which team begins in possession of the ball. Teammates must pass the ball to attempt to score a goal by tossing the ball into the hamper without having the ball intercepted by the opposing team. Players may not touch or grab the other team. Players must pass the ball to their team and move toward the goal without fouling the other team players. If the opponents intercept the ball they must take it back as in Half-Court Basketball and start the game anew.

Variation: Play the game using two hampers as in Full court Basketball

Gotcha- (Extension Game for American Gladiators)

Team A = Offense

Team B=Defense

Team A attempts to score a goal by shooting a basket into the hampers or slam dunking the ball into a hamper when the defensive player is not looking or fake out the defensive player as in the American Gladiator game. Defensive players may not grab offensive players. If a defensive player intercepts the ball or is scored upon they automatically become an offensive player and try to score goals

Tic Tac Toe Basketball

National Standard: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Music Needed: Hit Me With Your Best Shot by Pat Benatar

Equipment: Basketballs, Hula Hoops, Basketball Court Baskets or some form of Target to shoot a ball into.

Formation: If you have three baskets available divide the class into three groups of students (or more if possible) each facing a basket. If you have more baskets available, please use them. Use Hula Hoops to make a tic-tac-toe board near each basket or use small tic-tac-toe boards.

How to Play: Have the first person in each line attempt to shoot a basket. Each person gets one attempt to make a basket. If a player makes a basket they get a beanbag and place it in one of the tic-tac-toe hoops. Each of the three groups has their own tic-tac-toe board. When one group has formed a straight line they win that round.

Variations:

1. Four beanbags in four corners win the next round.
2. Cover all of the tic-tac-toe board to win.

Who Cares Volleyball-

National Standard: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Music Needed:

Equipment: Beachballs

Formation:**How to Play:**

Using a beach-ball the students play as in regular volleyball attempting to hit the ball over the net. Practicing setting and forearm pass skills. No spiking is allowed. The two teams are trying to see how many cooperative hits they can make without a miss. Each side may take more than 3 hits if the need arises.. Count the score for each successful hit that the students make. Play as many games as your standards allow or use no standards.

Calculator Toss and Catch

National Standard: Demonstrates competency in many movement forms and proficiency in a few movement forms

Music Needed: "Catch Me If You Can" by the Dave Clark Five

Formation: Partners

Equipment needed: Fleece Balls, Rubber Chickens, Bass, Animal Beanbags, Playground Balls, Gatorskin Balls

How To Play: While most of us use partners at times to practice tossing and catching skills, there seems to be no "incentive" for the throwers to make an accurate throw and the catchers to make a valid attempt to catch the object. Partners face each other and try to make accurate throws to their partner so they might catch the thrown object. To encourage this type of behavior I asked the students to count the number of correct attempts and report it to me at the end of one minute. One partner from each group would line up in front of me and tell me their score and I would place it on the calculator. After all of the students reported their scores I would press the calculator for the grand total and ask one of the students to read the score aloud.

After this I would suggest to the class that they could better that score and create a new "World Record" for their grade if they could add a few more to their total the second time around. It is amazing how their scores

improved when they actually had a greater incentive to catch the object. The "Grand Total" plan works...Try it... You'll Like it

Variation(s): Use various size and shape objects. Underhand throws, Overhand throws, Bounce Passes, Chest Passes

Hit Me with Your Best Shot

National Standard: Throwing Skills

Music Needed: "Hit Me With Your Best Shot" by Pat Benatar

Equipment needed: One or more large blue tarp or white sheets, gym tape, several items to throw (e.g. Koosh Balls, Fleece Balls, Foam Tennis Balls, Gatorskin Balls) task sheet or index Card and a writing utensil

How to Play: Use gym tape to place several targets on the Tarp...Triangles, Squares, Circles, and Rectangles. Using the principle of opposition (opposite side faces the Target) throw the ball at the Targets on the Tarp. Place the thrower's name on the sheet and the person assessing the accuracy on the sheet as well. If you would like to assess the accuracy of this skill, have a partner use a task sheet with the same shapes as the tarp drawn upon it. The partner will place an "X" on the spot where their partner's ball hits the tarp. Caution assessors to pay close attention to their partners throws.

Variation(s): Number Targets - Use circular cardboard shapes purchased from a cake decorating or party supply store and write numbers on the shapes. Have a partner add up the numbers after they hit 4-5 shapes. Change jobs with the thrower after several successful

Shaq Attack/ Nothing But Net-Working with a partner have one person hold a hula hoop and one person attempts to dunk their ball.Try shooting different types of shots. Use groups of three and perform alley-oop shots. Try to invent creative dunks such as the ones that you see on TV or in sports arenas.

Variation: Play two vs two, three vs. two, etc.

