

PE 345 Games

Chasing, Fleeing & Dodging

Planet Invasion

Before the activity, spread the polypots, Frisbees, cones, and balls inside the rectangular boundary lines of the playing area (use cones to make boundary lines, if need be). Place one hula hoop outside the boundary lines, one on each side. Has half of the class spread out inside the boundary lines; they will be trying to guard all of the "valuables" on their planet. The other half of the class will be wearing flag belts; they will try to "invade" the planet and get the other team's "valuables". When an "invader" takes something from the planet, they quickly run outside the boundaries and place the item neatly in the hula hoop. If a "guard" on the planet takes a flag belt off an invader while in their planet (i.e., in the boundaries), that student then has to put the object down and go back outside the boundary line. Once they perform any movement of their choice in place (jump, hop, twist, etc.) for a count of "five", they become "re-energized" and may re-enter the game. Grades 3-5.

Frogs and Flies

The chaser is the frog and all of the runners are flies. 6 people in a group, 1 frog and 5 flies. The frog is in the middle of the circle and tells the flies how to travel around the circle. When the frog gets to his or her feet the flies run to the outside of the square. A fly that is caught will help the frog chase flies next time. The last fly to get caught becomes the new frog. Frogs remember to change the traveling action each time. Several games may have to go on at once. Grades k-2.

Alphabet Tag

This game works on letter recognition. 2 or 3 students are designated the taggers. If a student gets tagged, they must freeze where they are at and make a letter with their body. To get unfrozen, a free runner must run up to them and correctly identify the letter they have made. A person can not be tagged while guessing a letter. The letters T, X, I, and L can not be used. Grades 3-5.

Batman and Robin

The purpose of the game is for the "rivals" to chase the other students and tag them with the noodle. If they are tagged by Cat Woman they must walk on their hands and feet like a cat. If they are tagged by the Joker, they have to jump like Joker. If they are tagged by the Penguin, they will have to waddle like a penguin. Batman & Robin are moving around the area trying to 'untag' the students who are performing these movements, so that they can return to the actual game of fleeing the enemies. Grades 2-5.

Jumping & Landing

Leap Frog

Have students find a partner. One partner squats down with hands on the floor and tucks the chin to the chest. The other partner places the hands on the upper back of the squatting partner and jumps over them while pushing off with the hands. Students can alternate from the jumping and squatting position and develop a continuous jumping to squatting pattern. Students can line up several squatting partners and jump several times in a row. Students should be careful not to push too hard on the back of their partner, land on the back of their partner or land on the hand(s) of their partner. Grades 2-5.

Simon

Organize students into groups of four. Each group should have four hoops. The 1st person jumps through the hoops setting a sequence of jumps (can use a variety of jumping patterns). The 2nd – 4th persons replicate the jump sequence. A new leader then sets a new sequence until all have had a chance to set a sequence on jumps. Students are encouraged to be creative and integrate a variety of movements into their sequences. Grades k-2.

Shark Attack

Spread poly spots around the gym floor. Divide students into 4 groups. Tell the children that they will be jumping on the spots to stay away from the (imaginary) sharks! Call out each group to jump across the poly spots to the other side of the gym. They need to land on the spots so they don't fall in the "shark infested waters." Variation: allow them to use all skills in the jumping pattern (hop, leap, and jump). Grades k-2.

Spot Jumping

Students are scattered about the desired area. Each child begins the activity by standing on a poly spot. The instructor tells the students to move around general space while using a certain locomotor skill, when the music begins. (Walking is a good method to use at first to control the speed of movement in general space.) When the music stops, the students will stand on the closest spot. At this time, the instructor gives them a jumping or hopping task to perform (see examples below). After about 15 seconds, begin the music again. Be sure to reinforce which type of locomotor movement the students may use during the music time. Grades k-2.

