

 **WHAT IS IT? (RATIONALE)**

This activity helps students to work together during a transition period. Transitional activities allow children the opportunity to use energy that may otherwise be expressed through physical and/or verbal disruption of the class.

 **GETTING STARTED (PROCEDURES & MATERIALS)**

You will need a playground ball for this activity. The first step is to divide the class in half and have the class line up in their groups, single file, one on each side of the hallway. Then have the two lines face one another. To begin this activity have the child at the end of the line start by passing a ball to his/her partner (person facing him/her). That child will in turn toss the ball across to the person diagonal to his/her. It should appear that the ball is being passed in a zigzag pattern down the hall. The key is to have every child catch and pass the ball. While the students are tossing the ball back and forth to one another the teacher could ask the students to recall information from the previous lesson as a way to review the information. The ball is tossed after each response by the student holding the ball. A new question is asked once the previous question has been answered correctly.

 **SOURCE**

Jill Heider, Pinckney High School

 **REFERENCES**

Jill Heider, Pinckney High School Basketball Coach (1994-1995)  
Adapted by Melissa McPherson

 **ADAPTATIONS**

To make this a little more fun and exciting you could change or add rules to the above activity. These changes could include:

- A. Time the children to see how fast they can get the ball down the row.
- B. Have the line move by having the children run to the front of the line once they have successfully passed the ball.
- C. Use two balls and have the children continue to move as in “B.”

Change the style of passing, i.e.. Bounce pass, over the head pass, between the legs pass, behind the back pass.

 **DEVELOPED BY:**

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**DOMAINS ADDRESSED**



**BODY IMAGE  
LATERALITY  
LANGUAGE**



**BALANCE  
GENERAL COORDINATION**



**FLEXIBILITY**



**BEST EFFORT  
COOPERATION**