



## **For The Teacher**

**Lower Primary Years 1 & 2**

**Week 4**

**Title**            **Roller Ball**

**Theme**           **Motor Skills**

### ***Overview***

Students will warm-up by playing one or two games of tag and then develop their eye-hand co-ordination, movement awareness and ball control by playing a game of Roller Ball.

The students will be made aware of the need to drink adequate water while participating in any physical activity.

### ***Time Required***

40 minutes

### ***Preparation***

Equipment:

- a collection of 25 coloured ribbons
- 6 soft balls of medium size

### ***Background information and discussion points***

The following are a few traditional tag games.

1. *Scarecrow Tiggy* – Three or four 'taggers' wear ribbons over their shoulders to signify to the other children they are the 'tagger'. Designate a playing area and let the children run. Anyone caught or tagged needs to stand as a scarecrow until freed by another child who crawls between their legs. Variations of this game require children to make the gymnastic front support (or push-up) position rather than a scarecrow shape.
2. *Continuous tag* – One child begins as the tagger and the other children run in a designated area to avoid them. As children get tagged, they come to the teacher to receive a ribbon and begin tagging other children. Play until all children have been caught.
3. *Octopus tag* – Children run from one end of a netball court or similar to the other, trying to avoid two children who are the octopus. Anyone caught needs to sit down where they were caught and become seaweed. The seaweed can only swing their arms trying to tag the running player, if tagged, they also become seaweed. Play continues until all children are caught.

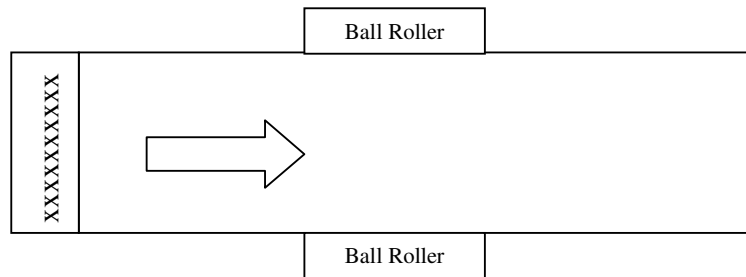


The website provided below in the Support Material and Reference section is filled with many variations of tag games.

**Roller Ball** – similar to poison ball

This game should not be played on bitumen or concrete, grass is ideal.

This game develops locomotion skills such as running, leaping and dodging. You can encourage your students to not just run but practice dodging from the ball and leaping over it.



Rules of the Game

1. **Balls must be rolled and not thrown.**
2. Children must run one length of the court without getting hit by rolling ball. They wait for next instruction.
3. Instead of having the entire class run at the same time, provide questions or statements that limit the number of runners e.g., boys or girls, children with shoelaces, those with an older brother, etc.
4. As children are touched by the ball, they get a new ball and help to roll the balls across the court.
5. Rollers must stand out of the court lines when rolling their ball.
6. Play until all the children have been touched by a ball and are on the outside of the court.

The human body is made up of 60-75 per cent water. Water helps carry nutrients throughout the body, aids in digestions and helps regulates body temperature. Human beings need to balance their water intake with what is lost on a day to day basis.

Increased physical activity requires an increase in water consumption to control body temperature and to cool working muscles.



**Support materials and references**

1Seven Article: [Top Up Your Tanks.](#)

Tag games  
[http://www.funattic.com/game\\_tag.htm](http://www.funattic.com/game_tag.htm)

SunSmart Schools  
[http://www.sunsmart.com.au/protecting\\_others/at\\_school](http://www.sunsmart.com.au/protecting_others/at_school)

Better Health Channel, Water - a vital nutrient  
[http://www.betterhealth.vic.gov.au/bhcv2/bharticles.nsf/pages/Water\\_a\\_vital\\_nutrient?open](http://www.betterhealth.vic.gov.au/bhcv2/bharticles.nsf/pages/Water_a_vital_nutrient?open)

**Thinking strategies**

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
		*			

Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
*	*			*		*	

Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
*					

**Student learning tasks**

1. Take the class out to an oval or a large open playing surface like a netball court. Ensure that they are SunSmart if playing outside.
2. Choose one or two tag games to play as a warm-up activity, each lasting approx. 5-10 minutes.
3. Play the game Roller Ball.
4. Encourage the students to have a drink of water after playing Roller Ball, discussing the need to re-hydrate after being physically active.

