



Physical Education Curriculum

Easy to follow, standards-based lesson planning resources

DotBall360° Physical Education Curriculum

Written by Dan DeJager

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About DotBall360°

DotBall360° merges the best aspects of our favorite sports to create an exciting and competitive revolution. Imagine the teamwork of Volleyball mixed with the action of Pickleball with the portability of Roundnet! DotBall360° is a team paddle sport! DotBall360° is fun for all ages, and the rules can be easily modified for any skill set.

How the curriculum works

Each provided activity is 15 to 30 minutes long. You will often want to combine 2-3 activities to create your lesson plan, depending on the length of time available for your lesson. This also gives you the opportunity to revisit skills or activities for review if you believe students could benefit from more practice before moving on to the next set of skills. We provide an example three-week block plan based on a class that meets 45 minutes a day for 5 days a week, but you can adjust the plan and include the activities that best meet the needs of your students and fit your schedule. There are also Peer Check Sheets for the main skills used in DotBall360° that can support student learning and Vocabulary Posters that can be used to support English learners and all students in learning the skills used in the game.

Safety

- Make sure students have adequate space to participate in activities. The facility should allow students to move freely without running into objects around them. Teachers should establish a safe play area for each group of students.
- Dotball360° can be played on a variety of surfaces. Make sure the practice and playing area is dry, flat and clear of excess equipment or obstacles.
- Teach students paddle safety and emphasize that they should be always aware of each other and one another's paddles.
- When students are working in pairs, those students should be facing each other in lines that are safely spread apart from one another. When students are working in groups of 3 or more, students should have adequate distance and space between them and other groups.
- If a ball leaves the group's playing area, play should stop, and a member of the group should carefully retrieve the ball. Teach students the protocol for retrieving balls that leave the play area.

Equipment Needs

- 1 DotBall360° Set Per 6 students: 6 DotBall360° Paddles, 2 DotBall360° Balls and 1 DotBall360° Table
- 4 Additional DotBall360° Balls per 6 students
- 1 Hoop per 2 students (if no hoops are available bicycle tires, jump ropes laid down in a circle or circles made with tape on the ground can also work)

National Middle School Physical Education Standards Addressed*

- Strikes with a mature overhand pattern in a nondynamic environment for net/ wall games such as volleyball, handball, badminton or tennis. (S1.M13.6)
- Strikes with a mature overhand pattern in a dynamic environment for net/ wall games such as volleyball, handball, badminton or tennis. (S1.M13.7)
- Strikes with a mature overhand pattern in a modified net/wall game such as volleyball, handball, badminton or tennis. (S1.M13.8)
- Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short-handled racket tennis. (S1.M14.6)
- Demonstrates the mature form of forehand and backhand strokes with a short- or long-handled implement with power and accuracy in net games such as pickleball, tennis, badminton or paddle ball. (S1.M14.8)
- Transfers weight with correct timing for the striking pattern. (S1.M15.6)
- Transfers weight with correct timing using low to high striking pattern with a short-handled implement on the forehand side. (S1.M15.7)
- Forehand-volleys with a mature form and control using a short-handled implement. (S1.M16.6)
- Forehand- and backhand-volleys with a mature form and control using a short-handled implement. (S1.M16.7)
- Forehand- and backhand-volleys with a mature form and control using a short-handled implement during modified game play. (S1.M16.8)
- Creates open space in net/wall games with a short-handled implement by varying force and direction. (S2.M7.6)
- Creates open space in net/wall games with either a long- or short-handled implement by varying force or direction, or by moving opponent from side to side and/or forward and back.
- Reduces offensive options for opponents by returning to home position. (S2.M8.6)
- Selects offensive shot based on opponent's location (hit where opponent is not). (S2.M8.7)

- Varies placement, force and timing of return to prevent anticipation by opponent. (S2.M8.8)
- Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)
- Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors. (S4.M1.6)
- Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates. (S4.M1.7)
- Cooperates with a small group of classmates during adventure activities, game play or team-building activities. (S4.M5.6)
- Identifies the rules and etiquette for physical activities, games and dance activities. (S4.M6.6)
- Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities and games or by following parameters to create or modify a dance. (S4.M6.7)
- Uses physical activity and fitness equipment appropriately and safely, with the teacher's guidance. (S4.M7.6)
- Independently uses physical activity and exercise equipment appropriately and safely. (S4.M7.7)
- Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity. (S5.M6.6)
- Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk and providing support to classmates. (S5.M6.7)

*SHAPE America. (2013). Grade-level outcomes for K-12 physical education. Reston, VA: Author

National High School Physical Education Standards Addressed*

- Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games).²⁴ (S1.H1.L1)
- Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games).²⁵ (S1.H1.L2)
- Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1)
- Uses strategies and tactics effectively during game play in net/wall and/or target games. (S2.H5.L1)
- Applies strategies and tactics when analyzing errors in game play in net/wall and/or target games. (S2.H5.L2)
- Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)
- Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. (S4.H4.L1)
- Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)
- Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.⁵¹ (S5.H2.L2)

*SHAPE America. (2013). Grade-level outcomes for K-12 physical education. Reston, VA: Author

Activity Table of Contents

<u>Resources</u>	<u>Page</u>
<u>Activities</u>	
<p>Paddle Handling Individuals learn how to use the proper grip and how to keep the ball under control.</p>	12
<p>2 Person Rally Pairs rally back and forth to one another while focusing on keeping the ball under control and getting it to their partner.</p>	15
<p>The “Up” (Bump) Pairs practice the “Up”. Similar to the bump in volleyball, this skill helps get the ball back under control and prepares for another teammate to set the ball.</p>	18
<p>The Serve Pairs learn and practice serving to a hoop or table. Every rally and game of DotBall360° starts with this overhand serve.</p>	22
<p>The “Set” (Set) Pairs practice the set, a critical skill that sets up a teammate for the DOT (spike).</p>	26
<p>3 Person Rally Groups of 3 practice serving, up (bumping) and setting together in an attempt to keep a rally going using a hoop or table.</p>	30

<p>The “DOT” (Spike) Pairs practice the DOT, the most challenging hit to return in a game of DotBall360° and a necessary skill for getting the ball back to the table.</p>	34
<p>Up, Set, DOT Groups of 3 practice the Up, Set and DOT while using a hoop or table.</p>	38
<p>Rookie Rules Game Play Groups of 6 play games of 3 on 3 following the Rookie Rules of DotBall360°.</p>	42
<p>Offensive Strategies in Game Play Groups of 6 play games of 3 on 3 while practicing offensive strategies during Rookie Rules game play.</p>	46
<p>Defensive Strategies in Game Play Groups of 6 play games of 3 on 3 while practicing defensive strategies during Rookie Rules game play.</p>	49
<p>Quick Rules Game Play Groups of 6 play games of 3 on 3 following the Quick Rules of DotBall360°.</p>	52

<p>Choose Your Own Game: Rookie Rules or Quick Rules Gameplay Groups of 6 discuss and decide on what DotBall360° rules they would like to use for gameplay.</p>	57
<p>Peer Check Sheets Check sheets that can be used by a peer to assess their group member's skills and provide feedback.</p>	60
<p>Vocabulary Posters Posters that can be hung up to support English learners with language and all students in learning skills.</p>	65
<p>The Story of DotBall360° The people and background behind DotBall360°.</p>	70

Sample 15 Lesson, 45 Minute Per Lesson Block Plan

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>
<ul style="list-style-type: none"> • Paddle Handling • 2 Person Rally 	<ul style="list-style-type: none"> • 2 Person Rally • The Up 	<ul style="list-style-type: none"> • The Up • The Serve 	<ul style="list-style-type: none"> • The Serve • The Set 	<ul style="list-style-type: none"> • 3 Person Rally
<u>DAY 6</u>	<u>DAY 7</u>	<u>DAY 8</u>	<u>DAY 9</u>	<u>DAY 10</u>
<ul style="list-style-type: none"> • 3 Person Rally 	<ul style="list-style-type: none"> • The Set • The DOT 	<ul style="list-style-type: none"> • The DOT • Up, Set, DOT 	<ul style="list-style-type: none"> • Rookie Rules Game Play 	<ul style="list-style-type: none"> • Rookie Rules Game Play
<u>DAY 11</u>	<u>DAY 12</u>	<u>DAY 13</u>	<u>DAY 14</u>	<u>DAY 15</u>
<ul style="list-style-type: none"> • Offensive Strategies in Game Play 	<ul style="list-style-type: none"> • Defensive Strategies in Game Play 	<ul style="list-style-type: none"> • Quick Rules Game Play 	<ul style="list-style-type: none"> • Choose Your Own: Rookie Rules or Quick Rules 	<ul style="list-style-type: none"> • Choose Your Own: Rookie Rules or Quick Rules

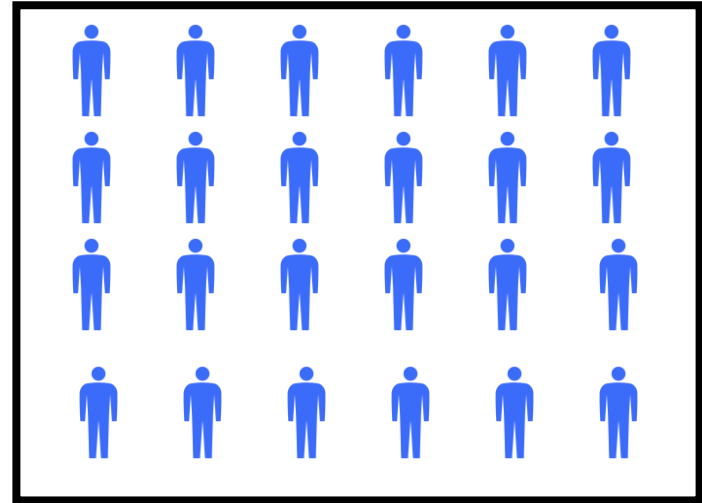
Paddle Handling

Equipment

- 1 paddle per student
- 1 ball per student

Set-Up

- Make sure each student has one ball and one paddle.
- Spread students out throughout the entire lesson area, so they have adequate space to move.
- Be sure to discuss start and stop signals as well as safety protocols before the activity.