Examples of jumping/hopping tasks:

- 1) Jump on and off the spot.
- 2) Hop on and off the spot.
- 3) Jump side to side over the spot.
- 4) Hop around the spot.
- 5) Jump forward and backwards over the spot.
- 6) Hop around the spot.
- 7) Straddle jump the spot. (Both feet on, and both feet off.)
- 8) In a straddle position, jump side-to-side changing which foot lands on the spot.
- 9) Jump up in the air in a straddle jump and land with both feet on the spot.
- 10) Create your own jumping/hopping pattern and share with a friend

Jump the River

Place cones and hoops along the floor of the gym. These act as rivers. Great emphasis is placed on jumping off of and landing on two feet with this activity. Give the students two-three minutes to move around the room and really explore the rivers. Grades k-1

Kicking

Modified Hacky-Sack

Use beach balls or foam balls to ensure better control. Divide the class into groups of five or six. The rules are that the ball must be kicked with the feet only. The ball cannot be kicked by the same person twice in a row or be kicked back to the person the ball came from. The object is to maintain a volley of kicks for the longest amount of time or greatest number of successful kicks. Grades 4-5.

Crab Soccer

Soccer with a crab-walking variation. Players are divided into two teams per court. Use a ball big, soft ball that will not hurt if hit by it. The court has two goals, one set up at each end. Use a small court and few players on each team, so that the students don't have a long way to go to score. Safety concerns are to use a soft light ball and to watch out for stepping on other players' hands. The object of the game is for your team to kick the ball into the other team's goal. By only allowing students to crab walk, it focuses them more on kicking the ball to their teammates or to score, rather than trying to dribble the ball. It also keeps the students from trying to hit the ball with their hands because their weight is balanced on their hands as well as their feet. This also works on balance and different ways of moving, as well as a fun way of competition without being as dangerous as running at other people at full speed. Grades 2-5.

Ghostbuster Soccer

Set up will require 8 cones, and a soccer ball for every student, minus eight. The eight cones will be placed around the gym with one defender at each cone. Every other student will have a soccer ball. When the game begins, the students will dribble around to the cones and try to knock down the cone, while the defenders try to protect their cone. If a student hits a cone, then they will switch places with the defender. Grades 3-5.

Oscar's Garbage Can

Set mats on end so they are standing in a circle formation. This is Oscar's Garbage Can! You can make it as big or small as you want or need but it may be a good idea (if you have enough mats, that is) to have several set up so you have maximum participation. Identify two students to go inside of "the can". Their job is to clean the garbage out as best they can during the duration of the game. Spread the rest of the class out so they are surrounding the outside of the garbage can. Scatter the balls all over the outside of the can or give each student on the outside 2-3 balls to start. The students inside "Oscar's Can" continuously kick the "garbage" outside the can in any direction they want, while the students on the outside try to trap (or settle and control) the garbage and kick it back in. Rotate the students in and out of the can every few minutes. Grades 2-3.

Punting

Punting for Points (or No Name Punting Game)

Divide the student into groups of 4 or 5. Have teams wear colored jerseys. Create a boundary area of 25x25 meters. 3 or 4 team members will be within the boundaries with 1 team member at the punting line. On the signal the punter will kick the ball into the boundary area. The corresponding teammates will try to catch the ball (for 2 points). Once the ball is caught, the “catcher” runs to the punting line to start the process again. If the opposite team catches a ball, they get 1 point and the ball. Grades 4-5.

Rush the Circle

Organize students into partners, with one ball between each set of partners. One partner rolls, throws, or “center snaps” the ball to his/her partner who is approximately 20 ft. away; attempting to reach the partner who is punting the ball before he/she kicks the ball. The punter is attempting to kick the ball into a specified target area before their partner reaches them. Grades 5.

100

The student starts with 100 points. Cones marking various distances are placed on the floor. Each distance is worth a different amount of points. For each punt, points are deducted from 100 until the student has no points left. Use foam balls for indoor punting. Grades 3-5.

