

Launch It! – 2-8

OBJECTIVE: Watch student teams “Launch It” in a cooperative game that will allow students the opportunity to explore various ways to develop and improve ball manipulation, and slingshot skills of trajectory, force, and accuracy. The game of Launch It is a great prerequisite to the games of Slingshot and Slingshot Golf.

EQUIPMENT: (Needs are based on a class of 60 students)

✦ Flat Resistance Exercise or Can-Do Bands (30± or 15± bands per team). An Exercise Band is a rubber latex flat band that comes in various

lengths and resistances. I recommend purchasing a medium resistance roll (usually the color green) and cutting it into lengths of 1½ to 2 foot segments; see Figures 1 and 2).

✦ Gator Skin Super 70 balls (20-30 or one ball per every group of 2-3 students. A Gator Skin Super 70 ball is a 2¾” ball that is approximately the size of a baseball; colored or numbered wiffle balls or other foam-like balls may be substituted; see Figure 3). **Optional:** placing floor tape on the ground inside each hula-hoop will help eliminate confusion if any hoop is acci-



FIGURE 1: EXERCISE BAND ROLL

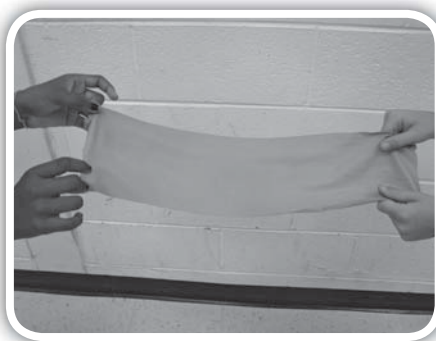


FIGURE 2: 1.5' TO 2.0' SEGMENT



FIGURE 3: SUPER 70 BALL

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dentially moved.

- ✦ 5-gallon bucket of jumbo craft sticks or tongue depressor sticks (200±).
- ✦ Optional: wristbands (30±; color does not matter).

PROCEDURE: Instruct students to form groups of 2- or 3-Player teams. Each 2- or 3-Player team may now get one ball and one slingshot from the teacher and then go sit down at the end line on one side of the gym. The **object** of the game is for each team to score more points than the opposing team by slingshotting and hitting more walls located on the opposite end of the gym than any other slingshot team.

To Begin: On the signal “go”, the 2- and 3-Player teams must start from behind the end line and begin experimenting with ways on how to aim and shoot the ball at different angles and trajectories as well as determining fair ways of taking turns on who will hold and who will shoot the slingshot each time (see the following Slingshot pictures on page 43 and 44 for examples of the slingshot technique and some of the possible 2- and 3-Player ideas). **Note:** teammates must always use caution when pulling back and releasing the slingshots to avoid hitting anyone with the therapy band or ball!!!

The goal for each team is to slingshot the ball, attempting to hit the wall on the opposite side of the gym. After the first shot and each shot thereafter, teams must retrieve the ball from where it came to a rest and shoot if from “that” spot. The process of launching balls will continue until the ball physically hits the wall. **Note:** A score is considered successful if the ball hits the wall in the air. The captain or one player from each team is allowed to go and get one stick from the bucket after each score against a wall. After the stick is collected, each team will start the process of launching the ball from behind the end line of the wall that was just scored against. **Option:** allow teams, each time they collect 10 sticks, to trade



HOLD SLINGSHOT LOOSELY



TOO TIGHT

them in for one wristband. Each team will continue the process of slingshotting balls, traveling back and forth across the gym to hit as many walls as possible until the 10-30 minute time limit has expired or a pre-determined score has been reached. Tally each team’s score by adding together each 10-point wristband with the 1-point sticks. The point values at the end of the game will be as follows:

1-10 sticks = your team is alright!

11-20 sticks = your team is cool!

21-30 sticks = your team is awesome!

31-40 sticks = your team ROCKS!

41 or more = Launch It Champions!!!

Note: modify the point system as deemed necessary.

