

Cardio Kickball

Grade Level: 4-6

Skills: Kicking, running, teamwork, strategies

Objective: **Standard 6.HD.1:** Describe the digestive, respiratory, and cardiovascular systems and their basic functions.

Equipment: One ball container (hoop); six playground balls; four bases; large playing field or gymnasium.

Organization: Set-up a kickball playing field by placing one base at first, second, third and home. Place a hula hoop with six playground or other kicking balls inside of it next to the pitcher's mound. The teacher is the pitcher. Divide the class into two teams. One team is kicking and the other will be out in the field.

Activity: The teacher rolls the ball to the first kicker, who kicks the ball and begins to run the bases. As soon as the first kicker begins to run, the teacher takes another ball from the container and pitches it. As the second kicker kicks and begins to run the bases, the teacher again takes a ball from the container and pitches it for the third kicker. The kicking team is trying to kick and run the bases as fast as possible. There may be more than one base runner running at a time. Base runners may not pass each other and may not stop on a base. As the balls are being kicked into the field, the fielders are trying to retrieve the balls and place them back into the hoop as quickly as possible. The fielding team must never allow the hoop to become empty. If it does become empty, the kicking team receives three points. Each kicker will receive only one pitch to kick. If a kicker misses the ball, that student must retrieve the ball and place it back in the hoop. The fielding team is never penalized for an empty hoop if a kicking team has a ball. During each inning, every student kicks the ball one time. As the last kicker comes to kick, they must call out "last kicker". The last kicker kicks and runs the bases. This kicker tries to run all four bases before the fielding team can get all six balls back into the hoop AND then the entire team must be up to kick before the last kicker reaches home plate. When all of the fielding team is ready to kick, the former fielding team yells "stop". At this point, the inning is over, and the score is recorded for the kicking and the fielding team.

Scoring: A kicker crossing home plate after running the bases receives one point. The last kicker receives five points for crossing home plate before all six balls are in the container.

The kicking team receives three points every time there is an empty container. When playing in the gym, the fielding team gets one bonus point if the ball hits the ceiling when kicked. The fielding team receives one point if a shoe flies off while the opposing team is kicking a ball. After playing a couple innings, reduce the number of balls in the hoop by one, but never go lower than three balls in the box.

Closure: Let's talk about some of our body systems and their basic functions.

Which system are you using the most during this activity?

Piloted at: Syracuse