Dribbling w/ feet

Ball Monster

Spread 25 or more balls around the gym floor. Assign a “ball monster” who enjoys eating balls for dinner. The students are the “ball rescuers” who are attempting to save as many balls as they can from becoming food for the ball monster. When the whistle blows, the students run around the space and collect one ball at a time and dribble back to their “safe cave.” Here they place balls into a designated area. Once the balls are in the “safe cave” they cannot be taken by the ball monster. Meanwhile, the ball monster runs around and takes one ball at a time and deposits them in a designated area (to be eaten later). Once a ball is taken by the ball monster it can’t be rescued. The ball monster can also freeze a rescuer by lightly tapping them on the back, or by pulling their flag (if using flag football belts) and taking their flag back to a designated area. If a rescuer is frozen, they must drop their ball and stand still until “unfrozen.” Rescuers can become unfrozen when their teammates sneak past the ball monster, recover the flag from near the designated area and return it to the frozen player. If not using flags, students can be unfrozen when a teammate takes a ball and kicks it softly through the frozen person's legs. The frozen player must do jumping jacks until unfrozen (or any other activity chosen by the teacher or can just stand still with legs apart. Once a rescuer collects a ball, they must continue dribbling it until they reach the safe cave. The game is over when the balls are either in the safe cave or in the ball monster’s designated area. Count the balls to see who got more. Grades 4-5.

Dribble Partner Tag

Organize students into partners. One partner decides to first be the chaser ("it"). Both players will have a ball and begin spread out away from each other in general space. At the "go" signal, the "it" has to chase after and tag only his/her partner (both must always dribble while moving -- no traveling!). Once tagged, the two switch roles. Divide students into partners, or, if students are able to choose a partner of their similar ability, let them choose their own partner. Have them spread out then give the "go" signal. The object of the game is to move away from others while dribbling with control, just as they might in a game situation. Grades 4-5.

Soccer Tag

Most students dribble in open space. Assign 2 or 3 students as taggers. If tagged another student must dribble through your legs to unfreeze you. Grades 3-5.

Sharks & Minnows

Choose two taggers to be "sharks"; these students should wear a pinnie (if desired). The rest of the class will begin the game as "minnows", spread out in the playing area (the "pool"). Each student, both sharks and minnows, has one ball to dribble. On the signal, the minnows begin to dribble while trying to avoid being tagged by the sharks. If a minnow is tagged by a shark (shark must have control of his/her ball in order for it to be a "fair" tag), they then turn into a shark. This person should go to the sideline in order to put on a pinnie, and return to the game to chase the remaining minnows while dribbling. The game is over when everyone (or almost everyone!) is a shark. Grades 3-5.

Soccer Dribble Knock-out

All students have a ball. Students must dribble though space trying to "kick" out other students ball. If ball gets kicked out then the student must dribble one lap around the area before returning to the game. Variation - make court smaller. Grades 4-5.

Throwing & Catching

Bean Bag Battle

Divide the class into teams of 6. Assign 2 teams to each play area. Each play area is marked into 2 halves. Each team has 20-30 beanbags set in hoop (or some other container) behind their half. Each team is assigned 2 or 3 gator skin (high density foam) balls. Each team starts on their designated side. The signal, the students can travel into the other team's side to try to earn bean bags. They earn bean bags by successfully catching a ball thrown by their teammate, from their teams' side of the play area. A good throw and catch equals 1 beanbag. The opposing team can guard, block or intercept the ball. If the opposing team intercepts a thrown ball, they earn 2 beanbags that the opposing team would have earned. Once a successful throw & catch, or interception is made then the "catcher" must go to the opposing teams hoop and take the beanbag(s) and run it back and place it in their team's hoop. The goal is for each team to earn all the bean bags in the opponent's bucket by successfully catching balls on the opponent's side of the court. The team that captures all the opponent's bean bags first wins the game. Grades 3-5.