Learning Targets

- **Psychomotor:** I will keep the ball under control while hitting it to myself and using the proper grip.
- **Cognitive:** I will be able to identify the proper way to grip a paddle and how a ball can be kept under control while hitting it to oneself.
- **Affective:** I will demonstrate how to follow directions and respect the space of others to safely participate in physical activity.

Cues

- Use a handshake grip.
- Keep your wrist firm.
- Watch the ball.
- Keep the ball under control.

Activity

- DotBall360° is an exciting game that includes elements of volleyball, pickleball, ping pong and other net/wall games. It is typically played in games of 3 on 3 or 2 on 2, but today we are just going to work on following our safety protocols and learning how to handle the paddle by ourselves.
- Take one of the DotBall360° balls and squeeze it. Notice that it has some give to it. That is what is going to help it absorb some of its bounce and help you keep it under control. Go ahead and bounce it up and down on the ground.
- Next, we will learn the handshake grip used for holding the paddle. (*Review cues and demonstrate.*)
- Now we will practice hitting the ball to ourselves and keeping it under control. This is important because you will practice your grip that can be used for forehand and backhand hits in the game. In your own self space hit the ball to yourself:
 - With your palm up (forehand) and the ball 1-2' above the paddle.



TEACHER TIP: PRACTICE
START AND STOP SIGNALS
AND BEING AWARE OF OTHERS
DURING THIS ACTIVITY

- With the back of your hand up (backhand) and the ball 1-2' above the paddle.
- Flipping the paddle from forehand to backhand back and forth with the ball above the paddle.
- With the palm of your hand up like you are holding a bowl of soup hit the ball in the air 1-2' then let it bounce on the ground. Come under it with your paddle and hit it back in the air again. See how many in a row you can get without it bouncing twice.

Closure Questions and Quick Assessments

- What did you do to keep the ball under control during this activity?
- On a scale of 1-5 show me on your fingers: How do you feel about your paddle handling skills? 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360° player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do with following directions and respecting the space of others?

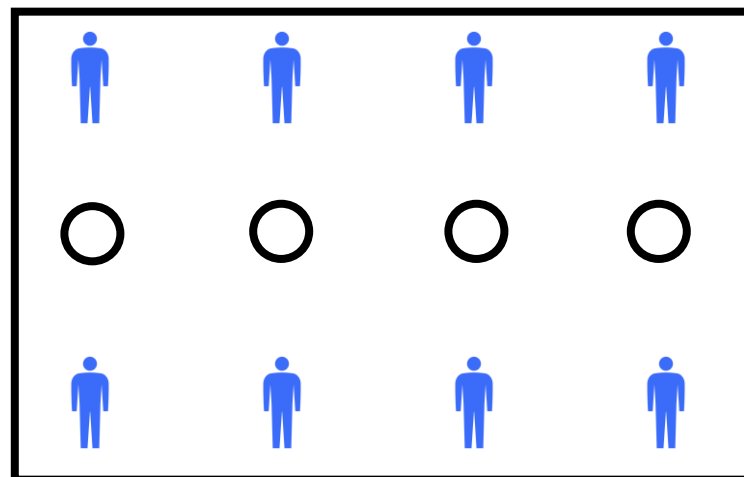
2 Person Rally

Equipment

- 1 paddle per student
- 1 ball per 2 students
- 1 hoop per 2 students

Set-Up

- Make sure each student has 1 paddle. And every 2 students has 1 ball.
- Place students across from each other in pairs, in lines parallel to one another. There should be a hoop midway between each partner. Ensure there is plenty of room between each line for students to move and hit the ball without crossing into the space of another pair.
- Be sure to discuss start and stop signals as well as safety protocols before the activity.



Learning Targets

- **Psychomotor:** I will keep the ball under control while hitting it to a partner.
- **Cognitive:** I will be able to identify the proper way to grip a paddle and how a ball can be kept under control while hitting it to a partner.
- **Affective:** I will demonstrate how to follow directions and respect the space of others to safely participate in physical activity while rallying to a partner.

Cues

- Use a handshake grip.
- Keep your wrist firm.
- Swing with palm up like you are holding a bowl of soup.
- Follow through so the ball will land in the hoop.



TEACHER TIP:

REINFORCE STOPPING PLAY
AND RETRIEVING THE BALL
SAFELY IF IT LEAVES THE
PRACTICE AREA

Activity

- We are going to practice our paddle handling skills and focus on keeping the ball under control while hitting it back and forth to a partner.
- You should be lined up across from your partner with a hoop on the ground between the two of you.
- It is important to follow our start and stop signals and safety protocols during this activity.
- When hitting the ball to your partner today, you want to try to get the ball to bounce in the hoop between the two of you, so your partner can hit it back to you after one bounce. (*Review cues and demonstrate.*)
- Now we will practice hitting the ball to our partner and keeping it under control. This is important because DotBall360° is a team sport so you will want your teammates to be able to get it. It is also important to practice hitting a target like this hoop which is similar to the table in the game. Standing 5 to 11 feet from the hoop between you and your partner:

- Hit the ball back and forth trying to get the ball to bounce in the hoop before your partner returns it. Score 1 pt. for each time the ball lands in the hoop.
- Hit the ball back and forth trying to get the ball to bounce in the hoop before your partner returns it, but this time hit the ball up to yourself once and let it bounce on the ground once before hitting it back to your partner. Score 1 pt. for each time the ball lands in the hoop.
- Hit the ball back and forth trying to get the ball to bounce in the hoop before your partner returns it. Take one step back if you and your partner hit the ball in the hoop twice in a row. Take one step forward if you miss the hoop. See how far you and your partner can get from the hoop. Make sure to follow safety rules and be aware of others around you.

Closure Questions and Quick Assessments

- What did you do to keep the ball under control so you could hit it back to the hoop?
- On a scale of 1-5 show me on your fingers: How do you feel about rallying back and forth to a partner. 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360⁰ player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do with being respectful and safe while retrieving a ball if it left your play area?

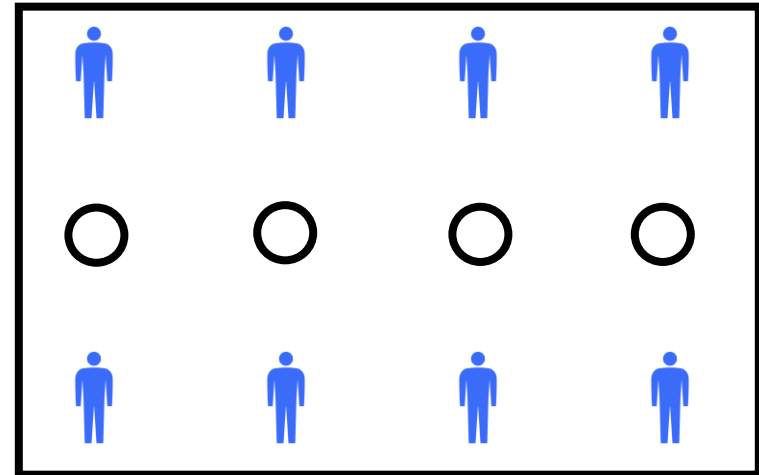
The “Up” (Bump)

Equipment

- 1 DotBall360° paddle per student
- 1 DotBall360° ball per 2 students
- 1 hoop per 2 students

Set-Up

- Make sure each student has 1 paddle. And every 2 students has 1 ball.
- Place students across from each other in pairs, in lines parallel to one another. There should be a hoop midway between each partner. Ensure there is plenty of room between each line for students to move and hit the ball without crossing into the space of another pair.
- Be sure to discuss start and stop signals as well as safety protocols before the activity.



Learning Targets

- **Psychomotor:** I will be able to “up” (bump) the ball with the paddle toward my partner while receiving a ball.
- **Cognitive:** I will be able to identify how to properly “up” (bump) a ball back to a partner and understand why the skill is important in DotBall360°.

- **Affective:** I will work responsibly and respectfully together with a partner, so we can both improve our “up” (bump) skills.

Cues

- Use a handshake grip.
- Keep your wrist firm.
- Use a forehand or backhand stroke depending on the location of the ball.
- Hit the ball up!
- Follow through to where you want the ball to go.

