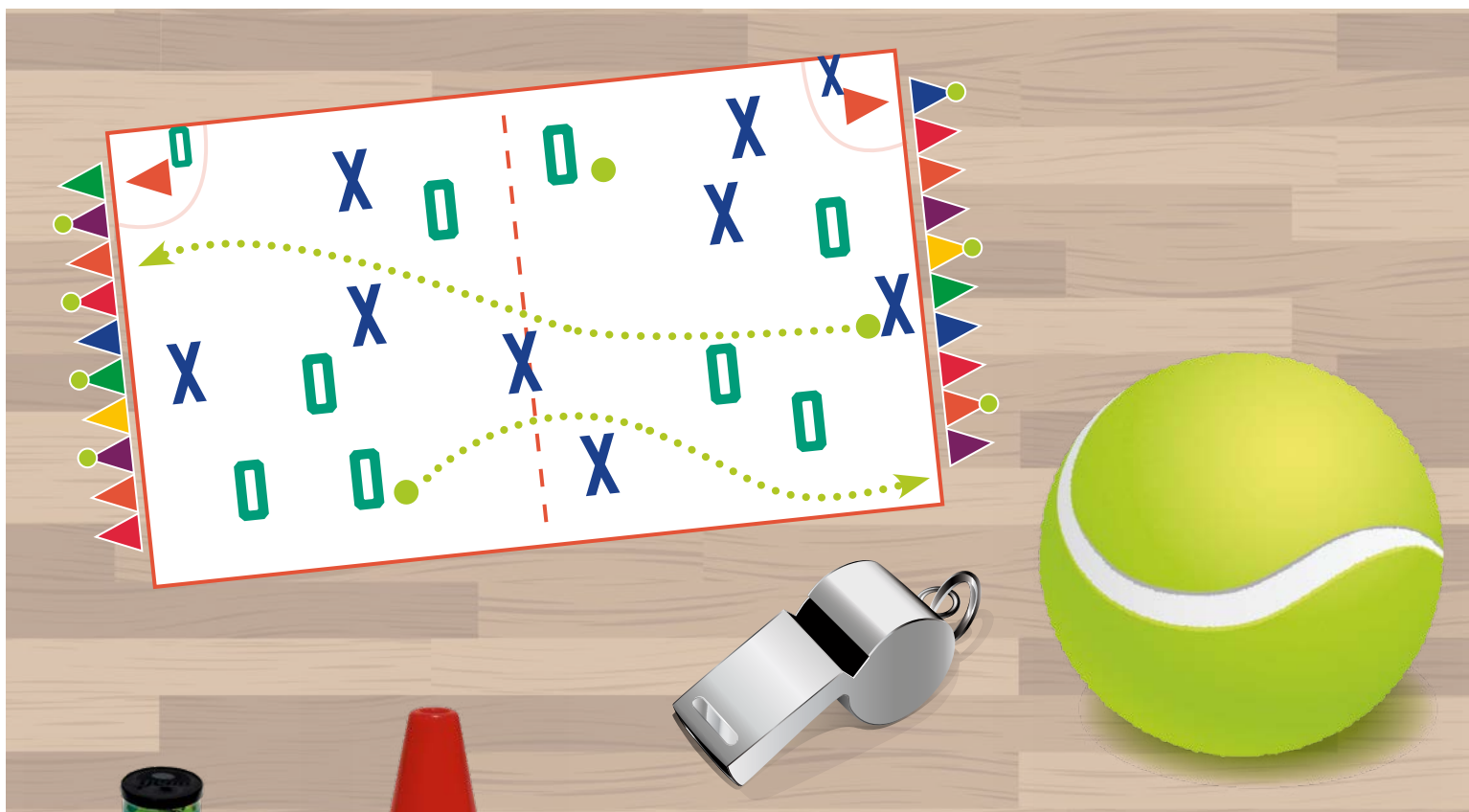




Developed with Erin Washkuhn, 2011 NASPE Elementary Teacher of the Year, Midwest District

Volume 3 | Gr. K-12

Hyper Ball



Materials list

- 10 tennis balls (PE01096) (set of 3 practice balls)
- 24 medium cones (PE01373) (4 sets of 12" multicolored cones)
- 2 large cones (PE05906) (18" orange cones)
- Pinnies [PE05769(A-F)] (adult size in red, blue, yellow, orange purple or green) or [PE05770(A-F)] (youth size in red, blue, yellow, orange, purple, or green)