Asteroids (or Bombs Away)

Mark off a large outdoor area into two squares. Everyone in one square has a flingsock (foxtail). When the signal is given, everyone must throw their flingsocks at the same time. The throwing team scores a point for every flingsock that is not caught and that landed inside the boundaries. Throws must be underhand and not “wound up” excessively. Add up the points and let the receiving team have turn to throw. A “winning score” or limit of points can be set and the game is played until that score or limit is reached. Grades 3-5.

Ultimate Catchbee

This game is just like Ultimate Frisbee but with a ball instead of a disc. Make teams of five players. Mark off a large space with two end zones. All throws must alternate between overhand and underhand. All teammates must catch and throw the ball at least once before a goal can be scored. The ball must be thrown to a teammate standing in the end zone. Players must guard one another with a 3-foot cushion and may block or intercept a throw. When the ball is dropped or intercepted there is a change of possession to the other team. Grades 3-5.

Freeze-a-mania

Have students organized into pairs with one ball for every pair of students. Students are arranged in a scattered formation throughout the gym. As appropriate children’s music is played the students throw and catch their ball with their partner. When the music is stopped the person that is holding the ball must chase and tag their partner. When the music begins again, the students resume throwing and catching. The objects can be changed and students are encouraged to remain close for accurate throws and quality catches. Grades 2-5.

Two Pass Catching

Spread out a large number of different sized balls around the gym. Divide the class into partners. Each set of partners picks up a ball, throws it to their partner, and then back; standing about 5-6 feet apart. They do that twice, put the ball down and move onto another size/type of ball, while the next set of partners go. Grades 4-5.

Oscar’s Garbage Can

Set mats on end so they are standing in a circle formation. This is Oscar's Garbage Can! You can make it as big or small as you want or need but it may be a good idea (if you have enough mats, that is) to have several set up so you have maximum participation. Identify two students to go inside of "the can". Their job is to clean the garbage out as best they can during the duration of the game. Spread the rest of the class out so they are surrounding the outside of the garbage can. Scatter the balls all over the outside of the can or give each student on the outside 2-3 balls to start. The students inside "Oscar's Can" continuously throw the "garbage" outside the can in any direction they want, while the students on the outside try to catch the garbage and throw it back in. Rotate the students in and out of the can every few minutes. Grades k-2.

Goalie Game

Students partner up and each student has a hoop and a bean bag. They place their hoops on the ground about 6-8 ft. apart and stand inside them. The object is to try to throw your beanbag so that it lands in your partners hoop. If this happens you get a point. In order to guard their hoops, students can either deflect or catch the bean bags. Students can leave their hoops only to retrieve a bean bag but both feet must be inside the hoop before they can throw again. Each pair plays until someone reaches 3 and then they switch hoops and play again. The hoops can be spread farther than 6-8 ft. to make the game harder. Grades k-2.

Pass & Count

This game integrates math addition and subtraction while doing basketball bounce passing and chest passing. Place cards on the wall with math problems; students have to use a bounce pass or chest pass to hit the card and answer the question. The answer card will be on the ground under the card posted to the wall so they can see the answer. Grades 2-3.

Dribbling w/ hands

Shark

The teacher spreads hula hoops throughout the gym and one student stands in each hoop. These students are the sharks. The rest of the students start on the baseline and each one has a ball that will bounce. These students must try to "swim across the ocean" without letting the sharks eat their ball. The sharks must stay within their hoop but they can reach outside the hoop with their hands and try to knock the balls away. If a swimmer loses their ball they must stop and dribble 15 times and then they can continue across the gym. Then the students switch roles so everyone has a turn to be a shark and a swimmer. To make the game more difficult the teacher may allow the sharks to have only one foot in their hoop. Grades 3-5.

Team Handball

Make teams of five players. Play on a court with a goal on each end. Use a ball that can be dribbled (soccer ball, playground ball, etc). To move down the court the ball must be dribbled or passed (throw & catch). The other team can try to steal the ball, or block or intercept a pass. A goal is scored by dribbling the ball through the goal. Grades 5.

