

FISTBALL LESSON PLANS *LESSON #7*

NPE Standard: 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Review: Lessons 1-4: (1) Rules, history; (2) Indirect (Bounce) Pass; (3) Direct (No Bounce) Pass; (4) Indirect (Bounce) Set; (5) Direct (No Bounce) Set; (6) Fistball Physics

Teach: (1) Underhand/overhand serve

Equipment Needs:

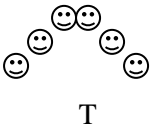
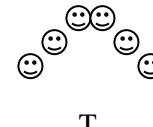
- 9 volley/Fistballs (3 per court)
- 1 pencil per student
- 3 volley/Fistball courts
- 3 volley/Fistball nets
- 6 standards (poles)
- 30 plastic hoops (10 for each court)
- 12 cones (4 each side)
- 9 polyspots (3 each court)
- 1 copy of “Personal and Social Responsibility Assessment Sheet,” per student
- 1 copy of the handout “The Fistball Serve,” per student
- Projector/screen to watch Fistball serve skill video:
 1. Serve (audio)(0:40):
<https://www.youtube.com/watch?v=U8QqV9EWYsA&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=7>

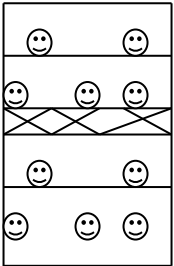
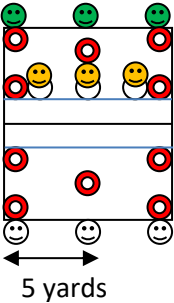
Equipment Needs (Optional):

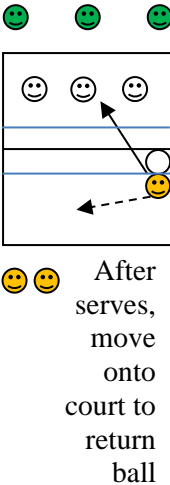
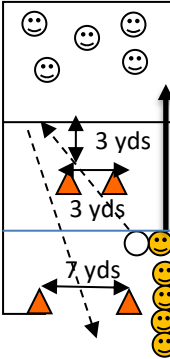
- 1 clipboard per student (to write assessment data on)
- 6 iPads/laptops (1 at each station) for students to view video of skill being performed.
- iPod/Music system/music (to be played in the background during the activity to motivate students)

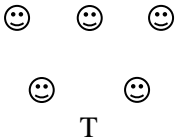
Additional Information:

- Please refer to “Teaching Tips.”
- **TECHNOLOGY INTEGRATION:** Have students
 - a. Watch the set video on the school’s website before coming to class.
 - b. Perform “Assessment Sheet,” at home using word processing software.
 - c. Watch the Serve video at stations during drills/games to remind how to perform skill.
 - d. Take an online test at home regarding the serve handout information.
- **LITERACY INTEGRATION:** Students can read aloud from handout. Words that are Bold, capitalized, underlined, highlighted in yellow, and italicized are **VOCABULARY** words (LITERACY/CORE).
- **MATH INTEGRATION:** Math is integrated by: (a) awarding/keeping points, & (b) awarding different points for different skills (higher points awarded to difficult skills).

Time	Class Organization	LESSON #7 (Page 1 of 4) Learning Activities	Modification/ Extensions	Cues
5-7 min		<p><u>Lesson # 1-6 Review:</u></p> <ul style="list-style-type: none"> ○ Students sit in semi-circle formation around the teacher. ○ Review Lesson #1-5 information/skills: ask students to answer questions: <ul style="list-style-type: none"> ● <u>When is the PASS used?</u> (1) Receive serves/low balls; (2) Redirect ball off forearm w/closed fist in underhand motion to target (i.e. another person/over net). (In PASS handout). ● <u>WHEN is the SET used?</u> (1) As an OFFENSIVE skill, where the ball is hit high in the air with the ball: (a) Bouncing (Indirect) or (b) Not Bouncing (Direct), before the attacker hits the ball over the net. ● <u>HOW is the SET calculated?</u> By the TRAJECTORY, so the bounce is at its highest point for an attacker to jump & touch the ball over the net. (In SET handout). ● <u>Indirect/direct pass/set cues:</u> Get under ball; Face target; Bend knees; hands in fists, thumbs outside; Contact ball between wrists and elbows on fleshy part; Use shoulders and knees to provide force (see cues). ● <u>What is “Calling for the ball”?</u> Why/when is it used? Calls off other players before contacting the ball, decreasing miscommunication during play. For example, call “I have it!” ● <u>Difference between Indirect/Direct Pass/Set?</u> Indirect: Bounce ○ Give back/review graded Lesson #6 assessment. This includes asking students to answer physics questions based on lab & skill performance (e.g. <u>What do they need to do to get the most force from the ball when bumping/setting it?</u> Use knees from down to up, follow through, etc.) Students can take assessment home or place in portfolio. ○ Ask students if they have questions. 	<ul style="list-style-type: none"> ○ Students answer questions verbally &/or demo each skill cue ○ Place lesson 6 assessment in portfolio or to the side 	<ul style="list-style-type: none"> ○ Same arm/same leg tech ○ Contact (1 arm, forearm, fist closed) ○ Knees (bent) ○ Legs (extend when arm contacts ball) ○ Arms (stay still/don’t swing) ○ Call the ball
5 min		<p><u>Serve</u></p> <ul style="list-style-type: none"> ○ Students sit in semi-circle formation around the teacher. ○ Teach how to perform the underhand/overhand Serve: <ul style="list-style-type: none"> ● Overhand Serve (audio)(0:40): https://www.youtube.com/watch?v=U8QqV9EWYsA&list=PLHqfko9emlrGIAArkfbya877GvRAQzKm&index=7 ● Give out/review: “Performing the Fistball Serve” (LITERACY). ● Demonstrate skill using teacher or student volunteer ○ Ask students if they have questions. 	<ul style="list-style-type: none"> ○ Physically demo the serve using teacher or student volunteer. ○ Place handout to the side/ in portfolio 	

