

Objective

By the end of this lesson, you will learn the basic rules and skills needed to play kickball.

Materials and Prep

- Open outdoor space for playing
- A kickball or any bouncy ball
- At least 2 players (you and a family member or friend)

No prior knowledge is required, just bring your energy and enthusiasm!

Activities

- **Warm-Up:** Start with a fun jogging warm-up around the playing area to get your body ready.
- **Practice Kicking:** Practice kicking the ball gently with your foot, focusing on accuracy and control.
- **Fielding Practice:** Take turns throwing and catching the ball with your partner to improve coordination.
- **Mini Game:** Play a small kickball game with simple rules like kicking the ball and running to a base.

Talking Points

- **What is kickball?** "Kickball is a fun game where we kick a big bouncy ball and run around the bases."
- **How do we play?** "To play kickball, we take turns kicking the ball and running to the bases to score points."
- **Why is it important to warm up?** "Warming up helps our muscles get ready for playing and prevents injuries."
- **Why do we practice kicking and fielding?** "Practicing helps us get better at kicking and catching the ball, so we can play the game well."
- **What is teamwork in kickball?** "Teamwork means helping each other play the game and cheering for our friends."