Dribbling with Dinosaurs

Set up a dinosaur jungle or cave in the middle of the activity area using small cones. Scatter poly spots on both sides of the dinosaur cave. Choose 4 students to be the dinosaurs (taggers). Dinosaurs will wear the green pinnies and can even decide the type of dinosaur they want to be (e.g. tyrannosaurus). These students will then partner up and lock elbows or hold hands (2 students = 1 dinosaur). They will roam the area inside the cones (the dinosaur cave). The size of the class will dictate the number of dinosaur taggers. Due to their colossal size, the dinosaurs can only walk. Remind them to tag gently and cooperate. The rest of the students are the explorers or archaeologists. They must carefully use a one-handed dribble through the dinosaur-infested cave to the other side of dinosaur land. The more times an explorer can travel back and forth without getting tagged or losing control of their ball, the more powerful and knowledgeable they become (they can even keep count). If an explorer gets tagged or loses control of their ball, they must retreat to the side of dinosaur land they just came from and find a poly spot. Then, they must use their non-dominant hand and dribble 10 (or more) times on the spot (when an explorer gets tagged by a dinosaur, they lose energy and this will replace the lost energy). If the ball bounces or rolls to the side of dinosaur land that they were traveling towards, they can find a poly spot on that side. Remind students to travel/dribble in their "self" space and to keep moving. You can even tell the explorers that they lose power or energy when not moving and dribbling or if they come in contact with any of the cones. If space is limited, you may want to use all poly spots for stationary dribbling. Every 2 - 4 minutes, choose new dinosaurs. Grades 4-5.

Dribbling Numbers

Write math equations on note cards and spread them on the floor. Have students dribble basketball to the cards and figure out the equation and then dribble the number of times that equals the answer (i.e., $4+7=11$ dribble 11 times).

Red Light, Green Light Dribble

Game is played under the same rules as the children's game "red light, green light." The difference is the skill of dribbling is added. Students maintain a continuous dribble while playing "red light, green light." Grades 2-3.

Ball Monster

Spread 25 or more balls around the gym floor. Assign a "ball monster" who enjoys eating balls for dinner. The students are the "ball rescuers" who are attempting to save as many balls as they can from becoming food for the ball monster. When the whistle blows, the students run around the space and collect one ball at a time and dribble back to their "safe cave." Here they place balls into a designated area. Once the balls are in the "safe cave" they cannot be taken by the ball monster. Meanwhile, the ball monster runs around and takes one ball at a time and deposits them in a designated area (to be eaten later). Once a ball is taken by the ball monster it can't be rescued. The ball monster can also freeze a rescuer by lightly tapping them on the back, or by pulling their flag (if using flag football belts) and taking their flag back to a designated area. If a rescuer is frozen, they must drop their ball and stand still until "unfrozen." Rescuers can become unfrozen when their teammates sneak past the ball monster, recover the flag from near the designated area and return it to the frozen player. If not using flags, students can be unfrozen when a teammate takes a ball and dribbles it around the frozen person (making a complete circle). The frozen player must do jumping jacks until un-frozen (or any other activity chosen by the teacher or can just stand still with legs apart). Once a rescuer collects a ball, they must continue dribbling it until they reach the safe cave. The game is over when the balls are either in the safe cave or in the ball monster's designated area. Count the balls to see who got more. Grades 4-5.

Hula Hoop Dribble

First, loop the jump rope around the hula hoop. Have the student be the "Coach" first. The coach's job is to slowly start to pull the hoop along the floor while you dribble the ball in the hula hoop. The Coach can increase the speed only when you (the dribbler) asks, "a little faster please". The coach can move the hoop in any pathway (curves, zig-zags, straights, etc). Remind coaches to look where they are going. Partners change roles every minute, to allow all students equal time to improve their skills. Grades 2-3.

Volleying w/ hands

Volley Square (or No Bounce 4-Square)

The game is played just like 4-square, except the students must keep the ball up in the air at all times (except when the server starts the game). They must use their forearm, wrist or possibly their hand. Have 5-6 students at each 4-square station; they can rotate in and out of the game. Grades 4-5.

