Month : AUGUST

Theme: Competition: Lesson 30

**1. Objective of lesson:**

1. Hand eye coordination

2. Learn Team Skills

3. Stay active and healthy

2. Activities and Key learning points Time: 30-45 min

Red (Center based program)

1. Retain the material needed. Involve recipient as much as possible
2. Have recipients sit in a circle and staff in the middle. Close enough for people to be successful.
3. Staff will hit the ball toward each person one at a time.
4. The recipient’s job is to catch the ball in the net when it is their turn.
5. Staff can make more challenging by increasing the speed going to the next person or having people reach for the ball.
6. After a few turns, the recipient will then be given a paddle and the staff will toss it toward each person and hit it back to staff that has the net.
7. After a few turns doing that, staff will then challenge people to be served the ball by hitting it with a paddle and hitting it back to the staff. Count how many times the ball was hit back and forth.
8. Highly praise people throughout the activity.

Blue (Center/community based programs)

1. Retain the material needed. Involve recipient as much as possible
2. Have recipients sit in a circle and staff in the middle. Close enough for people to be successful.
3. Staff will hit the ball toward each person one at a time.
4. The recipient’s job is to catch the ball in the net when it is their turn.
5. Staff can make more challenging by increasing the speed going to the next person or having people reach for the ball.
6. After a few turns, the recipient will then be given a paddle and the staff will toss it toward each person and hit it back to staff that has the net.
7. After a few turns doing that, staff will then challenge people to be served the ball by hitting it with a paddle and hitting it back to the staff. Count how many times the ball was hit back and forth.
8. Pair people up to play ping pong
9. Set up nets on the tables
10. One person should be standing on each side of the net.
11. Staff should demonstrate how to serve the ball (rules state the ball must hit same players side and then over the net to the serving box but take what the person is capable of)
12. Have people practice a couple of serves before asking people to hit back and forth.
13. Have the pairs try to beat other pairs by how many times they can hit the ball back and forth. This will aid in people hitting the ball in a controlled manner instead of trying to beat each other.
14. Highly praise people throughout the activity

Green (Community Based)

1. Retain the material needed. Involve recipient as much as possible
2. Spread people out giving them enough room not to hit one another.
3. Staff will demonstrate balancing the ball on the paddle and then raising the paddle to start dribbling the ball on their own paddle.
4. Challenge each person to practice until they get up to 5/10 dribbles.
5. Pair people up to play ping pong
6. Set up nets on the tables
7. One person should be standing on each side of the net.
8. Staff should demonstrate how to serve the ball (rules state the ball must hit same players side and then over the net to the serving box but take what the person is capable of)
9. Have people practice a couple of serves before asking people to hit back and forth.
10. Have the pairs try to beat other pairs by how many times they can hit the ball back and forth. This will aid in people hitting the ball in a controlled manner instead of trying to beat each other.
11. Highly praise people throughout the activity

Supplies needed

1. Ping Pong Balls
2. Nets to catch the balls
3. Ping Pong paddles
4. Netting for the table

Feedback on Lesson what went right/wrong?

1.

2.

3.