

# Krazy Kickball

**Appropriate Age of Activity:** K-1

**Objectives:** For the students to practice their kicking skills and defense skills while performing a good cardio activity

**Area and Equipment:** 4 bases, 6-10 balls, 1 tub

## **Description:**

- Divide the class into two groups: kicking and fielding
- Put down a line or poly spot so students know where to kick from and do not start on home base.
- Teacher rolls a ball to the first batter. They kick the ball and run all the way around the bases. Making sure to touch home base at the end.
- As soon as the first batter begins to run, the teacher rolls another ball to the next batter, and the next, and so on.....
- The fielding team retrieves the balls and puts them back in the tub by the teacher
- There are no outs
- After each person kicks 1-3 times, switch the teams.

## **Safe Play Rules:**

- Defense must stay behind the pitcher.
- Defense must stay on their side of the field.
- Students must start on line and not home base.