Rules and Safety:

1. Players may not slingshot a ball if another team is in their “line of fire” or shooting pathway. Encourage teams to wait for the



CRADLE BALL INSIDE SLINGSHOT AND PULL BACK FROM THE OUTSIDE: 3-PLAYER STRATEGY



2-PLAYER STRATEGY



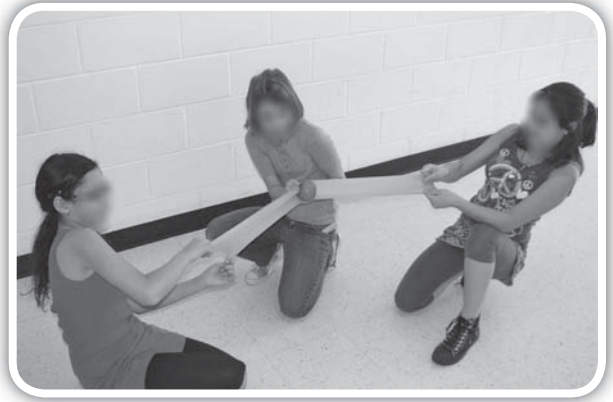
2-PLAYER STRATEGY



2-PLAYER STRATEGY



3-PLAYER STRATEGY



3-PLAYER STRATEGY

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Launch It! Rules and Safety continued...

- other team to move or to slide to the left or right before shooting.
2. Encourage players to use an upward trajectory when slingshotting a ball. Using an upward trajectory typically slingshots the ball further and avoids hitting others in the line of fire.
 3. Teams may not advance towards a wall once the ball has been picked up. The next shot has to be taken from where their team's ball came to rest.
 4. One player from each team is allowed to go

and collect one stick from the bucket upon hitting a wall. 10 sticks must be traded in to earn one wristband.

5. Once a wall is hit, teams turn around and begin at the new end line and slingshot at the wall on the opposite end of the gym.

Variations:

1. For larger classes, start half of the teams at one end of the gym and the other half on the opposite side of the gym.

Slingshot – 3-8

OBJECTIVE: Student teams will explore various ways to develop and improve ball manipulation and the slingshot skills of trajectory, force, accuracy, visual tracking, and improvement of socializational skills through the innovative game of Slingshot. It is recommended to play Slingshot after the game of Launch It!

EQUIPMENT: (Needs are based on a class of 60 students)

- ✦ Flat Resistance Exercise or Can-Do Bands (30± or 15± bands per team). An Exercise Band is a rubber latex flat band that comes in various lengths and resistances. I recommend purchasing a medium resistance roll (usually the color green) and cutting it into lengths of 1.5 to 2.0 feet segments.
- ✦ Gator Skin Super 70 balls (30+; the more the better. A Gator Skin Super 70 ball is a 2.75" ball that is approximately the size of a baseball; colored or numbered wiffle balls or other foam-like balls may be substituted).
- ✦ Traffic cones (20-24 or 10-12 per side)
- ✦ Various targets for scoring points such as trashcans, hula hoops, and 5-gallon buckets, etc. (10-20 targets per side).
- ✦ Scoreboard or any means to keep score

PROCEDURE: Before classes arrive, place six traffic cones approximately 8'-10' from both sides of the midline. Place an additional five to six traffic cones 10' to 15' from each end wall. Place all of the Super 70 balls within No Man's Land. Randomly place 15 therapy bands on each side of the gym or play area. Divide the 5-gallon buckets, hula hoops, trashcans and randomly place them on each side of the gym (see diagram for set up). The **object** of the game is for each team to score more points than the opposing team by slingshotting and scoring the most balls

into the various targets on the opposite side of the gym.

To Begin: divide the class into two teams and send each team to opposite sides of the gym to sit down and await further instructions. On the signal "go," all students must choose to be in groups of 2- or 3-Player teams. After teammates have been chosen, the 2- and 3-Player teams must experiment with ways on how to aim and shoot the ball at different angles and trajectories as well as determining fair ways of taking turns on who will hold and who will shoot the slingshot each time (**see the game of Launch It for examples of the slingshot technique and some of the possible 2- and 3-Player ideas**).

