

Keep Away

Grade Level: 4-6

Skills: Laterality, teamwork, tossing, catching

Objective: **Standard 6.SDP.1:** Create personal rules and strategies (for example, use of safety equipment, protective gear, seatbelts, sunscreen) incorporating healthy lifestyle activities in home, school, social, and community settings.

Equipment: 1 or 2 soft balls or objects for every group of five players.

Organization: Sort the students into groups of five. Four of the students form a square (corner players) and the fifth student stands in the center of the square (center player). The square should be 10' x 10'. The corner students attempt to toss the ball around the square without the center student touching it. If the corner students lose control of the ball, or if the center student steals, touches, or deflects it, the last corner student to have touched it switches places with the center player.

Variations: Have the center student attempt to tag any of the corners who have possession of the ball.

Tips: Have the corner students stay in one spot. Poly spots are a great way to mark where they should stand. Allow the center student the use of any part of their body to touch or deflect the ball. Use bigger/smaller objects or increase/decrease the size of the square to vary the difficulty. If the center student is unsuccessful after a period of time (15, 30, 60 seconds) have them switch with a corner student.

Closure: What is your emergency plan in your home setting?
Why do safety organizations, such as, OSHA exist?
Why do we hold practice drills for fire, earthquakes, and lockdowns?

Piloted at: Washington