Parachute Volleyball

The class is divided into 3 teams depending on how large the class is. All students hold on to the parachute, alternating order so that no player from a team is next to another player from the same team (e.g. a player from team 1 is next to a player from team 2, who is next to a player from team 3, who is next to a player from team 1 etc.). Two teams then let go of the parachute and take 2-5 steps back away from the parachute so that one team is holding the parachute with the balls on the parachute when the game begins. When the music starts, the team holding the parachute begins to shake the parachute to get the balls on the floor. The other two teams use the overhead or forearm pass to hit the balls back on the parachute. If a ball touches the floor the team holding the parachute gets a point. If a ball touches the floor it remains there. Teams rotate position every minute.

Sky Scrapper

Organize students into groups of 3 or 4, each group has one ball. Students must volley with hands as many times as possible to their group members. One can't volley the ball back to the person who set to them. Try to set as many times before the ball hits the ground. Students should concentrate on nice easy sets. Be aware of general space and others around you. Grades 3-5.

Volleying 4-Square

Activity is performed with a similar rotation to a 4-square game, or it can be simplified with no rotation. Have a court for each 4 students. One person stands on each outside boundary of the 4-square court. They can choose to be as close or as far away from the line as they choose. If you choose the 4-square rotation idea, designate each side by a number so that students who make miscues can rotate to side number 4. There are cones located in each corner. Similar to soccer goalies, the student between each 2 cones is protecting their "goal line" (the outside boundary line of the court). Each court has 4 goals (and 4 players). Once the ball is in play, the object is to keep it from bouncing on the ground beyond your "goal line". Any player allowing the ball to cross their goal line and bounce rotates to side number 4. Servers announce "Ready" before a serve is made, and they must start by serving to the person directly across from them. After the serve is made, players can strike the ball in ANY direction they desire. To serve the ball, the server must bounce the ball and contact with the palm of their hand or the flat side of the fist as in handball. Players must rotate to side 4 if they catch the ball or if their shot bounces two times in the 4-square box before crossing a goal line. On any balls close to the line or on the line where the call is unclear, have the students replay the ball. Grades 3-5.

Volley & Greet

Small groups of students stand in a circle. Volley the ball around saying the person in the circles name that the ball is volleyed to. Time how the activity takes. Ball can only be touched once and then student sits after touch so everyone can see who's hit the ball. Do this 3 or 4 times see how fast it can be done. If the ball drops, time continues until the group is finished. Grades 3-5.

Volleying w/ body parts

Mega Ball

Students will be organized into 2 teams. Each team will be given a designated goal. Using a giant ball, the team who can touch their opponent's wall/ goal while controlling a dribble gets a point. Any part of the body can be used except your hands. The catch is no student can control the ball for longer than 3 seconds. Grades 4-5.

Soccer Volley

Organize 4 teams. Have 2 teams per half court (playing across the half-court). They will place a ball on shoe laces and serve it to other team. The ball may bounce once. The other team returns the ball with a foot volley as well. The game is played similarly to volleyball, except it is played with your feet and the ball may bounce between returns. Grades 5.

Lifesaver Volley

Set up cones to establish playing boundaries. Select 3-5 students to be the taggers and give them each a Nerf Frisbee. Select 3-5 students to be the 'lifesavers' and give them each a foam ball. Then have one of the 'lifesavers' and another student demonstrate volleying a foam ball 4 times in a row (this is how the 'lifesavers' will free a tagged or frozen student in the activity). On the teacher's "GO" signal, the taggers try to tag as many students as they can, but the Nerf Frisbee must be in the tagger's hand. Students who are tagged with a Nerf Frisbee become frozen. However, students who are 'lifesavers' cannot be tagged. The 'lifesavers' are to save or unfreeze the tagged students. To unfreeze a student, the 'lifesaver' and the tagged student must volley the foam ball 4 times in a row. After the ball is volleyed 4 consecutive times, the student who was frozen now becomes the new 'lifesaver' and the previous lifesaver can now be tagged. Students enjoy this game because most of them get to be the lifesaver where they can 'save' someone and it is also a fun way to reinforce volleying skills. Grades 3-5

Boundball

Organize class into teams of 5 or 6. Use a bigger ball than a volleyball. Play using volleyball rules with no net. Volley with a variety of body parts. The ball has to bounce once before each hit, and it must be hit 2-3 times before it can go across to the other team. Grades 4-5.