The goal for each team is to slingshot the ball over No Man's Land and the opponent's teams



FIGURE 1: A BALL SHOT INTO A BUCKET

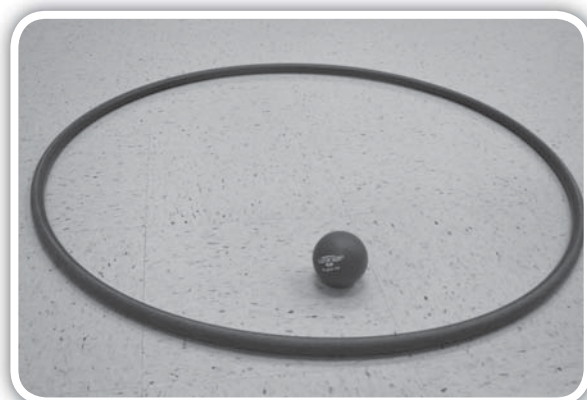


FIGURE 2: A BALL SHOT INTO A HOOP

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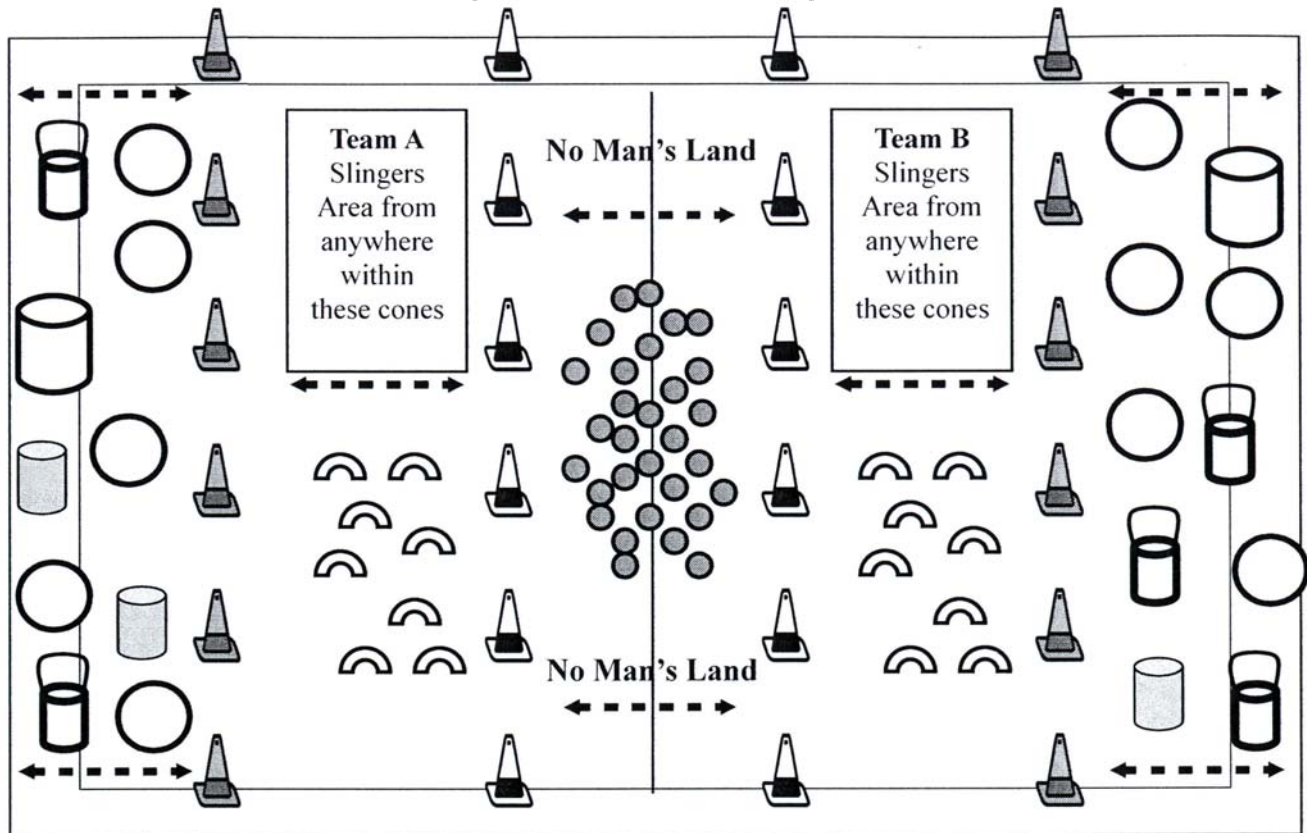
into one of the many targets on the opposite side of the gym. A score is considered successful if a ball lands and stays inside any of the various targets (see Figures 1 and 2). **Note:** there is no minimum to how many balls a target can hold. Each team will continue the process of slingshotting balls until the 10-30 minute time limit has expired or a pre-determined score has been reached. Tally each team's score to determine the Slingshot Champions for that round and return all balls to No Man's Land before starting a new round. **Option:** create point values for scoring a bucket, hoop, or trashcan. For example, scor-

ing into a trashcan equals 10 points, into a bucket equals 5 points, and into a hoop equals 3 points.

