

Intermediate

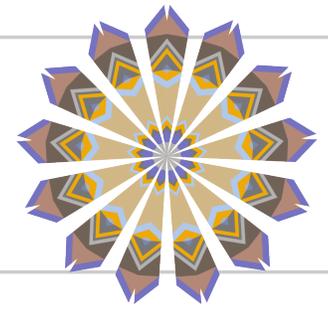
Hacky Sack

Facilities

- Gymnasium
- Outdoors

Equipment

- Appendix B
- Hacky sack or beanbag (1 per student)



Physical Activity Level

- Vigorous

Safety Considerations

Remind students to be cautious when moving and to be aware of the personal space of others.

Overview

Students will actively and safely explore movements using a hacky sack.

WARM UP

Hal Says... Warm Up

- Ask 4 students to be volunteer “HALs” (Healthy Active Living), for each of 4 games to be played simultaneously in the corners of the activity area.
- Divide the rest of the students into 4 groups, with each facing its HAL.
- HAL gives a series of commands, using low-intensity aerobic activities that gradually increase in speed and intensity (e.g., walking in place, brisk walking, marching, dancing). For example, the volunteer calls out “HAL says, march on the spot” or “March on the spot.” Students respond only to commands starting with, “HAL says...” (as in the familiar game “Simon Says”).
- When students are eliminated from one game, they move clockwise to the next corner and join that game.

GETTING ACTIVE

Hacky Sack

- Students toss a hacky sack in the air and catch it in a variety of ways (e.g., behind back, under leg, around leg). With partners, students pass the hacky sack back and forth, tossing and catching in a variety of ways (e.g., 1-hand or 2-hand toss, under/overhand toss).
- As students become successful at tossing, they step further apart. Students practice hitting the hacky sack with the inside of their foot and catching it, and try repeated kicks of various kinds (see descriptions below) without dropping the hacky sack.

Basic inside kick

With knee bent and foot forward, make contact with inside of foot.

Basic outside kick

With knee bent and foot pointed away from body, make contact with outside of foot.

Basic back kick

With knee bent and foot pointed backward and behind body, turn upper body to maintain sight of the hacky sack, and make contact with outside of foot.

- In pairs, students practice kicking the hacky sack, catching it, and repeat. Partners provide suggestions and feedback to each other.

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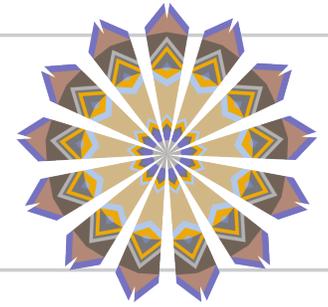
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- Students practice a variety of combinations (try 2–5 moves, such as: toss, kick, clap, turn), and aim to repeat the same combination several times in a row.
- Students share their routine with their partner, and then try to complete the routine together.

COOL DOWN

Hal Says...Cool Down

- Play a game of HAL Says (as described in the warm-up), but ensure that the commands gradually decrease in speed and intensity (e.g., jog, march, walk) and end with stretches for all the major muscles (see Appendix B).
- Encourage students to be creative with the stretches (e.g., reach for the sky, stretch as wide as a wall).

Other Considerations

- If there are no hacky sacks in the school, you could use beanbags.
- For another variation, a soccer ball could be used.
- Consider playing music to help inspire and motivate students. (See Appendix D for ideas)