Object of the game

To be the first team to get all 10 tennis balls on their cones

Objectives

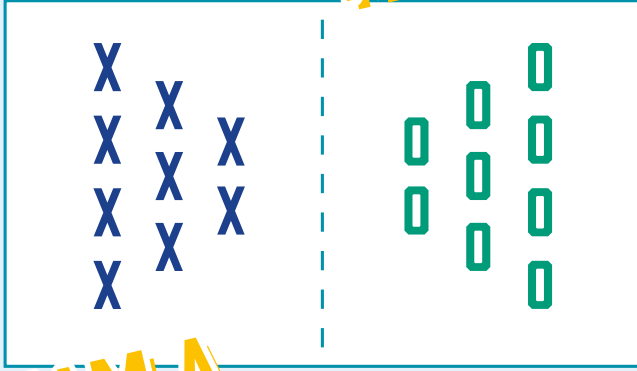
Students will...

- Demonstrate teamwork and sportsmanship
- Increase cardiovascular endurance

Rules

- Gentle tags – no pushing or tripping.
- Tennis balls must be placed on the cones, not thrown at the cones.
- No puppy guarding the jail or cones.
- No tag backs.
- Have fun and work together.

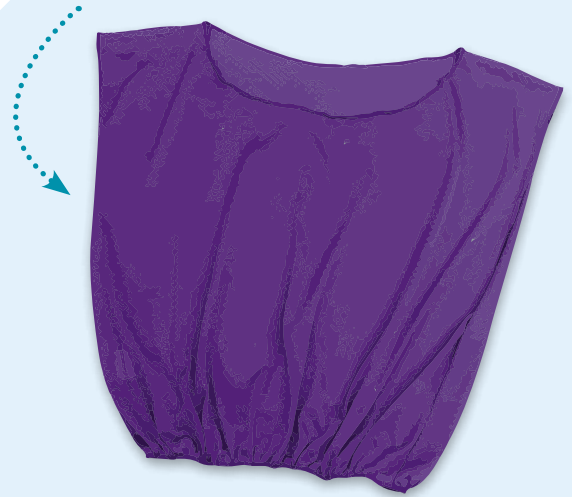
TEAM B



TEAM A

1.

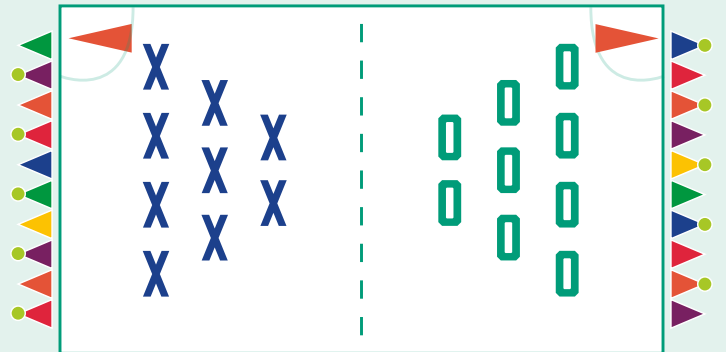
Divide the class into two teams and issue pinnies to one of the teams.



2.

Each team's side will have 10 cones at their side's end and a large cone in the corner of their side to represent the jail.

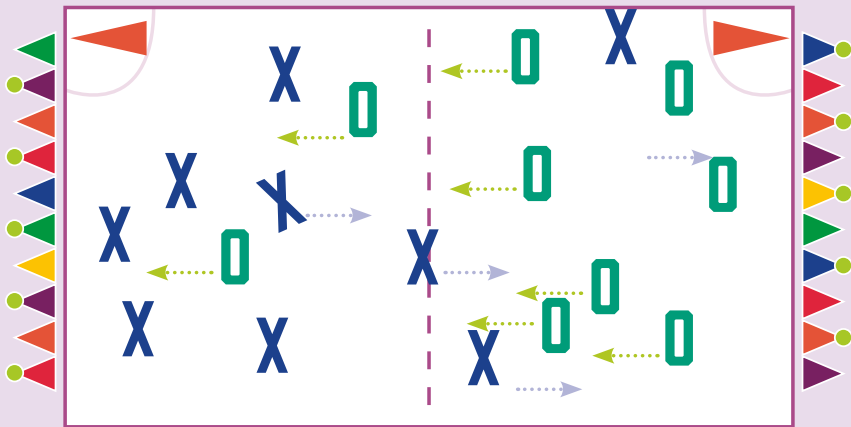
Each team will start on their side with 5 tennis balls on 5 of their cones.