<u>Time</u>	<u>Class Organization</u>	<u>LESSON #7 (Page 2 of 4)</u> <u>Learning Activities</u>	<u>Modification/ Extensions</u>	<u>Cues</u>
10 min		<p><u>Serving Game</u></p> <ul style="list-style-type: none"> ○ The object is NOT to be the first team to score 11 points. ○ Divide students into 6 teams. Place each team on one side of a court. ○ Regulation Fistball rules are used except: <ul style="list-style-type: none"> ● The server underhand serves the ball over the net. ● An opposing team member catches the ball, & from where the opponent is standing, UNDERHAND SERVES the ball back over the net. Closed fist passing and setting is allowed. ● Play continues in this manner until a foul is committed. The team making an error gets a point, regardless of who is serving. ● Team with the fewest points at the end of a round wins. ● Play round until 11 points. Rotate teams after each round or “X” mins ○ Ask students if they have any questions. 	<ul style="list-style-type: none"> ○ Play 2-4 minute rounds, rotating teams ○ Team receives -2 points for an Ace ○ Add more balls ○ Use beach balls, etc. 	<ul style="list-style-type: none"> ○ Weight back ○ Ball in non hit hand ○ Hit arm back ○ Toss ball in air ○ Wt. shift to front ft ○ Hit with fist
10 min		<p><u>Hoop-a-lot Game</u></p> <ul style="list-style-type: none"> ○ Set up 3 courts w/1 hoop in each corner & 1 in the middle (5 hoops on each side). Place 3 balls behind service line on 1 side of each court @ 5 yds apart (TIP: use polyspot to corral the ball & act as visual aid). ○ Divide students into 9 groups with @ 3-4 students in each group. Send 3 grps to a court w/2 grps on 1 side (the one w/balls), & 1 grp to the opposite court. The single group (orange) stands behind service line, 5 yards apart, facing the net. The side w/2 grps: 1 grp has each member stand behind a ball facing the net (orange). The other grp (green) stands behind 1st group (@ the back line). ○ On teachers signal, all three group members on each court (orange) picks up a ball & serves it underhand aiming for a hoop on the other side. ○ The group on the other side (white) retrieves the balls & sets the balls up to underhand serve the ball back over the net, while moving to the group 3 position (green), on the back line. ○ 1 pt. awarded each time a ball is served into a hoop. Each grp is responsible for keeping their own score. The group with the highest score wins. ○ Rotate positions: Group 1 (serving: orange) goes under net becoming new grp 2 (white); grp 2 (white) goes under to other side becoming the grp 3 back row (green); grp 3 (green), steps forward becoming grp 1 (orange). ○ Ask if students have any questions. (30) 	<ul style="list-style-type: none"> ○ Extension: Students don't rotate right away. After Grp 1 serves, grp 2 serves back. Then rotate so students serve from both sides ○ Extension: Assign different pts to each hoop ○ Easier: Add hoops; use large hoops/ equipment ○ Harder: Remove hoops ○ Harder: Use overhand serve 	<ul style="list-style-type: none"> ○ Weight back ○ Ball in non-hit hand ○ Hit arm back ○ Toss ball in air ○ Wt. shift to front ft ○ Hit with fist

