**African Rock Toss**

This game is played by African children in the sand and with rocks. For this class we are going to use hula hoops to represent a circle drawn in the sand and a bean bag to represent the rock that African children would play the game with.

**Grade Level:** 3rd

**Subject Area:** Physical Education/African culture studies

**Materials needed:** Polly spots, bean bags, and hula hoops

**Standards:**

 S1.E2.3 Jogging, running Travels showing differentiation between sprinting and running.

 S1.E1.3 Hopping, galloping, running, sliding, skipping, leaping Leaps using a mature pattern.

 S1.E7.3 Balance Balances on different bases of support, demonstrating muscular tension and extensions of free body parts.

 S1.E13.3 Underhand throw Throws underhand to a partner or target with reasonable accuracy.

 S2.E1.3 Space Recognizes the concept of open spaces in a movement context.

**Objectives:**

Students will show respect for all peers while working cooperatively with others to strengthen abilities.

Students will be able to listen for instruction from teacher and will be able to perform instruction given by teacher.

Students will be able to use correct underhand tossing technique to toss a bean bag into a hula hoop.

**Learning Activities:**

 **Warmup:**

 I will have the students line up on the baseline in a single file line. I will put out poly spots infront of the line of students in a straight line spaced about 18 inches apart. I will tell the students that the gym floor is hot lava and if they touch the lava they have to do 10 jumping jacks then go back to the line. First I will have the students walk across the poly spots with 1 foot on every spot. Next I will the the students hop across the poly spots. After that I will have the students 1 legged hop across the poly spots. Lastly I will arrange the poly spots in a hopscotch pattern and have the students hopscotch across the poly spots.

 **Anticipatory Set:**

 I will pair the class up into groups of two and give every group 1 bean bag. The students will line up on the base line with their partner behind them. I will place a hula hoop in front of every group at mid court. When I say go the first student in line will run to the free throw line or the three point arc and try to toss their bean bag into the hula hoop at mid court. If the students make the bean bag in the hoop from the free throw line it will be worth 3 points, if they make it from the arc it will be worth 1 point. The first team to get 15 points wins.

 **Main Activity:**

 I will spilt the class into two groups of three people and give every group 1 bean bag. The two groups will line up on opposite baselines. I will place 1 hula hoop in the middle of the gym and I will place 8 poly spots around the hula hoop all at different distances from the hula hoop. The students will be in a line on the baseline when I say go the first student in line will run to a poly spot and toss their bean bag at the hula hoop. If they make their bean bag in the hula hoop they will pick up the poly spot that they tossed the bag from and bring it back to the line, if they miss they leave the poly spot and pick up the bean bag and hand not throw the bag to the next student in line. We will play until all the poly spots are gone, the team with the most poly spots wins.

 **Cool Down:**

 I will have the students pick up everything then I will lead a light stretch.

1. Reach down touch your feet.
2. Reach up touch the sky
3. Heel to butt (Quad stretch)

**Assessment:**

 Observe the students abilities to follow directions. Observe how well the students could perform the body mechanics throughout the activity. Help students that need extra help.

**Reflection:**

 What did I do well? What could I do better? How could I adapt the activity so that all students can have success?

**Adaptation:**