

Disability Sports → Goalball



Grade levels: 4-6

Duration: 20 minutes

Equipment: orientation lines, polly-spots (3-4 per team), cones (4 per court), 3 goalballs, eye shades

National PE Standards:

1, 4, 5

Common Core Standards:

CCSS.ELA-LITERACY.SL.4.1.D

Review the key ideas expressed and explain their own ideas and understanding in light of the discussion.

CCSS.ELA-LITERACY.SL.5.1.C

Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.

CCSS.ELA-LITERACY.SL.6.2

Interpret information presented in diverse media and formats and explain how it contributes to a topic, text, or issue under study.

Objectives

Psychomotor:

1. Students will demonstrate the proper way to roll a goalball.
2. Students will demonstrate the proper way to block (or stop) a goalball.
3. Students will rely on senses other than sight during the game of goalball.

Cognitive:

1. Students will apply their knowledge of the rules to a small-sided game of goalball.
2. Students will apply their knowledge of strategy and positions (offense and defense) to a small-sided game of goalball.

Affective:

1. Students will demonstrate on-task behavior by following protocols and listening to the teacher while he/she is giving instructions.
2. Students will work and communicate with their peers in their group to achieve a mutual goal.

Activity 1: Passing goal ball in a circle.

Time: 5 minutes

Objective: Students demonstrate ability to pass the ball sitting in a straddle position in a circle keeping the ball in the circle with eye shades on, focusing on using their other senses to pass the ball. Students attempt to pass the ball to as many different people in 2 minutes.

Organization: students are distributed into three groups sitting in circles on the gymnasium floor, one goalball per group

Teaching Cues:

- Listen and feel for the ball
- Think about a strategy your group can use to move the ball around to all members of the group
- Try to keep eyes completely covered and trust that you are safe.
- It is challenging to keep the eye shades on and withhold from peeking, try your best to be honest.

Evaluation: Students demonstrated ability to use sense of touch and hearing to pass the ball to all members of the group, keep the goal ball in the circle, and move to the ball by listening to the bell.



Activity 2: Small-sided Games of Goalball

Time: 15 minutes

Objective: students demonstrate ability to play a game of goalball by rolling the ball to the other side, blocking the ball by lunging to the side, and listening for the ball to make an appropriate move to block the other team from scoring.

Organization: Students are distributed into teams with three to four players on each team. Each student will have a polly-spot as the place for the students to be positioned. The courts and polly-spots will be set prior to the students arriving.

Teaching Cues:

- The server, rolls the ball across the court to the other teams court. The server is attempting to roll the ball past the opposing team to score a point.
- All players start each serve on knees and at their orientation spot.
- Students move to ball by listening for the bell and lunging to either side to block the serve.
- The coach gives encouragement and assists teammates on where to move. The coach is sighted.
- The coach will switch with a player after 3 serves.
- Every player will get an opportunity to be sighted.



Modifications:

-Standing vs. kneeling or sitting when serving the ball

- Standing provides a faster and harder paced game while kneeling or sitting will provide a less forceful game

-Different goalballs

- Goalballs come in many different sizes, weights, and textures. A lighter goalball may be preferred with a younger demographic of students where as a heavier regulation goal may be preferred for an older high school demographic of students.

-Sighted vs. non-sighted game play

- Some students may not feel comfortable having an eyeshade over their eyes during game play, the option could be given to the students for them to decide whether or not they wish to wear them.

-Number of players per team

- The number of players per team can be changed depending on how many students you have per class.

Evaluation: Students demonstrate ability to play the game of goalball.