



Geometric Kickball

InterActive4Life

INTERACTIVITY IN A SNAP SHOT



Using a geometric shape, gesture (by rotating your chest, pointing, using eye-contact, etc.) in the direction where you want to send the ball for the receiver to receive, or where you want to receive the ball from the sender.





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COOPERATIVE INTERACTIVITIES

Student Targets



Movement Competence

Develop locomotor and manipulation skills and an understanding of phases of movement to determine the appropriate body position and force required to send and receive objects by attuning to their partner's body positions and postures.



SEL

Develop healthy relationship skills by being self-aware and aware of their partner as they work cooperatively to send and receive objects and to respond by making adjustments to how they are sending the objects.



Relationship

Explore interpersonal connection through space (i.e., the terrain, gym floor), with an object (angle of foot indicating direction, force of kick), and with a partner (i.e., by matching, contrasting, following, and leading).



Physical Distance

This game can be performed in close proximity with someone in your social bubble.

Activity Overview

Participants develop their ability to work cohesively with a partner. In this game, participants must intuit where they are in relation to their partner in space and where their partner is signalling that they want to receive the ball in order to use the appropriate position and force to send a ball in a way that their partner can successfully receive it.



COOPERATIVE INTERACTIVITIES

Getting Started:

With a Partner, Sibling, Parent, or Guardian find a safe, open space with physical distancing measures in mind.

- Draw a geometrical shape on the ground (or wall if you don't have a partner), i.e., a triangle, square or circle.
- Send the ball from a knee bounce or kick with the goal of hitting the border of the geometric shape you chose (i.e., points of the triangle, the corners of the square, or the front, back and sides of the circle).
- If you are playing with a partner, the receiver assumes a leadership role in indicating through signaling where the ball should travel.
- The receiver may trace the shape in predictable & unpredictable ways that are first indicated through finger pointing gestures. As the game progresses, more subtle cues are used to direct the path of the ball such as directional nods with the head or shoulders.

Modifications to the Game:

- **Use of manipulative:** Send the ball in a variety of ways, i.e. a toss, throw, strike, kick, bounce pass, etc. The manipulative could be sport specific, such as a soccer ball or basketball. A rubber chicken or foam ball could be used to change the size.
- **Size of manipulative:** The manipulative could be sport specific, such as a soccer ball or basketball to practice more specific territory game dynamics. A rubber chicken or foam ball could be used to change the shape and weight of the manipulative, providing a variety of stimuli or options to progress or regress.
- **Playing area:** Vary the distance between the sender and receiver (i.e., indicate three starting distances for easy, moderate and advanced game play).
- **Timing:** Vary the amount of time between the cued direction and the release of the ball.

Adaptations to Rules of the Game:

- **Cooperative Rally:** Count how many times in a row ball is sent & received successfully.
- **Competitive Score:** Score a point if the ball is sent within area/shape & not returned.



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COOPERATIVE INTERACTIVITIES

InterActive Function2Flow Assessment:

InterActive Function (Connecting Postures)	<ul style="list-style-type: none">• Is the kicker able to identify where to send the ball and then align their posture with where they want the ball to go?
InterActive Form (Connecting Positions)	<ul style="list-style-type: none">• Is the kicker able to adjust their position, i.e., lean/turn/twist their body (shoulders, waist, hips, hands) in relation to where they want to send the ball?
InterActive Feeling (Connecting Sensations of Timing & Force)	<ul style="list-style-type: none">• Is the kicker able to get a feeling for the timing and force required to send the ball to the desired place?
InterActive Flow (Connecting Energies)	<ul style="list-style-type: none">• Is the kicker able to send the ball to their partner in a way that it is received and returned with ease?