Activity

- We are going to practice our “up” skills. The “up” is just like the bump used in volleyball. This skill is critical in DotBall360° because it helps get the ball under control and gives your team member time to get to the ball for the next hit.
- You should be lined up across from your partner with a hoop on the ground between the two of you.
- It is important to follow our start and stop signals and safety protocols during this activity.
- When hitting the ball to your partner today, try to hit the ball up so that it bounces higher for them. If the ball is coming toward the paddle side of your body, you will want your palm to be facing the ball and use a forehand stroke. If the ball is coming toward the opposite side, you will want to use a backhand stroke. (*Review cues and demonstrate.*)



**TEACHER TIP: REMIND
STUDENTS TO PAY ATTENTION
TO OTHERS AROUND THEM AS
THEY TRY TO CATCH OR HIT
THE BALL AND STOP PLAY IF IT
LEAVES THEIR PRACTICE AREA**

- Now we will practice bumping the ball and hitting it up with our paddle. This is important because DotBall360° is a team sport, and you want your teammate to have enough time to get to the ball for a set, the next step for success. Standing 5 to 11 feet from the hoop between you and your partner:
 - Have one partner place their paddle on the ground and toss the other partner a ball. The partner with the paddle is going to bump the ball “up” back toward them. The tossing partner will then catch the ball off of the bounce. Switch who is tossing and hitting after every 5 tosses and hits. Score 1 pt. for each time the ball is caught after an “up”.
 - While both partners hold a paddle have one partner toss the other partner a ball. The receiving partner is going to bump the ball “up” back toward the person who started by tossing the ball. The tossing partner will then “bump” the ball back up toward their partner. Score 1 pt. for each time the ball is bumped “up” before it hits the ground twice. Start over once the ball bounces twice.
 - While both partners hold a paddle, one partner drops the ball on to their paddle and bumps it “up” back toward their partner. The receiving partner bumps the ball “up” back toward the hoop and the person who started by tossing the ball. The partner will then “bump” the ball back up toward the hoop and their partner. Score 1 pt. for each time the ball is bumped “up” and lands in the hoop before hitting the ground twice and being returned. Start over once the ball bounces twice.

Closure Questions and Quick Assessments

- What did you do to hit the ball up?
- On a scale of 1-5 show me on your fingers: How do you feel about bumping the ball and hitting it up with your paddle for your partner. 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360⁰ player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do with being safe and paying attention to others around you while practicing these skills?

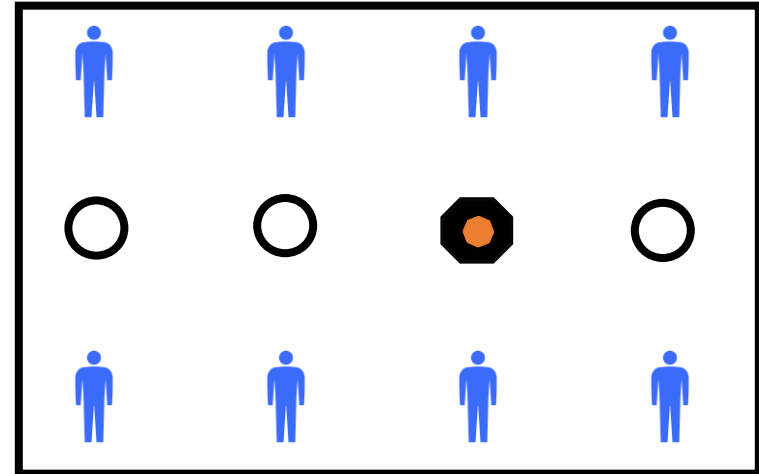
The Serve

Equipment

- 1 DotBall360° paddle per student
- 1 DotBall360° ball per 2 students
- 1 hoop or DotBall360° table per 2 students

Set-Up

- Make sure each student has 1 paddle. And every 2 students has 1 ball.
- Place students across from each other in pairs, in lines parallel to one another. Place a hoop/table (every 3rd pair) midway between each partner. Ensure that there is plenty of room between each line for students to move and hit the ball without crossing into the space of another pair.
- Be sure to discuss start and stop signals as well as safety protocols before the activity.



Learning Targets

- **Psychomotor:** I will be able to serve the ball to my partner.
- **Cognitive:** I will be able to identify how to properly serve a ball understanding why the skill is important in DotBall360°.
- **Affective:** I will encourage my partner while they practice serving.

Cues

- Use a handshake grip.
- Keep your wrist firm.
- Toss the ball up lightly in front of your paddle hand with your off hand.
- With the paddle facing forward at a downward angle strike the ball down to the hoop/table.
- Follow through to where you want the ball to go.



TEACHER TIP: POINT
OUT THE ENCOURAGING
WORDS AND ACTIONS YOU SEE
STUDENTS USING DURING THE
SERVING PRACTICE

Activity

- We are going to practice our serving skills. The serve is critical in all net/wall games and it's no different in DotBall360°.
- You should be lined up across from your partner with a hoop on the ground or table between the two of you.
- It is important to follow our start and stop signals and safety protocols during this activity.
- When hitting the ball to your partner today, you will practice the serve by tossing the ball slightly up and hitting the ball with your palm and paddle facing down with a downward striking movement. (*Review cues and demonstrate.*)
- Now we will practice serving the ball with our paddle. This is important because all team members serve during a game, and you want to make sure you can hit the ball cleanly off

the table in 2 tries. We will also take turns serving to the DotBall360° table today. Serving can be a challenge, so you will also practice using encouraging words and actions during this activity to support your partner. Standing 5 to 11 feet from the hoop/table between you and your partner:

- Have one partner place their paddle on the ground. The other partner with the paddle will serve the ball to the hoop/table, attempting to bounce it to their partner for them to catch. The receiving partner will then catch the ball and serve it back to their partner who will attempt to catch it. Score 1 pt. for each time the ball is served to the hoop/table and caught by the partner. *(Every few minutes, have pairs stop play and rotate to the hoop/table next to them, so pairs take turns attempting to serve to the table.)*
- One partner will serve the ball to the hoop/table, attempting to bounce it to their partner for them to hit it back . Pairs will continue rallying back and forth to one another trying to bounce the ball in the hoop/off of the table between hits. The serve starts the rally again from whichever player has the ball when the rally has ended. See how long you can keep a rally going for. *(Every few minutes, have pairs stop play and rotate to the hoop/table next to them, so pairs take turns attempting to serve to the table.)*

Closure Questions and Quick Assessments

- What type of serve should you use in DotBall360°? Why do you think that is a good type of serve to use?
- On a scale of 1-5 show me on your fingers: How do you feel about serving into the hoop/off the table to another player? 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360° player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do encouraging your partner and supporting them while they practiced serving?

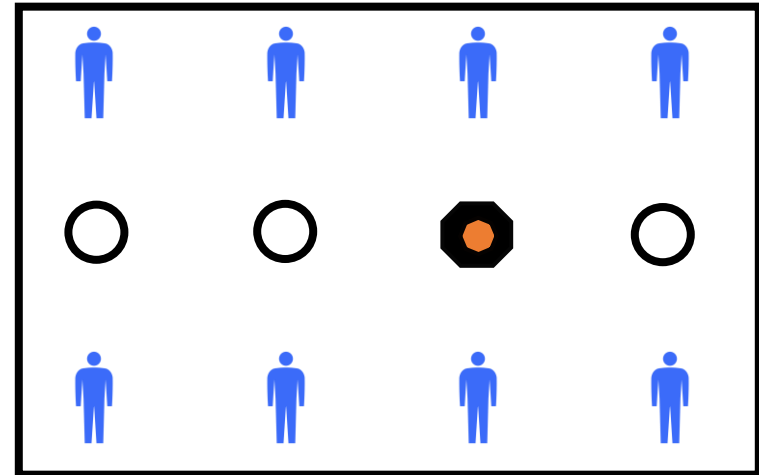
The Set

Equipment

- 1 DotBall360° paddle per student
- 1 DotBall360° ball per 2 students
- 1 hoop or DotBall360° table per 2 students

Set-Up

- Make sure each student has 1 paddle, and every 2 students has 1 ball.
- Place students across from each other in pairs, in lines parallel to one another. Place a hoop/table (ever 3rd pair) midway between each partner. Ensure that there is plenty of room between each line for students to move and hit the ball without crossing into the space of another pair.
- Be sure to discuss start and stop signals as well as safety protocols before the activity.



Learning Targets

- **Psychomotor:** I will be able to set the ball to my partner.
- **Cognitive:** I will be able to identify how to properly set the ball understanding how the skill leads up to the spike “DOT” in DotBall360°.
- **Affective:** I will encourage my partner while they practice setting.

Cues

- Use a handshake grip.
- Keep your wrist firm.
- Move your feet to allow the ball to bounce and get in position to set.
- Set with your palm up like you are holding a bowl of soup.
- Hit the ball high over the table so your teammate can spike it down before it hits the table.
- Set the table so your teammate can eat at the table!



**TEACHER TIP: IF A
STUDENT IS NOT HITTING THE
BALL TO THE HOOP OR TABLE
REMAND THEM TO FOLLOW
THROUGH WITH THEIR
PADDLE TOWARD THE TARGET**

Activity

- We are going to practice our setting skills. The set is important in volleyball because it sets up a teammate for the spike. In DotBall360° the set prepares the ball for a teammate to spike the ball “DOT”. This skill is critical, because the “DOT” is the most effective way to score on an opponent.
- You should be lined up across from your partner with a hoop on the ground or table between you.
- It is important to follow our start and stop signals and safety protocols during this activity.

