

Gopher Exclusive Unit: What You Have & How To Use It

Designed for High School PE – Novel, high-engagement games and challenges

Introduction

This unit features Gopher-exclusive activities to promote MVPA, teamwork, tactical thinking, and inclusive competition. Use these lessons to diversify gameplay, build positive class culture, and assess transferable skills (communication, strategy, spatial awareness).

Lessons in This Unit

- Catch and Release
- Continuous Netball
- Flag Frenzy
- FootGolf
- Maze Links
- Nitro Volley
- Rahi-Ball
- Team Transfer Challenges
- VolleyBop
- Gaga Ball

What You Have

Teacher resources to organize novel game instruction, assessment, and event management.

- Unit overview and daily lesson plans with clear learning targets (skills, tactics, SEL).
- ASAP warm-ups and quick setup guides for each game.
- Inclusion strategies and adaptations for diverse learners and spaces.
- Skill/tactic progressions: rules → roles → strategy → gameplay.
- Assessment toolkit: observation checklists, performance rubrics, self/peer reflections.
- Peer coaching cards with key cues and fair-play agreements.
- Vocabulary and rules summaries for each activity.
- Teacher reflection prompts for continuous improvement.

Instructional Media

- Sample 15-day unit map (adaptable to 10–20 lessons).
- Printable station signs, score sheets, and officiating roles.
- Skill/tactic task cards (passing, defending, shot selection, communication).
- Leveled assessments (emerging, developing, proficient) with large-class guidance.

Core Equipment by Lesson

Lesson	Standard Equipment	Low-Cost/DIY Substitutions
Catch and Release	Soft balls, cones	Rolled socks, tape lines
Continuous Netball	Netballs, goals/cones	Playground balls, buckets as goals
Flag Frenzy	Flag belts, cones	Bandanas, taped zones
FootGolf	Soccer balls, target hoops/cups	Playground balls, hula hoops
Maze Links	Poly spots, ropes	Paper plates, chalk paths
Nitro Volley	Volley balls, nets, cones	Beach balls, rope net, tape lines
Rahi-Ball	Specialty balls, goals	Playground balls, bins as goals
Team Transfer Challenges	Buckets, balls, noodles	Laundry baskets, bean bags, rope loops
VolleyBop	Foam balls, hand paddles	Balloon/foam balls, cardboard paddles
Gaga Ball	Gaga pit, foam balls	Coned square pit, soft balls

How to Use It

Sequence games to build understanding of rules and tactics, then increase complexity and teamwork demands.

- Days 1–3: Intro + low-contact skill builders (Catch and Release, VolleyBop).
- Days 4–6: Target/accuracy games (FootGolf, Maze Links).
- Days 7–9: Invasion/possession games (Continuous Netball, Nitro Volley, Rahi-Ball).
- Days 10–12: Team Transfer Challenges + Flag Frenzy (roles, transitions, offense/defense).
- Days 13–15: Culminating Gaga Ball tournament + class reflection.

Daily Flow (Prep → Set → Teach)

- Prep: Post rules and safety cues; designate boundaries and roles.
- Set: Quick warm-up; demo key skill/tactic; clarify scoring and fair-play.
- Teach: Short bouts (3–5 min) with immediate feedback; rotate roles; close with reflection or exit slip.

Assessment & Evidence of Learning

- Observation checklists for communication, spacing, and rule adherence.
- Student self-checks (role effectiveness, one tactical adjustment).
- Peer feedback using coaching cards (one praise, one suggestion).
- Performance rubrics during culminating events (decision-making, effort, fair play).

Safety

- Use soft equipment and clear boundaries; teach safe tagging and contact rules.
- Establish stop/freeze signals and retrieval routines.
- Position officials/coaches to monitor high-traffic areas.
- Scale game intensity by space, player count, and rule modifications.

Limited Equipment / Large Class Ideas

- Create grids or lanes and rotate teams on signal to prevent congestion.
- Use cones/tape for makeshift boundaries and goals.
- Substitute balloons/foam balls for striking/volley games to increase safety and access.
- Assign roles (coach/official/recorder) to maintain engagement even when not on the field.

Reflection Questions

- Which tactic improved your team's success today?
- How did your communication affect spacing and transition?
- What is one modification that made the game more inclusive or fun?

Appendix A: Rotation & Score Template

Use this template to organize stations/games and record results.

Game	Round	Team	Score	Notes (tactic/fair-play)
	1			
	2			
	3			
	4			
	5			
	6			
	7			

Appendix B: Equipment Checklist

- Soft balls/foam balls, cones, flags/bandanas
- Buckets/targets, ropes/loops, poly spots
- Station signs, score sheets, pencils, sanitizing wipes