Volleying w/ underhand striking pattern

Hoop Volley

Students are organized into pairs with three hula hoops. Set the hoops in a line straight across, with space between each. The students stand in each hoop on either end and must volley the ball back and fourth bouncing into the hoop in the middle. The object is to see how many times you can keep the ball alive using the underhand striking movement. Could be modified so that there they only use the hoop in the middle but they don't stand in a hoop. Grades 2-5.

Circle Serve

Organize groups of 5 students at each basketball goal. Make a line ten to fifteen feet away which is the service line. Each student will have a ball and will hit an underhand serve at the basketball goal. If the ball hits the rim or the square on the backboard (or area right above rim) the student will move to the basket to the right. If you miss you have to stay and keep trying. The goal is to get around the gym as many times as possible. Grades 4-5.

Count Down

This game is used to practice the underhand volley striking pattern. Students are divided into partners, with a volleyball (or volleyball trainer) between each pair. Students volley back and forth for a set period of time, which is kept by the teacher. Every time the ball hits the ground the pair gets a point. The objective of the game is to get the fewest number of points possible. Grades 3-5.

Handball Tennis

The game can be played with 8 or more people, players divide into two equal teams, each team occupying their side of the court. The first server serves the ball by letting it bounce on the ground and volleying it with the palm of his hand to the other teams side of the court, you may not carry the ball you must strike the ball with palm or wrist in a underhand fashion. The players on the receiving team may let the ball bounce as many times as they want, when receiving team hits the ball, they must hit the ball in the air to the opposing teams court. If the ball goes out of bounds or stops bouncing in your court then it is one point for the team that is serving. The serving team can only score when serving. Grade 5.

Striking w/ paddles

Paddle War

There are 2 separate teams on opposite halves of the gym floor. Each team will then be split up into paddlers and catchers. There will also be a basket of balls on each side of the court. The objective of the game is to hit your balls on to the other half of the court keeping the other team from catching them. If a ball is caught, then you keep that ball and store it away in a hoop placed on your team's side. If it is not caught then your team must paddle the ball to the other side trying to keep the other team from catching it. The team with the most balls in their hoop at the end of the game wins. Paddlers and catchers will switch roles half way through the game. Grades 2-5.

Paddle Volleyball

Divide the students into teams of 4 or 5. Set up courts with a low net or cones for the midline. Each player has a paddle. Play is just like volleyball except the ball can only be hit with an underhand striking pattern. Use a small beach ball or foam ball. Grades 4-5.

Paddle 4-Square

Square A starts the game. Player must hit the ball to another student. The ball cannot be hit to the person who hit it to them. Ball must be hit after its first bounce. Any person who misses goes to square D, and everyone else moves up square. Occasionally rotate some group members, i.e. all Bs and Ds rotate one square. Grades 3-5.

Birdies Nest

Lay hoops on the ground throughout the gym. Using an underhand pattern, students try to strike a ping pong ball into the hoop. The hoops have assigned values; add up your score while trying to get to twenty one. Grades 4-5.

Striking w/ rackets

Tennis Wall Ball

Everyone in the class will need a tennis racket. The rules are that there are 3 tennis net sized lines on the wall. The class must divide up into 3 lines in front of a tape net. The first player hits the ball underhand to the net and if it is over the line he/she will go to the back of the line and the next person will hit and they rotate like this. If the player returning misses then they will rotate to the next line. They will rotate in a clockwise manor. The most talented are the ones who are as close to their or still in their original line. Grades 5.