Rules and Safety:

1. Each group may only have one ball in their possession at a time and can retrieve balls from anywhere on their side of the playing area or inside "No Man's Land".
2. At no time may a group launch a ball from within "No Man's Land" or from within the area that the targets are located (area between the closest traffic cones and their

Diagram: Slingshot



Players are not allowed in between these traffic cones (**No Man's Land**), except to retrieve balls.

Each team's Slingers are allowed to sling-shot balls from anywhere in between these cones.

Nobody is allowed in this area except to retrieve balls that were not scored. Players are trying to score balls inside the targets on the opposing side.

● Super 70 balls that the Slingshots will Slingshot.

⌒ Therapy bands to be used as the Slingshots.

Slingshot continued...

- team's end wall).
3. Defending the targets by blocking airborne or rolling balls is not allowed.
 4. Players may not remove balls from within a target until each game or round is over.

Variations:

1. Instead of the teacher positioning the targets, allow each team the ability to position the opposing team's targets before the game begins.
2. Implement **Slingshot Duel**. The goal for this variation is for each team's Slingers is to slingshot the ball over No Man's Land to a teammate/Catcher on the opposite side of the gym. The **object** of the game is for each team to score more points than the opposing team by catching the most balls. A Catcher's job is to catch a ball while staying inside their team's "Catching Area". A catch is considered successful if it is caught in the air or off any wall before it hits the ground. Catchers, upon catching a ball, will immediately go to and give the Scorekeeper (teacher) the

caught ball. In turn, the Scorekeeper will give that Catcher's team 1 point. The Scorekeeper will immediately put the ball back into play by dropping or rolling the ball into No Man's Land. Each team will continue the process of slingshotting and catching balls until the time limit has expired or reached a pre-determined score.

Rules and Safety for SLINGSHOT DUEL:

1. Every player has a choice to be a "Slinger" or a "Catcher" and can change positions at any time. All players must decide on how they are going to contribute to their team.
2. A Catcher's job is to catch a ball while staying inside their team's "Catchers Area". A catch is considered successful if it is caught in the air or off any wall before it hits the ground.
3. Catchers may not pick balls up off the ground and bring them to the Scorekeeper. This will result in an automatic forfeit or subtraction of 5 points. *Note: this should be pre-determined by the teacher and mentioned at the beginning of the game.*

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Slingshot Golf – 2-8

OBJECTIVE: Slingshot Golf is the final, culminating golf-like game from the series of games that include Launch It! and Slingshot. “Slingshot Golf” too is designed as a cooperative game that will allow students the opportunity to explore various ways to develop and improve ball manipulation, and slingshot skills of trajectory, force, and accuracy. Students must focus special attention on accuracy and finesse, while scoring hits at a faster pace than any other team to be declared the Slingshot Golf Champions.

EQUIPMENT: (Needs are based on a class of 60 students)

- ✦ Flat Resistance Exercise or Can-Do Bands (30± or 15± bands per team). An Exercise Band is a rubber latex flat band that comes in various lengths and resistances. I recommend purchasing a medium resistance roll (usually the color green) and cutting it into lengths of 1.5 to 2.0 feet segments).
- ✦ Gator Skin Super 70 balls (30+; the more the better. A Gator Skin Super 70 ball is a 2.75” ball that is approximately the size of a baseball; colored or numbered wiffle balls or other foam-like balls may be substituted).
- ✦ Traffic Cones (10; I recommend using 18” to 36” in height traffic cones)
- ✦ Numbered Cone Covers or numbered traffic cones (set of 1-10 to place on traffic cones).
- ✦ Bucket of jumbo craft sticks tongue depressor sticks (200±)

Optional: wristbands (30±; color does not matter).