BALL

HOME

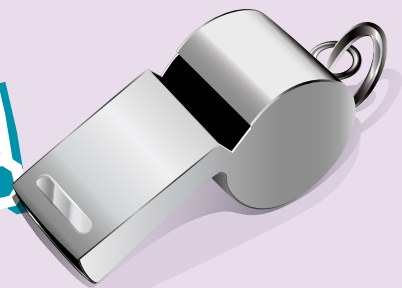
JAIL

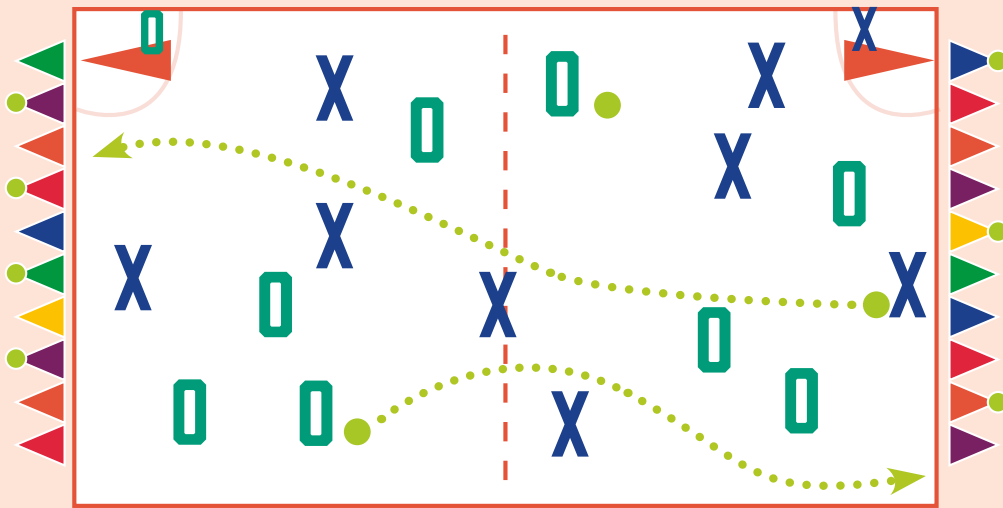


3.

On the signal to begin, students can cross the center line into the other team's territory. They will attempt to capture one of the other team's tennis balls and successfully bring it back to their own side.

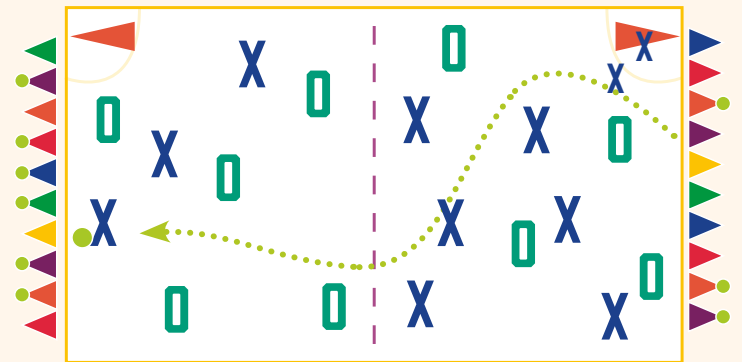
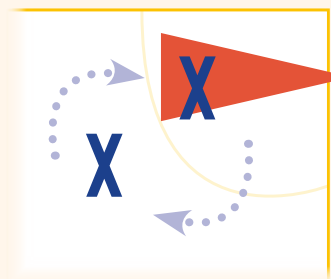
GO!