<u>Time</u>	<u>Class Organization</u>	<u>LESSON #7 (Page 3 of 4)</u> <u>Learning Activities</u>	<u>Modification/ Extensions</u>	<u>Cues</u>
10 min	 <p>After serves, move onto court to return ball</p>	<p><u>H.A.T. Trick Game</u></p> <ul style="list-style-type: none"> ○ Keep students in teams of 3 (or rotate members &/or courts), w/2 teams on 1 side of the court and 1 team on the other side. ○ Remove hoops from courts & place 1 ball on grp 1 side (Serving team orange). ○ The other 2 groups will alternate receiving: grp 2 (white) on the court & grp 3 (green) behind the service line awaiting their turn. ○ To earn a point for the serving team the server must: <ul style="list-style-type: none"> • Have the receiving team Hit the ball into net or out of bounds • Ace the serve or • Touch the ball before it hits the ground on the server's side ○ Only the server plays the ball on that side. ○ The receiving team scores 1 pt. if they return the ball into the serving court without it being touched by the server (as long as the server touches it, it's good & no point is scored for the other team). Points are cumulative. ○ After the point is won, the server goes to the end of the serving line (orange), grp 3 (green) takes receiving side, grp 2 (white) moves to the back of the court. The next person on the serving team (orange), underhand serves the ball. ○ Continue in this manner until all serving team players served, then rotate teams/sides, so all teams will have the opportunity to serve. ○ The team with the most points wins the game. ○ Ask students if they have any questions. 	<ul style="list-style-type: none"> ○ Easier: Use a beach ball, floater, etc. ○ Harder: server must return the ball, using the bump/set, to the defensive side with play continuing until a point is won by either team. ○ Harder: Perform overhand serve 	<ul style="list-style-type: none"> ○ Weight back ○ Ball in non-hit hand ○ Hit arm back ○ Toss ball in air ○ Wt. shift to front ft ○ Hit with fist
10 min		<p><u>Serve It Baseball Game:</u> (Modified from “Awesome elementary school physical education activities” 1983)</p> <ul style="list-style-type: none"> ○ 3 courts are needed for this game. ○ Divide students into 5 person teams, 1 team on each side of the court. ○ Place 2 cones 3 yards apart @ 3 yards in front of the net. Place the other 2 cones @ 7+ yards apart from each other at the court back line. ○ One team serves, the other team catches. Serving team is on the court w/cones. ○ The serving team stands behind the service line. The first player on the serving team underhand serves the ball over the net & inside the court. ○ Upon doing so, the server runs through the cones in front of the net, touches the net line, & runs between the 2 cones at the back line. ○ The receiving team catches the ball. When caught, all the other receiving team players line up in a single file line, one behind the other, behind the person who caught the ball. <p>(CONTINUED)</p>	<ul style="list-style-type: none"> ○ Extension: Have serving team perform fitness activities when server is running 	<ul style="list-style-type: none"> ○ Weight back ○ Ball in hand ○ Hit arm back ○ Toss ball in air ○ Wt. shift to front ft ○ Hit with fist

<u>Time</u>	<u>Class Organization</u>	<u>LESSON #7 (Page 4 of 4)</u> <u>Learning Activities</u>	<u>Modification/ Extensions</u>	<u>Cues</u>
		<ul style="list-style-type: none"> ○ The ball is passed overhead until it reaches the last player in the line. ○ The last player runs to front of the team’s line with the ball. ○ If the last player gets to the front of the team’s line before the server crosses the back line between the cones, the runner is out. If the server crosses the back line first, 1 point is scored. ○ A ball served illegally (into net or out of bounds) is a foul. Three fouls & the Server is out. ○ After all players on the serving team has served, rotate sides of court. ○ The team with the most points wins. ○ Ask if the students have any questions. 	<ul style="list-style-type: none"> ○ Extension: Increase times server runs through cones (easier for receiving team/harder for serving team). ○ Receiving team passes ball between legs or some other way ○ Easier: Move cones closer together ○ Harder: move cones further apart & have server run around the cones ○ Receiving team performs 3 hits (catching the ball on the 3rd hit) 	
5-10 min	 <p style="text-align: center;">T</p>	<p><u>Closure and Assessment</u></p> <ul style="list-style-type: none"> ○ Tell the students sit in general space in front of teacher. ○ Distribute one “Personal and Social Responsibility Assessment Sheet” and a pencil to each student. ○ Review the handout with the students. ○ Students complete assessment for remainder of the period. ○ Let student know when they have 2 minutes left in the period to complete the assessment form. ○ Collect the assessments and pencils at the end of the period. ○ Ask if the students have any questions. 	<ul style="list-style-type: none"> ○ Perform assessment as a homework assignment if there is no time to complete it in class. 	

