

## Crab Soccer and the Navigator

<b>Grade(s):</b>	<b>4-8</b>
<b>Category:</b>	<b>Physical Activity</b>
<b>Subject:</b>	<b>Physical Education</b>
<b>Location:</b>	<b>Gym or Outdoors</b>
<b>Duration:</b>	<b>20 minutes</b>

### Safety Considerations

- Make sure your students understand the start and stop signals.
- Ensure that your students keep their heads up at all times so they can see their surroundings and prevent being injured.
- Ensure that the gym walls are padded (if possible).
- Be sure to use an indoor soccer ball: it's lighter, softer, and won't hurt as much as an outdoor ball.
- Students can't kick each other or kick above their heads while in the crab position.

### Equipment

- 8 pylons
- 2 brightly coloured, **indoor** soccer balls

### Instructions

1. Divide the class into 4 teams. Split the gym into half courts to have 2 games going on at once.
2. Set up pylons further apart than normal to allow for easier scoring (especially for visually impaired students).
3. Tell the class that you'll use both a flag and a whistle to indicate when a goal is scored. (Indicate which type of whistle blow you will use in comparison to your start/stop blow).
4. Demonstrate the position that all students will assume. To look like a crab, start off with students sitting on the floor, their knees bent in front and their hands on the floor behind their backs.
5. Tell your students to raise their bottoms off the floor from this position. This is the crab position.
6. Students must NOT kick each other and they must not kick the ball any higher than their heads while in crab position.
7. Students are to remain in crab position for the entire game.
8. The goal is to score in the opposing team's net.
9. Tell students to use verbal and visual commands (especially eye contact) to kick the ball to team members, etc.

## Accommodations/Modifications

Make sure hearing impaired students can clearly see you demonstrate the changes.

1. Teach your students better communication skills by giving eye patches to some students and earplugs to other students (for hygienic purposes throw these ear plugs out after using them once).

Give these items to only a few students (i.e., 1 of each per team). This lets students gain a new perspective and create non-vision and non-hearing ways to communicate with their team members.

2. Partner students who are completely blind with a classmate who'll navigate the student by yelling out directions ("Go right", "Go left", "Straight", "Kick", etc.) from the sidelines. Have students take turns playing the navigator.