PROCEDURE: Before classes arrive, place the cones covers on each of the 10 traffic cones and randomly place all 10 traffic cones all over the gym (see Figures 1 and 2 for examples of set up). Place the bucket of sticks somewhere out of play. Instruct students to form groups of 2- or 3-Player teams. Each 2- or

3-Player team may now get one ball and one slingshot from the teacher and then go sit down at one of the 10 traffic cones. **Note:** *the teacher should not allow more than 2-3 teams per traffic cone.* The **object** of the game is similar to the game of golf; to hit as many traffic cones (in order) with the least amount of shots to be able to score more points than all other opposing teams. **To Begin:** On the signal “go”, the 2- and 3-Player teams must stand up and shoot from the first traffic cone they started beside. Teammates must begin experimenting with ways on how to aim



FIGURE 1: CONE WITH NUMBERED CONE COVER



FIGURE 2: NUMBERED CONES ALL OVER GYM

and shoot the ball at different angles and trajectories as well as determining fair ways of taking turns on who will hold and who will shoot the slingshot each time (see the game of Launch It for examples

of the slingshot technique and some of the possible 2- and 3-Player ideas). *Note: teammates must always use caution when pulling back and releasing the slingshots to avoid hitting anyone with the therapy band or ball!*

The goal for each team is to slingshot the ball, attempting to hit the numbered cone that comes after the previous traffic cone they were standing beside. For example, Team 1 starts the game at traffic cone #2. Team 1 will now aim and shoot at cone #3 trying to make a “hole in one” which in this game means hitting cone #3 by way of the ball rolling and contacting the cone or by a direct hit from in the air (See Figure 3). After the first shot and each shot thereafter that results in not hitting cone #3 (which will happen most of the time), teams must retrieve the ball from where it came to a rest and shoot if from “that” spot. The process of launching balls will



FIGURE 3: TAKING AIM AND SHOOTING TO THE NEXT CONE



FIGURE 4: HOOP TAPED ON WALL WITH NUMBER 11

continue until the ball physically hits or makes contact with cone #3. *Note: take the opportunity to introduce golf etiquette, ask questions that relate to why golfers use different sized golf clubs, and if golfers care how many shots it takes to get the ball in the hole.*

The captain or one player from each team is allowed to go and get one stick from the bucket after each score against the correct numbered traffic cone. After the stick is collected, each team will start the process of launching the ball from beside the cone that was just hit, trying to hit the next number cone (in the example, the team will now shoot for cone #4). *Option: allow teams, each time they collect 5 sticks, to trade them in for one wristband.* Each team will continue the process of slingshotting balls, traveling in number order, attempting to hit as many traffic cones as possible until the 10-30 minute time limit has expired or a pre-determined score has been reached. *Note: Any team shooting beside traffic cone #10 should shoot for traffic cone #1.* Tally each team’s score by adding together each 5-point wristband along with the 1-point sticks. The point values at the end of the game will be as follows:

1-5 sticks = your team is alright!

6-10 sticks = your team is cool!

11-15 sticks = your team is awesome!

16-20 sticks = your team ROCKS!

21 or more = Slingshot Golf Champions!

Note: modify the point system as deemed necessary



FIGURE 5: STANDING TARGET

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Rules and Safety:

1. Players may not slingshot a ball if another team is in their “line of fire” or shooting pathway. Encourage teams to wait for the other team to move before shooting.
2. Teams may not advance towards the numbered traffic cone once the ball has been picked up. The next shot has to be taken from where their team’s ball came to rest.
3. One player from each team is allowed to go and collect one stick from the bucket upon hitting their number traffic cone. Five sticks must be traded in to earn one wristband.
4. Once the numbered traffic cone is hit and stick has been retrieved, teams must aim for the number following the numbered traffic cone just scored.

Variations:

1. Tape 10 hula hoops all over the gym walls to use as wall targets. Tape the numbers 11-20 on the walls inside each hoop to create additional targets for the Slingshot Golf course (see Figure 4). Add hanging or standing targets into the Slingshots Golf course to create additional challenges (see Figure 5).
2. Take this game outside and spread the traffic cones out at varying distances and set up par 3, par 4, and Par 5 holes and implement golf scoring by using an actual golf scorecard. Free scorecard templates can be found online and on Microsoft Office. Discuss golf terminology such as Eagles, Birdies, Par, Bogeys, etc.