- When receiving the ball during this activity you will practice setting. (*Review cues and demonstrate.*)
- Now we will practice setting the ball. This is important because when you “set the table”, hitting the ball up over the table, you allow your teammate to “eat at the table” by spiking the ball down on the table hard which is more difficult for an opponent to defend against. We will take turns setting to the hoop or DotBall360° table today. Setting may not get the same type of glory as the spike or “DOT” but it is very important. Use encouraging words and actions during this activity to support your partner. Standing 5 to 11 feet from the hoop/table between you and your partner:
 - Have one partner place their paddle on the ground and toss the other partner a ball. The partner with the paddle is going to set the ball back to the hoop or table. The tossing partner will then catch the ball off of the bounce. Switch tosser and hitter after every 5 tosses and hits. Score 1 pt. for each time the ball is caught after a set. (*Every few minutes, have pairs stop play and rotate to the hoop/table next to them, so pairs take turns attempting to set to the table.*)
 - While both partners hold a paddle have one partner toss the other partner a ball. The receiving partner is going to bump the ball “up” back toward the person who started by tossing the ball. The tossing partner will then “set” the ball back to the hoop/table. Score 1 pt. for each time the ball lands in the hoop/ or on the table from the set. (*Every few minutes, have pairs stop play and rotate to the hoop/table next to them, so pairs take turns attempting to serve to the table.*)
 - One partner serves to their partner. The receiving partner bumps the ball “up” back toward the hoop. The partner will then “set” the ball to the hoop or table. The other partner will then use an up (bump) to hit the ball back up to their partner for another

set to the hoop/table. See how long you can keep a rally going for. (*Every few minutes, have pairs stop play and rotate to the hoop/table next to them, so pairs take turns attempting to serve to the table.*)

Closure Questions and Quick Assessments

- Why is setting so important in DotBall360°? In what other sports do we set up another player on our team to score a point? How do we do it?
- On a scale of 1-5 show me on your fingers: How do you feel about setting the table? 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360° player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do encouraging your partner and supporting them while they practiced the set?

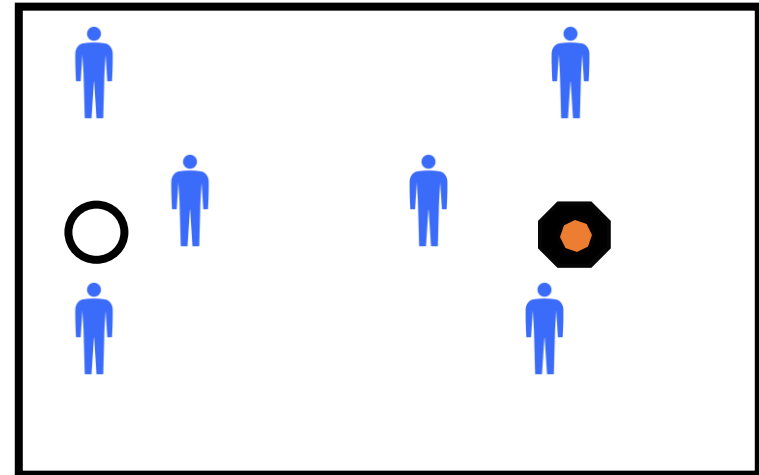
3 Person Rally

Equipment

- 1 DotBall360° paddle per student
- 1 DotBall360° ball per 3 students
- 1 hoop or DotBall360° table per 3 students

Set-Up

- Make sure each student has 1 paddle, and every 3 students has 1 ball.
- Place students across from each other in groups of 3 in their own play space with a hoop or table. Ensure there is plenty of room between each group.
- Be sure to discuss start and stop signals as well as safety protocols and staying within practice areas before the activity.



Learning Targets

- **Psychomotor:** I will be able to rally the ball in a group of 3 in a hoop and on a table.
- **Cognitive:** I will know when to call for the ball in DotBall360°.
- **Affective:** I will respect the space of my teammates and allow them to participate fully in the activity.

Cues

- Use a handshake grip and keep wrist firm.
- Anticipate where the ball is going to go next and move there.
- Call for the ball yelling “Got It.”
- Move your feet to allow the ball to bounce before hitting it.
- Use a forehand or backhand stroke depending on what side of the body the ball is heading toward.
- Ups should be hit up toward a teammate. Sets should be hit toward the table.



**TEACHER TIP: BE SURE TO
DESIGNATE PLAY AREAS FOR
EACH GROUP AND REMIND
STUDENTS TO STOP PLAY IF
THEIR BALL EXITS THE AREA OR A
BALL COMES INTO THEIR SPACE**

Activity

- We are going to practice serving, the up and the set while rallying in groups of 3 around a hoop or table. This is important because in DotBall360° you can play in teams of 3 working together against another team of 3. It is also important because the game is called DotBall360°, because you can go anywhere you want around the table.
- You should be in a group of 3 with a hoop on the ground or table between the three of you.
- You should also know where your play area is and when a ball is considered out of bounds and play needs to stop.
- It is important to follow our start and stop signals and safety protocols during this activity.

- When rallying in your group of 3 you will practice the serve, the up and the set with a hoop or table (*Review cues and demonstrate.*)
- Now we will practice rallying the ball around a table or hoop. While rallying use the serving, up and set that you have already learned. It is important to call for the ball yelling “Got it!” when it comes in your space. It is also important to allow other teammates to get the ball if it is in their area. Standing 5 to 11 feet from the hoop/table between you and your teammates:
 - One teammate serves to the hoop or table (*If a student is having difficulty serving to the hoop/table they can also toss the ball to start the rally.*) Another team member calls for the ball and bumps the ball up back toward the hoop or table. One of the teammates then sets the ball to the hoop or table. A teammate then hits the ball back up to another teammate for another set to the hoop/table. Allow the ball to bounce multiple times if you can still get your paddle under it, and it is still in your play area. Allow more than 3 hits if needed to get the ball to the table. See how long you can keep a rally going for. (*Halfway through the play time have groups stop play and change to a hoop if they were on a table or a table if they were playing on the hoop, so groups take turns rallying to the table.*)
 - Continue to rally to the hoop or table but adjust the rules. Try to hit the ball without it bouncing more than once and try to get the ball to the table in less than 3 hits. If the ball only bounces one time for each hit and you get the ball to the table in less than 3 hits your team scores a point. See how many points you can score before we stop. (*Halfway through the play time have groups stop play and change to a hoop if they were on a table or a table if they were playing on the hoop, so groups take turns rallying to the table.*)

Closure Questions and Quick Assessments

- Why is it important to call for the ball in DotBall360°? How did you decide when a ball was going to be yours?
- On a scale of 1-5 show me on your fingers: How do you feel about knowing where to go and how to hit the ball to keep a rally going? 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360° player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do with allowing your teammates to participate in the rally?

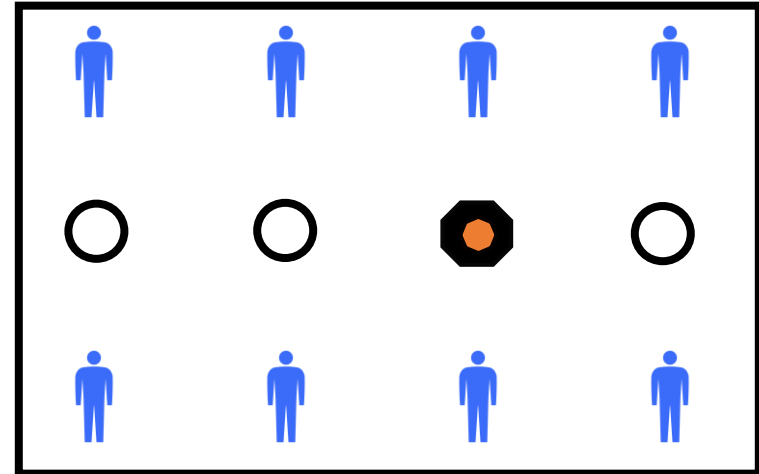
The “DOT” (Spike)

Equipment

- 1 DotBall360° paddle per student
- 1 DotBall360° ball per 2 students
- 1 hoop or DotBall360° table per 2 students

Set-Up

- Make sure each student has 1 paddle. And every 2 students has 1 ball.
- Place students across from each other in pairs, in lines parallel to one another. Place a hoop/table (ever 3rd pair) midway between each partner. Ensure that there is plenty of room between each line for students to move and hit the ball without crossing into the space of another pair.
- Be sure to discuss start and stop signals as well as safety protocols before the activity.



Learning Targets

- **Psychomotor:** I will be able to “DOT” the ball.
- **Cognitive:** I will be able to identify how to properly “DOT” the ball, understanding how the angle of my paddle face and the force I use will determine where the ball goes.
- **Affective:** I will stop play and be aware of others, safely retrieving my ball if it goes out of play.

Cues

- Use a handshake grip.
- Keep your wrist firm.
- Eat at the Table! Get to the table ready to hit the ball down.
- Hit like a Pro! Use a forehand overhead smash down stroke to hit the ball.
- Swing the paddle down, making contact with the ball and following through to the table.