Lesson Reflection/Notes:

Performing the Fistball Overhand Serve (Harder Serve)

<https://www.youtube.com/watch?v=U8QqV9EWYsA&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=7>

Serve is important since it's the only time a team can score.



1. The serve is performed before the service line. The server stands behind the serving line facing the net in a forward stride with the body weight forward and knees slightly flexed. The forward foot is opposite the striking arm & faces toward where you want the ball to go. The non-striking hand holds the ball in front of the body approximately waist height. The ball is positioned in line with the path of the swinging arm & hand. The striking arm is held near the ball or down at the side of the body.

2. The ball is tossed with the non-serving hand, 1-2 meters high into the air and slightly in front of the player.



3. Strike the ball using the dominant hand in an overhead motion, moving the arm from forward to back (the back movement is the follow-through), twisting the body in the process. The ball is driven over the net with a closed fist as it moves forward.

4. The dominant leg is allowed to cross the service line as the other (non-dominant) foot must remain in contact with



the serve is performed. However, the ground.

5. The ball must cross the opponent's service line before it for it not to be a foul.

bounces after the serve in order

6. A foul is called (point goes to opponent), if: (1) the ball goes under or hits the net, (2) the non-dominant foot is lifted during the serve, (3) the ball bounces before the opponents service line, (4) the ball bounces out of bounds.

(CONTINUED)

Performing the Fistball Underhand Serve (Easier Serve)



1. The serve is performed before the service line. The server stands behind the serving line facing the net in a forward stride with the body weight forward and knees slightly flexed. The forward foot is opposite the striking arm & faces toward where you want the ball to go. The non-striking hand holds the ball in front of the body approximately waist height. The ball is positioned in line with the path of the swinging arm & hand. The striking arm is held near the ball or down at the side of the

body.

2. The ball is tossed with the non-serving hand, 1-2 meters high into the air and slightly in front of the player.
3. Strike ball moving striking arm backwards, past hip, keeping elbow straight & shift body weight onto back foot. At the top of the back-arm swing, toss the ball high straight up into the air in front of the body.
4. Force comes from rotating the hips counterclockwise (for right-handers).
5. When hips start to rotate, move striking arm downward & forward.
6. At the same time, shift the body weight forward as the leg/foot moves forward.
7. The striking hand is held in a closed fist.
8. Prior to ball contact, the knees extend and the non-striking arm swings laterally to the side waist height.
9. Make contact with the ball either under or behind it.
10. The follow through includes the continuation of the forward and upward swinging of the arm toward the target.
11. The dominant leg is allowed to cross the service line as the serve is performed. However, the other (non-dominant) foot must remain in contact with the ground.
12. The ball must cross the opponent's service line before it bounces after the serve in order for it not to be a foul.
13. A foul is called (point goes to opponent), if: (1) the ball goes under or hits the net, (2) the non-dominant foot is lifted during the serve, (3) the ball bounces before the opponents service line, (4) the ball bounces out of bounds.



Common Serving Errors:

1. Ball goes too far left/right is usually caused by diagonal arm swing. Keep shoulders facing net.
2. Not enough force/power is usually from improper stance & doesn't allow for hip rotation. Check hip/feet placement. Also make sure you shift from back to front foot &/or increase backswing.

PERSONAL AND SOCIAL RESPONSIBILITY ASSESSMENT SHEET

Name:

Class:

Date:

Directions: Answer the following 5 questions NEATLY and in full sentences (**include at least 3 sentences for each question**), regarding you & your teams performance during the 4 games played today: (1) Serving game (catch & serve ball over net), (2) Hoop-la (serving balls into hoops), (3) H.A.T. Trick (3 vs 1), & (4) Serve it baseball. Use the back of the paper if needed. You will be graded using the rubric below. You need a 60% to pass.

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
Answered questions fully	Did not answer questions in full sentences	Some questions answered fully	Most questions answered fully	All questions answered fully
Total sentences created for all 5 questions	0-4	5-9	10-12	13-15
Correctness	0 or 1 answered correctly	2 are answered correctly	3 are answered correctly	4 or more are answered correctly
Neatness	Not legible	Neat	Very neat	Extremely neat
Spelling/grammar	Many errors	Some errors	Very few	No errors

0-11: F (0-59%); 12-13: D (60-69%); 14-15: C (70-79%); 16-17: B (80-89%); 18-20: A (90-100%)

1. Explain 1 situation where patience was needed.

2. Pick one or more of the games & explain how you &/or your team behaved patiently throughout the activity (Different from the answer given in #1)?

3. Explain 1-way people can make themselves more patient.

4. Explain 1 thing that happens when people are not patient with one another, especially in a team/group situation?

5. Explain how showing patience and kindness can make a difference outside of class.