

~ Collaborative Grant ~  
**Instructional Plan / Lesson Plan**

**Instructional Area:** ( x ) Leisure ( ) Daily Living ( ) Community  
**Ability Level:** ( ) Emerging ( x ) Developing ( ) Mastery

**Topic / Skill Outcome:** Foosball

**Graduation Standard:** Literacy, Communication, Math and Science, Social Studies, Personal Resource Management, Physical Education/Rec & Leisure

**Purpose of Lesson / Objective:**

Increase active participation in foosball.

**Materials / Equipment / Environment:**

Foosball table and foosball. Area around entire table must be free of any objects in order for students to adjust handles more freely.

**Group Size:** 2 - 4

**Time Required:** 15-30 minutes/flexible

**Lesson Procedure:**

Review foosball game procedures. Demonstrate foosball handle spinning technique using a forward and backward motion of handle bars. Allow students to practice (one at a time). Demonstrate handle-spinning technique while moving foosball toward goal area. Allow each student to practice this technique. Remind students that every other handle is used by them to spin foosball toward goal. Note: Emerging and developing level may be most successful with using 4 players, which allows each player to operate or spin only one handle. This may incur less confusion.

**Carry Over / Related Activities:**

- Table Hockey
- Have a dowel or rod with a 3-5 pound weight hanging from a rope in the middle of the dowel/rod. Hold rod/dowel with arms extended out in front of you and twist the weight hanging from the rope until it reaches the dowel/rod. This will help to strengthen wrists.
- Play pinball to help follow ball movement.
- Play ping-pong to help follow ball movement.

**Supporting Activities / Possible Adaptations:**

Add two foosballs to game table to make for more scoring. Rotate students throughout the game for more participation. Create a box foosball game with candy land characters, pipe cleaners and a ping-pong ball. Spin only one handle per team if only two students play.

**Strategies for Participation:**

Incorporate a contest with prizes for all! Allow students to pick team names for their foosball players.

**Student Reaction / Evaluation:**

Record amount of time they play the game. Record level of assistance needed to play the game. "Play of the Day"- Students share a positive comment on activity or peer.

**Lesson Support:**

(Introduction – lead in, background information, supporting concepts and activities – curriculum)

Sportsmanship, hand-eye coordination, lifelong sport, physical activity, provides sensory input, team building skills, positive social interaction, strategic planning.