Badminton Golf

Begin by letting students know that they will be creating a badminton golf course. Organize students into partners. Assign each set of partners a number. Prior to the activity set the cones with the number on them against the outside walls of the gymnasium, in numerical order. The activity will begin with each set of partners taking a spot and equipment to build their "badminton hole." Once students arrive at the designated number for their hole, they will need to place their spot where students begin their turn at the hole. Next students will need to select the piece of equipment that will serve as the "target". For example, they decide that the server will have to hit the birdie into a hoop that is placed on the floor. This piece of equipment will be placed next to the number for that hole. Students will then build their "badminton hole" between the starting point and the target. Once the hole is built the partners should attempt to get the birdie into or on their own target. Grades 4-5.

Wally Badminton

Students work on "clearing" the birdie. The students have to aim the birdie at the back board of the basketball goal. They must either clear it with the over hand or under hand clearance shot. Grades 4-5.

Striking w/ bats

Alaska Baseball

Equipment: a bat and volleyball. Divide students into 2 teams. One team is at bat and the other team is out in the field. One player bats the volleyball into the outfield (other side of the court). Teammates are in a close file behind the batter. The batter runs around his line of teammates as many times as he can. Meanwhile, the outfielders get in a straight line and pass the ball overhead backwards until the last outfielder gets the ball. Then the outfielders say "stop." The next batter goes next. After half of the batters have batted, the batters and outfielders switch. This keeps the fielders from getting too tired. If class size is large then make 4 teams to allow for more activity. Grades 3-5.

Cone Baseball

A cone is set up approximately 15-25 feet away from the batting tee; the fielder stands in the field behind this cone. The batter scores runs by running continuously between the cone and the tee after he/she hits the ball. One run is scored each time the batter touches the cone or tee. The batter is out (has to stop running and scoring runs) when the fielder retrieves the ball and runs back to the cone that is 15-25' away from the batting tee, touches it with the ball, and says out. The batter switches to become the fielder after 2 at bats. Grades 3-5.

Thunderball

Set up the gym as follows: 3 rows of cones, with the first row starting at the 3-point circle of the basketball court, the second row placed at half court, and the third row placed at the opposite 3-point circle. The points for the rows are 1, 2, and 3 respectively. Divide the students into two teams. The batting team will take turns to see how far they can hit a ball off of a tee. If the ball hits the wall in the air across the gym, the team receives 5 points. The objective of the defensive team is to stop the ball before it goes through a row of cones. The farther the ball goes, the more points are awarded according to the point ruling. If a ball is caught in the air, then no points are given. Once everyone on the hitting team has had a turn, switch teams. Grades 4-5.

Striking w/ sticks & clubs

Pig Golf (or Horse Hockey)

Divide students into partners. Each group needs 2 golf putters (or 2 hockey sticks), a cone, and a small whiffle ball (or puck). Everybody in the class spreads out and sets up their cone to shoot at. The object of the game is to try to hit the ball into the cone by striking it with the putter (hockey stick). If the first person who goes hits the cone, then the second person has to take a shot at the cone from the same spot. If the person who went first misses, then the second person takes a shot from wherever they choose. If the first person makes it, and the second one misses it, then the second person gets a letter. The last one to get PIG wins. Grades 5.

Hockey Battleship

Divide the class into 4 teams. On one half of the court there will be 2 teams playing against one another. There will be a line dividing the entire court in half. Place 6 cones on the base lines in the gym. The object of this game is to practice striking an object with sticks knocking the opposing team's cone off the line. Each team will have three hockey pucks. For each cone knocked off the line the team gets a point. Teams will need jerseys to separate them. The players have to pick a spot on the court and not move. They have to stay stationary the whole time. Players may not "guard the cones." Players' sticks must stay on the ground if they come off the ground it's a one minute penalty. The team with the most points at the end wins. Grades 4-5.