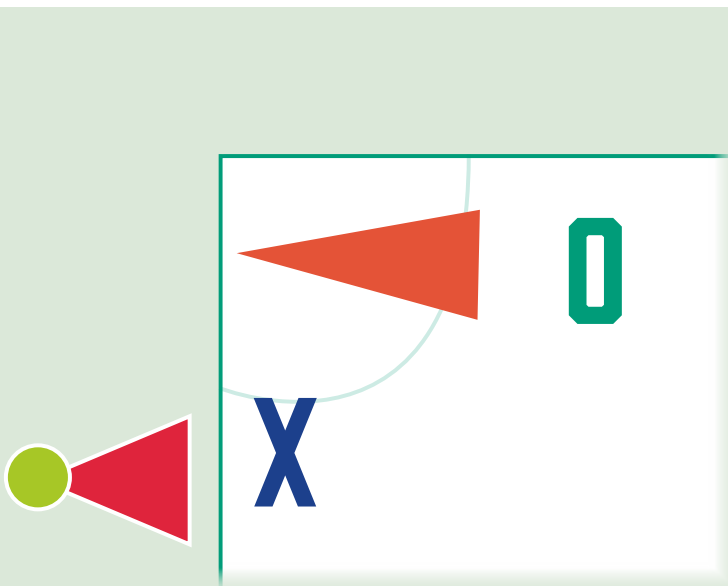
4.

Once in the other team's territory, the student may be tagged and sent to the other team's jail. If the student was carrying a tennis ball at the time, the tennis ball goes back on the cone and the student will go to jail.



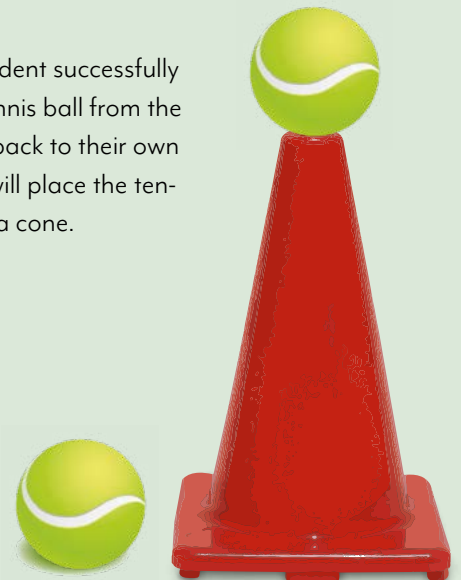
5.

Only one person is allowed in the jail at a time. If a second person is sent to jail, the students will high-five and the first player returns to his or her side and is back in the game.



6.

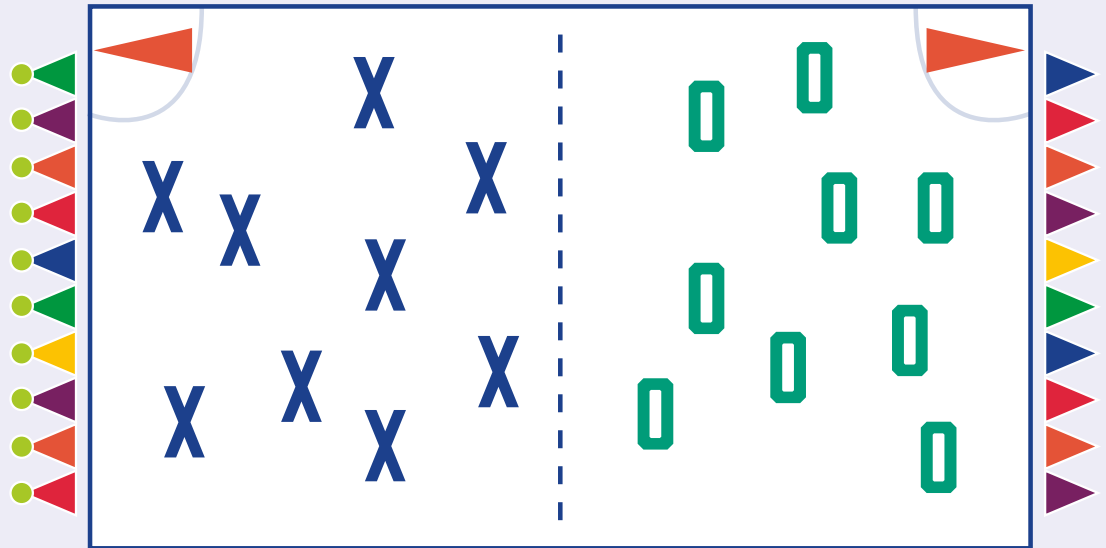
Once a student successfully brings a tennis ball from the other side back to their own side, they will place the tennis ball on a cone.



WINNER!

7.

The first team to have all 10 tennis balls on their cones wins the round.



Game variations

- Exercise while in jail.
- Add or remove the number of tennis balls.
- Divide the gym into 4 zones and place 6 cones in each zone with 3 tennis balls to start.

