

UNIT 1: KICKBALL





Lesson 1: Introduction to Kickball Rules and Basic Skills

Objective: Introduce students to the rules and basic skills of kickball, fostering an understanding of gameplay and developing fundamental kicking and catching abilities.

Materials Needed: Kickball, cones/markers

Warm-Up: Tag with a Twist (from previous warm-up games) - Start the session with a lively warm-up game that gets students moving and energized. Tag with a Twist is a fun variation of traditional tag, incorporating movement challenges or modifications to keep students engaged.

Activity:

1. **Explain the Rules:** Gather students and explain the basic rules of kickball, emphasizing key concepts such as kicking the ball, running the bases, and tagging players to get them out. Use clear and simple language and encourage questions to ensure understanding.
2. **Demonstrate Basic Techniques:** Demonstrate proper kicking technique, focusing on foot placement, balance, and follow-through. Show students how to catch the ball using both hands, emphasizing the importance of tracking the ball with their eyes and positioning their body correctly.
3. **Practice in Pairs or Small Groups:** Divide the class into pairs or small groups and allow students to practice kicking and catching with a partner. Provide guidance and feedback as needed, encouraging students to support and help each other improve.
4. **Mini Kickball Game:** Set up a mini kickball game, using cones or markers to outline the bases and field boundaries. Divide the class into teams and let them apply the rules and skills they've learned in a friendly game setting. Encourage teamwork, fair play, and positive sportsmanship throughout the game.

Cool-Down: Stretching Stations - Transition into the cool-down phase by guiding students through a series of stretching exercises designed to relax muscles and improve flexibility. Set up stretching stations around the gym, each focusing on a different



muscle group, and lead students through a sequence of stretches targeting the legs, arms, back, and shoulders.

Conclusion: Wrap up the lesson by reviewing key points covered during the session and reinforcing the importance of practicing proper technique and following the rules of kickball. Encourage students to continue practicing their skills outside of class and express enthusiasm for the upcoming lessons and opportunities for growth and improvement.

By providing a structured introduction to kickball, emphasizing both rules and basic skills, this lesson sets a solid foundation for future learning and enjoyment of the sport.

Basic rules for kids playing kickball:

1. Two teams of 6-10 players each.
2. The pitcher rolls the ball to the kicker.
3. The kicker must kick from behind home plate.
4. If the ball rolls out of bounds before going past first or third base, it's a foul.
5. Kickers must touch all four bases in order to score a run.