Activity

- We are going to practice our spiking or “DOT” skills. “DOT” stands for Down On Table. It’s how you hit like a pro and is the most effective way to score on an opponent.
- You should be lined up across from your partner with a hoop on the ground or table between the two of you.
- It is important to follow our start and stop signals and safety protocols during this activity.
- When receiving the ball during this activity you will practice spiking also called “DOT”. (*Review cues and demonstrate.*)
- Now we will practice spiking the ball or hitting the ball “DOT”. This is important because you have to get your ball back to the table within 3 hits. It’s also important, because the



**TEACHER TIP: REMIND
THE STUDENT TOSSING THE
BALL THAT THE BALL SHOULD
BE IN THE AIR OVER THE HOOP
OR TABLE TO PROPERLY SET UP
THE DOT**

“DOT” is a difficult hit for an opponent to defend against. We will take turns spiking and hitting Down On Table to the hoop or DotBall360° table today. Pay attention to how your paddle is facing and how hard you hit the ball and the ball’s reaction. This is similar to the overhead smash used in some other racket and paddle games. Be sure to stop play and safely retrieve your ball if it leaves your play area. Standing 5 to 11 feet from the hoop/table between you and your partner:

- Have one partner place their paddle on the ground and toss the other partner a ball near the table/hoop. The partner with the paddle is going to spike the ball down on table or back to the hoop. The tossing partner will then catch the ball off the bounce. Switch tosser and hitter after every 5 tosses and hits. Score 1 pt. for each time the ball is caught after a DOT. *(Every few minutes, have pairs stop play and rotate to the hoop/table next to them, so pairs take turns attempting to set to the table.)*
- While both partners hold a paddle have one partner toss the other partner a ball. The receiving partner is going to DOT the ball back toward the person who started by tossing the ball. The tossing partner will then attempt to rally the ball back to the hoop/table. Score 1 pt. for each time the ball lands in the hoop/ or on the table from the DOT for a rally. *(Every few minutes, have pairs stop play and rotate to the hoop/table next to them, so pairs take turns attempting to serve to the table.)*

Closure Questions and Quick Assessments

- Why is the “DOT” so important in DotBall360°? What did you notice today about the angle of your paddle and how hard you hit the ball into the table and its effects on the bounce?

- On a scale of 1-5 show me on your fingers: How do you feel about your “DOT” skills? 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360⁰ player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do with being safe if you had to retrieve your ball outside of the area while practicing “DOT”?

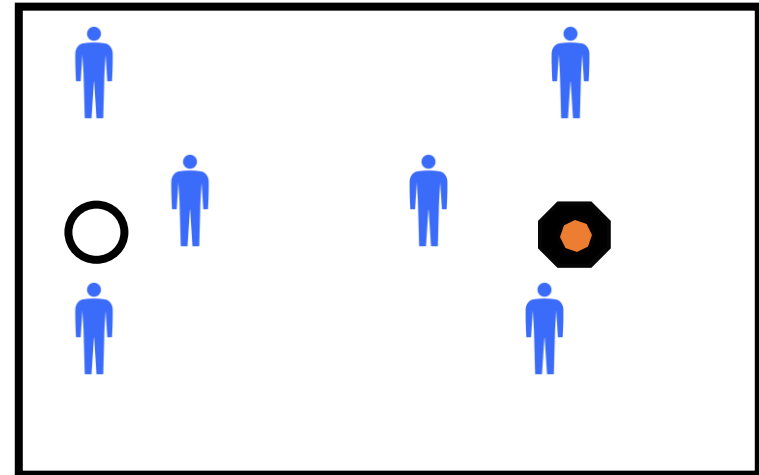
Up, Set, DOT

Equipment

- 1 DotBall360° paddle per student
- 1 DotBall360° ball per 3 students
- 1 hoop or DotBall360° table per 3 students

Set-Up

- Make sure each student has 1 paddle, and every 3 students has 1 ball.
- Place students across from each other in groups of 3 in their own play space with a hoop or table. Ensure there is plenty of room between each group.
- Be sure to discuss start and stop signals as well as safety protocols and staying within practice areas before the activity.



Learning Targets


- **Psychomotor:** I will be able to Up, Set and DOT the ball in a group of 3 in a hoop and on a table.
- **Cognitive:** I will know when to call for the ball in DotBall360° to perform an Up, Set or DOT.
- **Affective:** I will compliment my group members when they make a nice hit.

Cues

- Use a handshake grip and keep wrist firm.
- Anticipate where the ball is going to go next and move there.
- Call for the ball yelling “Got It.”
- Move your feet to allow the ball to bounce before hitting it.
- Use a forehand or backhand stroke depending on what side of the body the ball is heading toward.
- Use the appropriate hit Up, Set or DOT.
- Ups should be hit up toward a teammate.
- Sets should be hit toward and above the table.
- DOTs should be hit down at the table.

Activity

- We are going to practice the up, the set and the DOT in groups of 3 around a hoop or table. This is important because the up, set and DOT is the sequence of hits you want to try to follow to be most successful in DotBall360°.
- You should be in a group of 3 with a hoop on the ground or table between the three of you.
- You should also know where your play area is and when a ball is considered out of bounds and play needs to stop.



**TEACHER TIP: LET
STUDENTS KNOW THEY DON'T
HAVE TO HIT DOT HARD FOR
THIS PRACTICE. IT'S MORE
ABOUT CHOOSING THE RIGHT
KIND OF HIT.**

- It is important to follow our start and stop signals and safety protocols during this activity.
- With your group of 3 you will practice the up, the set and the DOT all together with a hoop or table (*Review cues and demonstrate.*)
- Now we will practice putting all 3 skills the Up, Set and DOT together around a table or hoop. While rallying use the serving, up and set that you have already learned. It is important to call for the ball yelling “Got it!” when it comes in your space. It is also important to allow other teammates to get the ball if it is in their area. Try to use the correct hit when it comes to you. Standing 5 to 11 feet from the hoop/table between you and your teammates:
 - One teammate serves the ball to the hoop or table (*If a student is having difficulty serving to the hoop/table they can also toss the ball to start the rally.*) Another team member calls for the ball and bumps the ball up back toward the hoop or table. One of the teammates then sets the ball to the hoop or table. A teammate then DOTs the ball back to the hoop/table. Finally, a teammate catches the ball if they can. Allow the ball to bounce multiple times if you can still get your paddle under it, and it is still in your play area. Score 1 pt. for every time your team performs the Up, Set and DOT cleanly. Score a bonus point if a teammate can catch the ball after the DOT. See how many points you can get (*Halfway through the play time have groups stop play and change to a hoop if they were on a table or a table if they were playing on the hoop, so groups take turns rallying to the table.*)
 - Continue to practice the Up, Set and DOT, but instead of catching the ball after the DOT, continue to rally. Score 1 point for each hit you make and a bonus point for each hit if it was the correct hit to make. For example: a Set following an Up, a DOT following a Set, or an Up following a DOT. The score starts over with each new rally.

See what your group can get for a high score. (*Halfway through the play time have groups stop play and change to a hoop if they were on a table or a table if they were playing on the hoop, so groups take turns rallying to the table.*)

Closure Questions and Quick Assessments

- How did you decide what type of hit to make? Why is it important to follow the order of Up, Set and DOT in DotBall360°?
- On a scale of 1-5 show me on your fingers: How do you feel about knowing and performing the correct hit- Up, Set or DOT. 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360° player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do with complementing your teammates after they made a nice hit?

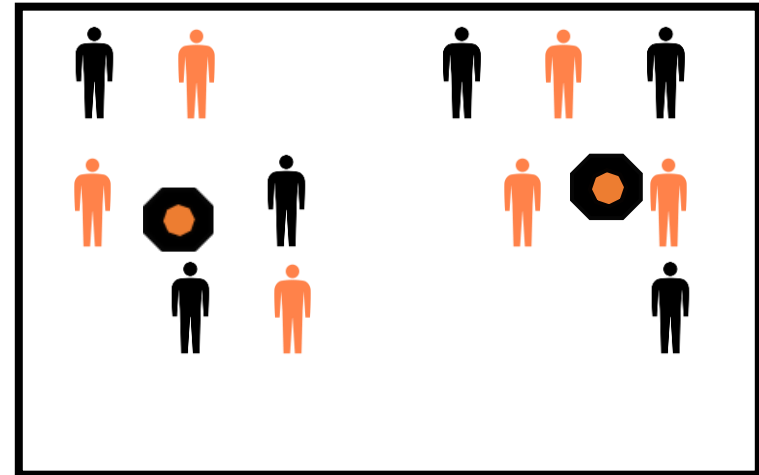
Rookie Rules Game Play

Equipment

- 1 DotBall360° paddle per student
- 1 DotBall360° ball per 6 students
- 1 hoop or DotBall360° table per 6 students
- 1 DotBall360° Rookie Rules Sheet per 6 students

Set-Up

- Make sure each student has 1 paddle, and every 6 students has 1 ball.
- Place students in groups with two teams of 3. Each group should have 1 Rookie Rules Sheet and 3 team members should have black paddles and 3 team members should have orange paddles. Players should be standing in between 2 players from the opposite team. All players should be standing in their own play space around a table. Ensure there is plenty of room between each group.
- Be sure to discuss start and stop signals as well as safety protocols and staying within practice areas before the activity.



Learning Targets

- **Psychomotor:** I will be able to play a game of DotBall360° using Rookie Rules.
- **Cognitive:** I will know the Rookie Rules of DotBall360°.

- **Affective:** I will be a good sport while playing the game.

Cues

- Serve to the opposing player across from you.
- Once the ball hits the table the opposing team must return it back to the table without it stopping its bounce, going out of bounds or hitting the edge or under the table.
- Try to use Up, Set and DOT with your teammates.
- Encourage one another and be a good sport.
- Refer to your DotBall360° Rookie Rules sheet if you need.



TEACHER TIP: EXPAND THE SIZE OF THE PLAYING AREA AND LEAVE PLENTY OF SPACE BETWEEN GROUPS NOW THAT STUDENTS ARE DOING 3 ON 3 GAMEPLAY.

