

Health Ball

Introduction: All second grade students are expected to understand that personal health decisions they make will affect their health throughout their lives. By playing this game, the students will review tips that promote a healthy lifestyle.

Grade Level and Subject: 2nd Grade Health and P.E.

TEKS: Health – 1A, 1B, 1C, 1D, 1E, 1F, 1G
P.E. – 1A, 3A, 3C, 7A, 7B

Materials: 4-6 foam balls, a whistle

Resource: *The Ultimate Playground & Recess Game Book* by Guy Bailey. ISBN: 0-9669727-2-4

Activity: This activity should be used as a culminating activity at the end of a health unit on personal health decisions. The teacher should include classroom lessons on what to do when not feeling well, properly brushing and flossing teeth, identifying food groups, proper exercise, regular medical and dental checkups, and how to protect the body against some diseases.

On the day of this lesson, the students should be taken to the gym. The teacher should place students in groups of 3 or 4, and have them arrange themselves in a circle. On a starting signal, the students are to throw a ball to one another in their circle. The teacher will blow a whistle, and the person in each circle who has the ball will hold on to it. The teacher will ask a question from the unit the students have just studied. The students with the balls in their hands will answer the question posed to them. The teacher can choose one of the ball holders or have all of them yell out the answer. After the question/answer has been discussed, the students will start throwing the ball around their circle again. Again, the teacher will blow a whistle; a student in each group will hold the ball and answer the question that the teacher asks them. Play will continue in this manner until the teacher determines that the students have reviewed the material sufficiently.

Evaluation: The teacher will monitor all activity and watch for any student who seems to be unsure of the answers. The teacher will provide additional instruction to those students needing it.



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