**4 Ball Blast**

**Grade Level:** K-6

**Skills:** The skills involved in this activity include running, throwing, kicking, catching and strategy.

**Objective:** 5.MEH.2: Discuss how to request and offer assistance to enhance the health of self and others.

**Equipment:** 4 balls, 4 bases and 4 cans/hoops will be needed.

**Organization:** Clearly mark the 4 objects to be thrown, hit or kicked. They will need to be placed on their correct respective base. For example, the ball marked with #1 will have to be placed on first base. #2 goes on second base, #3 on third and #4 goes to the home plate area. Divide your class into two groups; one will start on defense and one on offense.

**Activity:** Four students from the batting team will begin this activity. Their task is to get the four balls and throw/kick them anywhere into the field. Once they do this, those four students attempt to run from first to home plate before the defense completes their task. The task of the defense is to corral all four balls and get them, in any manner, to their respective bases before the offense completes their task. Nearby the bases I would place the cans or hula hoops to eliminate “fender benders”. So next to first base and on the outfield side, place a hoop where the #1 ball will be placed. There are a couple of different manners in which the inning would end and teams switch sides.

1. A certain amount of runs have been scored, e.g. 10.
2. A certain amount of outs have been attained, e.g. 10.
3. A certain time has been reached, e.g. 3 minutes.
4. Every student has attempted at least one throw/run.

I encourage you to allow every student to attempt at least one throw/run before switching. This helps eliminate the battle over who gets to go first, how many times Sparky has gone, whining, etc. You could also try two of each numbered balls, so eight could throw/kick at the same time.

2

4

3

1

**Closure:** Why is teamwork important?

Why is it easier to do things together sometimes?

**Health:** Who can define what teamwork means? What are some examples of teamwork? Can you think of times where teamwork makes things easier than working alone? Work in a small group and discuss the following scenarios where teamwork could be useful. Sports, class assignment, community cleaning event, creating a funny video, directing a movie, making a meal for law enforcement, back to school night, parent/teacher conferences, etc.

**Piloted at:** Antelope