**Gaga Ball Lesson Plan**

**Instructor: Audrey Li**

**Class: PE 10 Wings**

Day 1: Overview and Introductory Game

* Go over handout, and explain basic rules of Ga-ga Ball as follows:

1. *The game starts after the ball has been tossed into the pit, and has bounced three times, each bounce being marked with a syllable of the phrase “Gaga Ball”*
2. *A player cannot "hit" the ball twice in a row unless it bounces off a wall or another person.*
3. *When a player is hit, he/she leaves the game.*
4. *A player who hits or knocks the ball out of the pit is also out.*
5. *If a player catches the ball in the air, the last person to hit the ball is out.*
6. *You can hit the ball with your hands, but picking up the ball and throwing it at a player is not allowed. Also no scooping. In some games, only open hand hits are allowed to prevent striking injury to small children and also allowing better control of the ball to keep it low and prevent head shots.*
7. *If the ball touches a player anywhere on or below the knee (in some versions, below the ankle or waist), that player is eliminated from the game.*
8. *If a player pops the ball up into the air you can hit it down to keep it in the game or let it go.*
9. *The player cannot kick the ball. (As this is touching the ball below the knee.)*
10. *Wall jumping is not allowed (holding onto the wall while jumping).*
11. *If a player hits the ball out of the arena and hits another person the person who touches it last is out.*
12. *No double tapping. You are allowed to hit it against the wall to keep it in play but no more than 3 times.*
13. *Make sure to step out of the pit to show you're out.*

* Start with modified game of one-ball dodgeball as warm up for twenty minutes. Same rules, except that you’re only out if the ball hits below the waist. Catching balls allowed but not encouraged. Hitting the ball out of the designated game area means you’re out. Make sure only one ball is in use.
* Set up “game pit” with bleachers in a square, open. Make it clear that normal game pits are octagonal or hexagonal, and much shorter.
* Divide class into two teams of six. Teams for the first day are:

Team 1 – Jon, Matthias, Nathan H., Amos, Ye Jung, Audrey  
Team 2 – Mr. Chung, Mark, Kelvin, Nathan M., Breyanne, Natalie

\*Note: These teams are permanent for today only. They will be changed tomorrow, but not a minute before, unless there is a clear problem . Do *not* let anyone else change them.

* Play Gaga Ball until end of class. Those who are out may sit on the bleachers. Note that balls hitting the bleachers will still be considered in, unless it hits above the third bench, in which case it will be counted as out.
* Have whole class help with clean up.

Day 2: Drills and Game

* Warm up with dodgeball game from yesterday. Play for 15 minutes before starting drills.
* Running Drill
* *Set up two lines of pylons/cones. Have class divide themselves into two groups and line up behind the pylons. Demonstrate drill: weave between the cones as you would in a normal drill, only when you run, you must be bent over the entire time. Does not have to be all the way, but still bent at the waist. When everyone has gone through three times, have a race. Losing team cleans up the cones.*
* Hitting Drill
* *Set up two separate stacks of taped-together bottles (a substitute may be used) to about knee-height. Have students attempt to hit the stacks by bouncing the ball at it. No throwing, rolling, or kicking allowed. Drill for 10 minutes.*
* Passing/Receiving Drill
* *Have students pair up. Let them make their own pairs, unless it becomes obvious that it is not working. Have students stand 2-5m away from each other, and take turns bouncing the ball to their partner. The receiving partner should not catch the ball, but hit it back, at which point their partner becomes the receiver. Scooping is not allowed. Try to avoid having the ball bounce above waist height. When each partner has received and hit the ball 3 times (not counting initial serve), that is one cycle. Have them complete 10 cycles.*
* 2 minute water and stretch break
* Dodging Drill
* *Split class into two. Have one half line up on the black line by the wall, and the other half about 5m away. The half not against the wall must try and hit the person directly opposite from them* ***below the knees*** *with a ball, following the rules of the game. The person against the wall must try and dodge the ball. If the person is hit above the knees, it does not count. Have the class rotate on my call: everyone move one to the left, with the people at the end moving to the next line. When there has been a full rotation, end the drill.*
* Play game
* *Set up game pit like yesterday, and play the game. Same rules as yesterday apply. New teams are:*

Team 1 – Mr. Chung, Matthias, Kelvin, Amos, Ye Jung, Natalie  
Team 2 – Jon, Mark, Nathan H., Nathan M., Breyanne, Audrey

* Have whole class help with clean up.

Day 3: Playing the Game

* Jog three times around the gym for warm up. Have the early finishers start moving the bleachers into position.
* Gaga Ball Tournament! New teams of three each:

Team 1 – Mr. Chung, Nathan M., Ye Jung  
Team 2 – Jon, Amos, Breyanne  
Team 3 – Mark, Nathan H., Audrey  
Team 4 – Matthias, Kelvin, Natalie

* Tournament order:

Round 1 – Team 1 vs. Team 3 (Match 1)  
 Team 2 vs. Team 4 (Match 2)

Round 2 – Match 1 winners vs. Match 2 winners (Match 3)  
 Match 1 losers vs. Match 2 losers (Match 4)

Round 3 – Match 3 winners vs. Match 4 winners

\*Note: when players are not playing, they should be cheering the current players on, but not being a disruptive influence. They may retrieve an out-of-bound ball, but should not throw it back in. Instead, after seeing that all current players are ready, may bounce it back in with the customary cry. Players from the teams who are currently playing who have gotten out may not retrieve the ball.