

Cardio Kickball

Summary

Every player will kick a pitched ball, run the bases and field kicked balls using teamwork and cooperation.

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Life Skills

Communication

Materials

One ball container, six rubber playground or other lightweight kicking balls, four bases, outdoor playing field or gym.

Intended Learning Outcomes

The students will demonstrate competency in kicking a rolled ball, running bases and catching or fielding kicked balls while using teamwork and cooperation.

Instructional Procedures

Organization

: Before beginning the activity, set up a kickball playing field for each game by placing one base at home, first, second and third bases. Place a container with six playground or other kicking balls next to the pitcher's mound. Form teams of six to eight players. One team is up to kick and one team is spread out on the playing field.

Activity: The pitcher rolls a ball to the first kicker, who kicks the ball and begins to run the bases. As soon as the first kicker begins to run, the pitcher takes another ball from the container and pitches it. As the second kicker kicks and begins to run the bases, the pitcher again takes a ball from the container and pitches it for the third kicker. The kicking team is trying to kick and then run the bases as fast as possible. There may be more than one base runner running at a time. Base runners may not pass each other and may not stop on a base. As the balls are being kicked into the field, the fielders are trying to retrieve the balls and place them back into the container as quickly as possible. The fielding team must never allow the container to become empty. If it does become empty, the kicking team receives three points. Each kicker will receive only one pitch to kick. If a kicker misses the ball, that player must retrieve the ball and take it back to the container. The fielding team is never penalized for an empty container if the kicking team has the ball. During each inning, every player kicks the ball one time. As the last kicker comes to kick, he/she must call out " *last kicker!*" The last kicker kicks and begins to run the bases. This last kicker tries to run all four bases before the fielding team can get all six balls back into the container, when all six balls are back, the fielding team yells " *stop!*" At this point, the score is recorded for the kicking team.

Scoring:

A kicker crossing home plate after running the bases receives one point.

The last kicker gets five points for crossing home plate before all six balls are in the container.

The kicking team gets three points every time there is not at least one ball in the container.

When playing in the gym, the fielding team gets one bonus point if the ball hits the ceiling on a kick.

If the kicker's shoe flies off of his/her foot when the ball is kicked, the fielding team will automatically receive three points. (This will help to reinforce the importance of tying their shoes before participating in an activity.)

Start the scoring at zero after each full inning.

The teams have 15 seconds to change places before the first ball is pitched reinforcing the quick transition from offense to defense.

Bibliography

Adapted from "Great Activities Newspaper"

Authors

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