Activity

- We are going to play a game of DotBall360° using Rookie Rules. This is important because it is an easier way to first play the game.
- You should be in a team of 3 with another team of 3 with a table between the 6 of you.
- You should also know where your play area is and when a ball is considered out of bounds and play needs to stop.
- It is important to follow our start and stop signals and safety protocols during this activity.
- With your group of 6 you will play a game of DotBall360° using Rookie Rules (*Review DotBall360° Rookie Rules. Review cues and demonstrate.*)

- Now we will put all of the skills we have learned into a game of DotBall360° using Rookie Rules. Try to follow the Rookie Rules while playing the game. Refer to your DotBall360° Rookie Rules Sheet if needed. Make sure to be a good sport and thank the team you played after the game. Standing 5 to 11 feet from the hoop/table between you and your teammates:
 - One teammate serves the ball to the table to a team member from the opposite team. The server gets 2 hits to get the ball to hit the table cleanly. The opposing team should try to hit the ball before it stops bouncing. They should also get the ball back to the table before it goes out of bounds, attempting to use Up, Set, and DOT when they can. Once the ball hits the table again cleanly, possession changes to the other team, and they must work to get the ball back to the table. If the ball stops bouncing, hits the edge or underneath the table, or the ball leaves the play area the other team scores a point. (*Halfway through the play time have groups stop play and play another team.*)

Closure Questions and Quick Assessments

- How did you use the skills you learned in a game of Rookie Rules DotBall360°? What skill do you still need practice with? What skill did you feel good about?
- On a scale of 1-5 show me on your fingers: How do you feel about your skills in playing a game of DotBall360° using Rookie Rules. 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360° player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do with being a good sport during game play today?

DotBall360° Rookie Rules

- 1. Players are spread out around the octagon in 2 teams. (Orange Team and Black Team)**
- 2. First server is 5 to 11 feet from octagon and hits the ball down on table cleanly to the receiver. (Allowed one fault= two serves) Serving player serves to each of the opposing team members, then service goes to a player from the other team.**
- 3. The receiving team uses as many hits as needed passing to teammates and allowing as many bounces as needed between each hit to return it to the octagon. Players from the other team must move out of the way of the offense.**
- 4. Once the ball hits the top of the octagon “cleanly” it switches possession to the other team.**
- 5. The ball can be hit in any direction of the octagon 360!!!**
- 6. How you score:**
 - If the ball stops bouncing, the opponent scores a point.**
 - If the ball hits the edge or under the table, it is the other team’s point.**
 - If the ball goes out of bounds, it is the opponent’s point.**
 - If an opponent gets in the way and is hit by the ball, the offense gets the point.**
- 7. Play to 15 points, win by 2 points.**

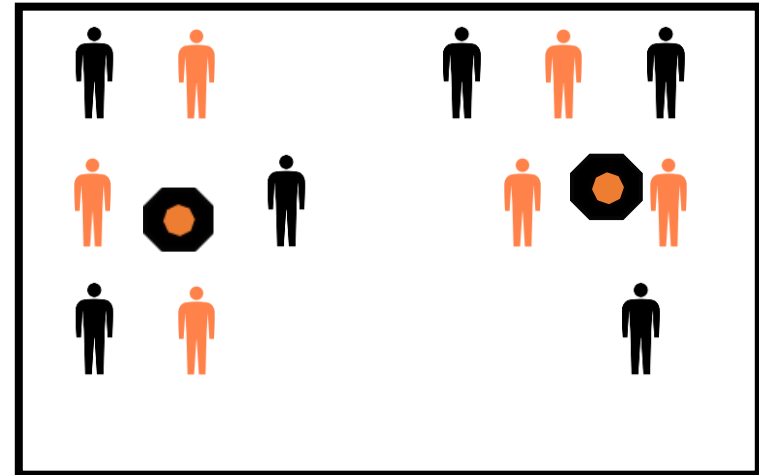
Offensive Strategies in Game Play

Equipment

- 1 DotBall360° paddle per student
- 1 DotBall360° ball per 6 students
- 1 hoop or DotBall360° table per 6 students
- 1 DotBall360° Rookie Rules Sheet per 6 students

Set-Up

- Make sure each student has 1 paddle, and every 6 students has 1 ball.
- Place students in groups with two teams of 3. Three team members should have black paddles and 3 team members should have orange paddles. Players should be standing in between 2 players from the opposite team. All players should be standing in their own play space around a table. Ensure there is plenty of room between each group.
- Be sure to discuss start and stop signals as well as safety protocols and staying within practice areas before the activity.



Learning Targets

- **Psychomotor:** I will be able to use offensive strategies in a game of DotBall360° using Rookie Rules.
- **Cognitive:** I will know how to use some offensive strategies used in DotBall360°.


- **Affective:** I will compliment teammates when they do a good job of using an offensive strategy.

Cues

- Move your feet to get in position and allow the ball to bounce before hitting it.
- Use a forehand or a backhand stroke based on where the ball is in relation to your body.
- Move to where you think your teammate is going to hit the ball so you can receive it and make the next hit.
- Use Up, Set and DOT with your teammates.

Activity

- We are going to practice offensive strategies while playing a game of DotBall360° using Rookie Rules. This is important because using good offensive strategies will help you score on an opponent.
- You should be in a team of 3 with another team of 3 with a table between the 6 of you.
- You should also know where your play area is and when a ball is considered out of bounds and play needs to stop.
- It is important to follow our start and stop signals and safety protocols during this activity.



TEACHER TIP: NOW THAT STUDENTS ARE PLAYING GAMES, SOME CAN GET PRETTY COMPETITIVE. REMIND THEM OF APPROPRIATE LANGUAGE AND BEING KIND TO ONE ANOTHER.

- With your group of 6 you will practice offensive strategies while playing a game of DotBall360° using Rookie Rules (*Review cues and demonstrate.*)
- Now we will practice offensive strategies while playing a game of DotBall360° using Rookie Rules. Make sure to compliment your teammates when they do a good job of using the offensive strategies we covered. Standing 5 to 11 feet from the hoop/table between you and your teammates and the other team:
 - Play a game of DotBall360° following the Rookie Rules. While playing, use offensive strategies: move your feet to get in good position, choose whether a backhand or forehand is the better stroke to use, move to where you think your teammate is going to hit the ball, and try to use Up, Set and DOT when possible. (*Halfway through the play time have groups stop play and play another team.*)

Closure Questions and Quick Assessments

- What offensive strategies did you use today? Which one do you think was most important? Why?
- On a scale of 1-5 show me on your fingers: How do you feel about using offensive strategies in a game of DotBall360° using Rookie Rules. 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360° player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do with complimenting your teammates when they did a great job of using an offensive strategy?

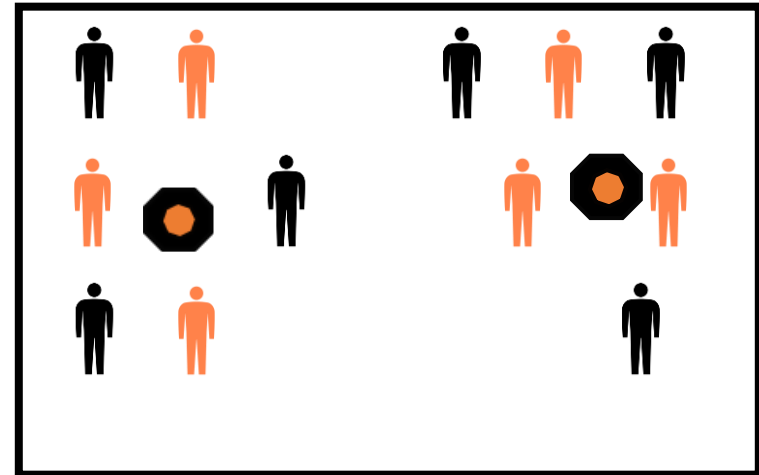
Defensive Strategies in Game Play

Equipment

- 1 DotBall360° paddle per student
- 1 DotBall360° ball per 6 students
- 1 hoop or DotBall360° table per 6 students
- 1 DotBall360° Rookie Rules Sheet per 6 students

Set-Up

- Make sure each student has 1 paddle, and every 6 students has 1 ball.
- Place students in groups with two teams of 3. Three team members should have black paddles and 3 team members should have orange paddles. Players should be standing in between 2 players from the opposite team. All players should be standing in their own play space around a table. Ensure there is plenty of room between each group.
- Be sure to discuss start and stop signals as well as safety protocols and staying within practice areas before the activity.



Learning Targets

- **Psychomotor:** I will be able to use defensive strategies in a game of DotBall360° using Rookie Rules.
- **Cognitive:** I will know how to use some defensive strategies used in DotBall360°.


- **Affective:** I will compliment teammates when they do a good job of using a defensive strategy.

Cues

- Stay on the balls of your feet, so you can move quickly.
- Get out of the way of the other team so they can get to the ball to hit it and so you don't get hit.
- Move across the table from the offense so you are ready to hit the ball up if it hits the table.

Activity

- We are going to practice defensive strategies while playing a game of DotBall360° using Rookie Rules. This is important because using good defensive strategies will help stop an opponent from scoring on you.
- You should be in a team of 3 with another team of 3 with a table between the 6 of you.
- You should also know where your play area is and when a ball is considered out of bounds and play needs to stop.
- It is important to follow our start and stop signals and safety protocols during this activity.
- With your group of 6 you will practice defensive strategies while playing a game of DotBall360° using Rookie Rules (*Review cues and demonstrate.*)



TEACHER TIP: NOW THAT STUDENTS ARE PLAYING GAMES, SOME CAN GET PRETTY COMPETITIVE. REMIND THEM OF APPROPRIATE LANGUAGE AND BEING KIND TO ONE ANOTHER.

- Now we will practice defensive strategies while playing a game of DotBall360° using Rookie Rules. Make sure to compliment your teammates when they do a good job of using the defensive strategies we covered. Standing 5 to 11 feet from the hoop/table between you and your teammates and the other team:
 - Play a game of DotBall360° following the Rookie Rules. While playing, use defensive strategies: stay on the balls of your feet so you can move quickly, move out of the way of the offense so you don't get hit by the ball, and move across the table from the opposing player. (*Halfway through the play time have groups stop play and play another team.*)

Closure Questions and Quick Assessments

- What defensive strategies did you use today? Which one do you think was most important? Why?
- On a scale of 1-5 show me on your fingers: How do you feel about using defensive strategies in a game of DotBall360° using Rookie Rules. 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360° player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do with complimenting your teammates when they did a great job of using a defensive strategy?

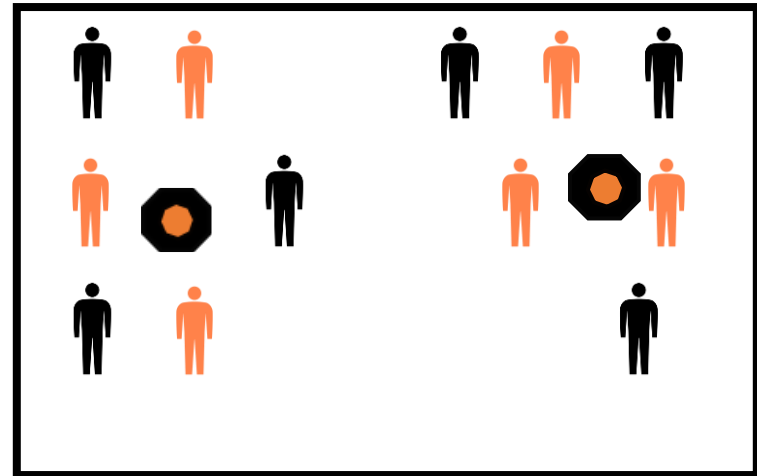
Quick Rules Game Play

Equipment

- 1 DotBall360° paddle per student
- 1 DotBall360° ball per 6 students
- 1 hoop or DotBall360° table per 6 students
- 1 DotBall360° Quick Rules Sheet per 6 students

Set-Up

- Make sure each student has 1 paddle, and every 6 students has 1 ball.
- Place students in groups with two teams of 3. Each group should have 1 Quick Rules Sheet and 3 team members should have black paddles and 3 team members should have orange paddles. Players should be standing in between 2 players from the opposite team. All players should be standing in their own play space around a table. Ensure there is plenty of room between each group.
- Be sure to discuss start and stop signals as well as safety protocols and staying within practice areas before the activity.



Learning Targets

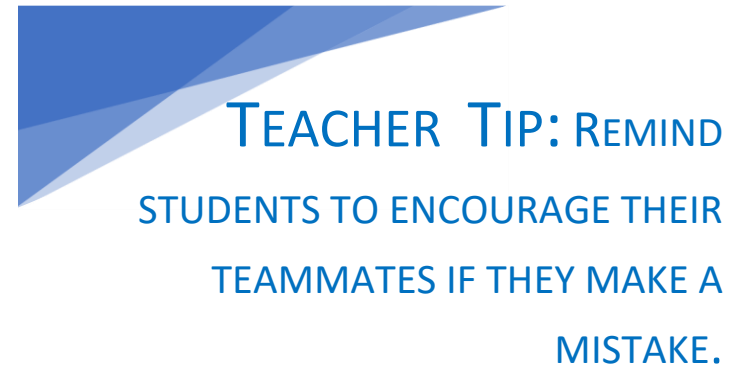
- **Psychomotor:** I will be able to play a game of DotBall360° using Quick Rules.
- **Cognitive:** I will know the Quick Rules of DotBall360°.
- **Affective:** I will be a good sport while playing the game.

Cues

- Serve to the opposing player across from you.
- Once the ball hits the table the opposing team must return it back to the table within 3 hits without the ball bouncing more than once between hits, going out of bounds, or hitting the edge or under the table.
- Try to use Up, Set and DOT with your teammates.
- Encourage one another and be a good sport.
- Refer to your DotBall360° Quick Rules sheet if you need.

Activity

- We are going to play a game of DotBall360° using the quick rules. This is important because DotBall360° is a game you can play with family and friends in a variety of environments and quick rules make it fast and easy to play.
- You should be in a team of 3 with another team of 3 with a table between the 6 of you.



- You should also know where your play area is and when a ball is considered out of bounds and play needs to stop.
- It is important to follow our start and stop signals and safety protocols during this activity.
- With your group of 6 you will play a game of DotBall360° (*Review DotBall360° Quick Rules. Review cues and demonstrate.*)
- Now we will put all of the skills we have learned into a game of DotBall360°. Try to follow all of the rules while playing the game. Refer to your DotBall360° Quick Rules Sheet if needed. Make sure to be a good sport and thank the team you played after the game.

Standing 5 to 11 feet from the hoop/table between you and your teammates:

- One teammate serves the ball to the table to a team member from the opposite team. The server gets 2 hits to get the ball to hit the table cleanly. The opposing team should try to hit the ball after it bounces no more than one time. They should also get the ball back to the table within 3 hits, attempting to use Up, Set, and DOT when they can. Once the ball hits the table again cleanly, possession changes to the other team, and they must work to get the ball back to the table within 3 hits. If the ball bounces more than once, the ball is not returned to the table within 3 hits or the ball leaves the play area the other team scores a point. (*Halfway through the play time have groups stop play and play another team.*)

Closure Questions and Quick Assessments

- How did you use the skills you learned in a game of DotBall360°? What skill do you still need practice with? What skill did you feel good about?

- On a scale of 1-5 show me on your fingers: How do you feel about your skills in playing a game of DotBall360° using the Quick Rules. 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360° player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do with being a good sport during game play today?

DotBall360° Quick Rules

- 1. Players are spread out around the octagon in 2 teams. (Orange Team and Black Team)**
- 2. First server is 5 to 11 feet from octagon and hits the ball down on table cleanly to the receiver. (Allowed one fault= two serves) Serving player serves to each of the opposing team members, then service goes to a player from the other team.**
- 3. The receiving team has a maximum of three hits passing to teammate and a bounce between each hit to return it to the octagon.**
- 4. Once the ball hits the top of the octagon “cleanly” it switches possession to the other team.**
- 5. The ball can be hit in any direction of the octagon 360!!!**
- 6. How you score:**
 - If the ball bounces twice in a row on the ground the opponents score a point.**
 - If the team cannot return the ball to the octagon in three hits or the ball leaves the playing area the opposing team scores a point.**
 - If the ball hits the edge of the octagon or under the set and is not “clean” off the octagon it is the opponents point.**
 - If an opponent gets in the way and is hit by the ball the offense gets the point.**
- 7. Play to 15. You must win by 2 points.**

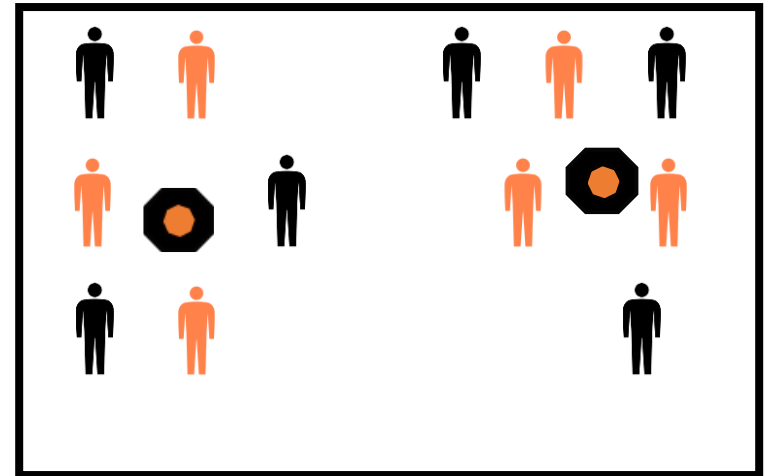
Choose Your Own: Rookie Rules or Quick Rules Game Play

Equipment

- 1 DotBall360° paddle per student
- 1 DotBall360° ball per 6 students
- 1 hoop or DotBall360° table per 6 students

Set-Up

- Make sure each student has 1 paddle, and every 6 students has 1 ball.
- Place students in groups with two teams of 3. Three team members should have black paddles and 3 team members should have orange paddles. Players should be standing in between 2 players from the opposite team. All players should be standing in their own play space around a table. Ensure there is plenty of room between each group.
- Be sure to discuss start and stop signals as well as safety protocols and staying within practice areas before the activity.




Learning Targets

- **Psychomotor:** I will be able to play a game of DotBall360° using the set of rules my group chooses.
- **Cognitive:** I will know how to use offensive and defensive strategies in a game of DotBall360°.

- **Affective:** I will respectfully accept and follow the set of rules chosen by my group.

Activity

- We are going to play a game of DotBall360° using the set of rules your group chooses. This is important because playing should be fun and sometimes that means choosing a set of rules that is right for you!
- You should be in a team of 3 with another team of 3 with a table between the 6 of you.
- You should also know where your play area is and when a ball is considered out of bounds and play needs to stop.
- It is important to follow our start and stop signals and safety protocols during this activity.
- With your group of 6 you will play a game of DotBall360° following the set of rules decided on by your group (*Review DotBall360° Rookie Rules and DotBall360° Quick Rules. Review cues and demonstrate.*)
- Now we will put all the skills we have learned into a game of DotBall360° following the rule set of your choice or making slight modifications to the rules. Discuss in your groups which rules you would like to use. Respect and accept the rules your group has decided on while playing the game. Standing 5 to 11 feet from the hoop/table between you and your teammates:



TEACHER TIP: REMIND
STUDENTS THEY SHOULD FOLLOW
THE DOTBALL360° RULES THAT
MAKE IT MOST FUN FOR THEM
AND THEY CAN DISCUSS AND
CHANGE MIDGAME IF NEEDED.

- Play a game of DotBall360 while following Rookie Rules, Quick Rules or slightly modified DotBall360 rules. (*Halfway through the play time have groups stop play and play another team.*)

Cues

- Talk about the differences between Rookie Rules and Quick Rules.
- Vote or determine another method to decide which set of rules you would like to use.
- Feel free to combine the sets of rules or make slight modifications. For Example: The ball can bounce twice before it is hit, but no more. Or the rule might be: the ball must get to the table by its fourth hit, but it can bounce multiple times before being hit.

Closure Questions and Quick Assessments

- What set of rules did your group choose? Why did you choose that set? When and where do you think you will play DotBall360° again in the future?
- On a scale of 1-5 show me on your fingers: How do you feel about your skills in playing a game of DotBall360° using the rules of your choice. 1 means you still need a lot of practice. 5 means you are ready to become a professional DotBall360° player.
- On a scale of 1-5 show me on your fingers. 1 meaning you need a lot of improvement and 5 meaning you did great. How did you do with accepting and respecting the rules chosen by your group for gameplay?

Peer Check Assessments

For the Serve, Up, Set and Spike activities have students get into groups of 3 rather than groups of 2. One group member at a time will be off to the side evaluating the other 2 partners, marking off whether or not they follow the cues for the skill they are practicing. They will then offer the group members honest formative assessment feedback before switching roles. The following peer check assessments can be copied and used by students.

Up Peer Check Sheet

Peer Coach _____

Instructions: Place a check next to each cue that the student follows for each trial.
Share the results with the student you assessed.

Student _____

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Use a handshake grip.					
Keep your wrist firm.					
Use a forehand or backhand stroke depending on the location.					
Hit the ball up!					
Follow through to where you want the ball to go.					

Serve Peer Check Sheet

Peer Coach _____

Instructions: Place a check next to each cue that the student follows for each trial.
Share the results with the student you assessed.

Student _____

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Use a handshake grip.					
Keep your wrist firm.					
Toss the ball up lightly in front of your paddle hand with your off hand.					
With the paddle facing forward at a downward angle strike the ball down to the hoop/table.					
Follow through to where you want the ball to go.					

Set Peer Check Sheet

Peer Coach _____

Instructions: Place a check next to each cue that the student follows for each trial.
Share the results with the student you assessed.

Student _____

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Use a handshake grip.					
Keep your wrist firm.					
Move your feet to allow the ball to bounce and get in position to set.					
Set with your palm up like you are holding a bowl of soup.					
Set the table so your teammate can eat!					

DOT Peer Check Sheet

Peer Coach _____

Instructions: Place a check next to each cue that the student follows for each trial.
Share the results with the student you assessed.

Student _____

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Use a handshake grip.					
Keep your wrist firm.					
Eat at the Table! Get to the table ready to hit the ball down.					
Hit like a Pro! Use a forehand overhead smash down stroke to hit the ball.					
Swing the paddle down, making contact with the ball and following through to the table.					

Vocabulary Posters

The following vocabulary posters can be pinned to a bulletin board or posted on a word wall to help students learn about the common skills used in DotBall360° and support English language development.

Up

A hit that goes up to your teammate for them to set. The up is similar to the bump in volleyball.

Serve

A hit down on the table to an opponent that starts the game of DotBall360°. All net and wall games start with a serve.

Set

A hit that goes up over the table to set them up for a DOT (Down On Table). The set is similar to the set in volleyball that sets up a spike.

DOT

A hit, usually following a Set, that gets hit down on to the table .

DOT stands for Down On Table.

DOT is similar to the spike in volleyball.

The Story of DotBall360°

We met in kindergarten at the age of 5 and have been close friends ever since. We grew up in the foothills of Northern California, which we commonly refer to as “The Hill”. As kids we spent a lot of time outdoors, and if we had a ball to play with, we had a game! Basketball with no hoop, 4 square with no lines, we would make the rules up on the fly and play until we couldn’t stand.

As the years went on, we got more capable and competitive. We continued to get together as often as we could, consistently trying new competitive games. Finally, we arrived at the idea that we should take our favorite elements of the games we loved and turn them into a unique and amazing game from “The Hill”. DotBall360° was born! The more we played, the more we were hooked, and the more people that joined, the better it was.

We knew we had something special, and we needed to figure out a way to let others enjoy a game we have come to love. Through an amazing and tireless journey, we have developed a sport, a game, a company, and a product to share with the world. We hope you have as much fun with DotBall360° as we do, and maybe even more!

-Ryan and Mike

The DotBall360° Team



Ryan St. Denis

I was born in Placerville, California and grew up in the little town of Kelsey, just up “The Hill”. Since I was a kid, I always loved games. All types of games from board games to sports to games we just made up. The friends I chose from a young age had the same attributes, and we instantly became close because of it. Mike and Eric were two of these friends.

I knew in middle school that I would always love games, sports, and activities and value the relationships they create, because of this I knew I wanted to pursue a career as a Physical Education teacher.

After high school I went to Sacramento State to earn my degree in Kinesiology. I became an athletic director and taught middle school PE for 5 years. My goal as a teacher and coach was always to engage all students, no matter size, ability, or age to enjoy physical activity through the fun of playing games. If my students enjoy the activity, they will willingly participate, therefore, gaining all the benefits of physical activity beyond my class. Finding the right activity for the right student is key.

In 2013 I moved to Albuquerque, New Mexico to pursue my wife, McKenzie, and a career in the Albuquerque Fire Department. I changed career but never lost the love for games, sports, and physical activity. I've found that games and physical activity with our crew has huge benefits not just physically but physiological as well. It has built crew camaraderie, help us deal with depression and PTSD, and keeps us physical fit through healthy competition. I'm known as the guy that either brings a game to the station or makes up a game to continue these benefits. DotBall360° was a game we invented that was widely popular within our crew.

On our annual trip, Mike and Eric confirmed that DotBall360° has potential to be a game/sport that would be loved by more than just us. We hope that this game will create friendships like we have, benefit kids and adults physically and psychologically, and grow into something special for all. Play anyone, anywhere!



Mike Garcia

I was born in Sacramento, California and grew up in the little town of Garden Valley just up “The Hill”. Living in the foothills of northern California, there was an abundance of outdoor activities that kept me busy. I’ve always loved being outside and being active. I met Eric at a mutual friends house when I was 4 and Ryan the first day of kindergarten, and I knew we were cut from the same cloth.

I was born with a rare bone disease commonly referred to as “O.I.” (Think Mr. Glass from the movie Unbreakable). In spite of this challenge, I continued to play games and stay active. I was extremely fortunate to have an amazing group of friends around me that knew to watch out and be careful. Often, our group would adjust rules of the game to lower the physicality, so I could play. In this spirit, we were very creative and never let this obstacle stop us from having fun.

After graduating I worked for several years at a prestigious audio company before starting my own business with my cousin. I stayed local to Sacramento but did more than my fair share of traveling. After a few years of holding every title from janitor to CEO simultaneously, we sold our business, and I went back to retail. There were aspects I enjoyed, but I always struggled spending my day working for somebodies dream.

I retired from retail in 2019, and my wife and I bought the house I grew up in from my parents. I have been renovating it piece by piece since. We joke that she dreams the dream, and I build it.

Over the last several years our group of friends have been getting together semi-annually, and we have played every game you can think of in that time. Ryan always has a “new” game we need to try, and it always makes the trip memorable and fun. He began to combine our favorite elements of the games we play, and the more we played the more we loved it. DotBall360° came to life with a group of friends, some innovation, and a competitive spirit, and here we are!



Dan DeJager

DotBall360° Curriculum Writer

When I saw DotBall360° at a physical education conference I knew it was something unique. It combines so many elements of net/wall games in a format that is fun, different, and easy to set up for a teacher. As a game designer myself, I loved the story of how the game was developed and could see the work Ryan and Mike had put in to their passion. It is a privilege to write this curriculum for such a special activity that can be enjoyed by people of all ages and support student learning of skills and concepts that will help them in being physically active for life.

Growing up I didn't have a positive experience in physical education, but I realized the value of physical activity. Later I became a physical educator with the hopes of creating a positive physical education experience for all students.

Throughout my 20+ year teaching career I have been blessed with many experiences in physical education, instructional coaching and teacher leadership, serving on several school leadership teams, helping develop standards and frameworks for physical education at the state and national level and working with dozens of new physical education teachers as a university supervisor, cooperating teacher and new teacher mentor.

I co-authored the book Adventure Racing Activities for Fun and Fitness, have written numerous curriculums for physical education and have presented at several district and state physical education conferences all around the country. In 2019, I was blessed to be named the SHAPE America National High School Physical Education Teacher of the Year. I currently teach physical education at a high school in Sacramento, California and am also a part time lecturer at the university level.

When I'm not focused on physical education you can find me playing or designing a board game, taking care of my sheep and other farm animals or doing something active with my wife and two sons at my home in Shingle Springs, CA...which also happens to be located just up "The Hill".