UFOs – 2-8

OBJECTIVE: UFOs is a unique, cooperative game where speed, teamwork, slingshotting, and visual tracking skills are essential to earning a maximum number of points. Like the game of **Launch It**, UFOs also provides the opportunity to explore various ways to develop and improve ball manipulation, and the skills of trajectory, force, and accuracy. Played in conjunction with the game of **Launch It**, UFOs is a great prerequisite to the games of **Slingshot** and **Slingshot Golf**.

EQUIPMENT:

- ✦ Flat Resistance Exercise or Can-Do Bands (30±).
- ✦ Gator Skin Super 70 balls (20-30 or one ball per every group of 2-3 students; A Gator Skin Super 70 ball is a 2.75” ball that is approximately the size of a baseball; colored or numbered wiffle balls or other foam-like balls may be substituted).
- ✦ Traffic cones (8 or 4 per side).
- ✦ Bucket(s) or pop up hampers of wristbands (200±; color does not matter).
- ✦ Optional: 5-gallon bucket or pop up hamper of sticks (200±) if wristbands are unavailable.

PROCEDURE: Place four traffic cones approximately 10 yards from each end wall. *Note: One area, between the traffic cones and wall will be the Launch Site and the other area will be the End Zone.* Place both buckets of wristbands at one intersection of the midline and sideline (See diagram for set up). Instruct students to form groups of 3- or 4-Player teams. Each 3- or 4-Player team may now get one ball and one slingshot from the teacher and then go sit down inside the launch site located on one side of the gym. The **object** of the game is for each Shooter team to slingshot as many balls as possible into the End Zone located on the opposite end of the gym.

To Begin: On the signal “go”, each 3- or 4-Player team must send one player (Catcher) to the End Zone. The other two to three players on each team must experiment with ways on how to aim and shoot the ball at different angles and trajectories as well as determining fair ways of taking turns on who will hold and who will shoot the slingshot each time (**see the game of Launch It for examples of the slingshot technique and some of the possible 2- and 3-Player ideas**). *Note: teammates must always use caution when pulling back and releasing the slingshots to avoid hitting anyone with the therapy band or ball!!!*

The goal for each Shooter team inside the Launch Site is to slingshot their **UFO (ball)**, attempting to shoot it far enough to cross into the End Zone located on the opposite side of the gym. A shot is considered successful if it rolls on the ground or flies in the air into the End Zone. Once the UFO crosses into the End Zone, the Catcher or owner of that ball is allowed to pick up the ball and go retrieve one wristband to wear. The Catcher will then go to the Launch Site and switch positions with a Shooter teammate to continue the game. The new Catcher will get into the End Zone and wait until his or her teammates shoot the UFO into the End Zone. *Note: Catchers may not touch any other team’s UFOs that are launched, especially if it is still rolling on the ground.* A shot is considered unsuccessful if it stops in the Dead Zone or does not roll on the ground or fly in the air into the End Zone. When this occurs, a player from the Shooter team, not the Catcher, will go retrieve the ball and return to re-shoot the UFO.

Each team will continue the process of trading positions and slingshotting balls to score as many points as possible until the 10-30 minute time limit has expired or a pre-determined score has been reached. Tally each team’s score by adding

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together each team's wristbands. The point values at the end of the game will be as follows:

1-5 wristbands = your team is alright!

6-10 wristbands = your team is cool!

11-15 wristbands = your team is awesome!

16-20 wristbands = your team ROCKS!

21 or more wristbands = UFO Champions!!

Note: modify the point system as deemed necessary...

Rules and Safety:

1. Players may not slingshot a ball if another team is in their "line of fire" or shooting pathway.
2. A shot is considered successful if it rolls on the ground or flies in the air into the End Zone.
3. Once the UFO crosses into the End Zone, the Catcher or owner of that ball is allowed to pick up the ball and go retrieve one wristband to wear.
4. The Catcher will then go to the Launch Site and switch positions with a Shooter teammate to continue the game.
5. Catchers may not touch any other team's UFO's that are launched, especially if it is still rolling on the ground.
6. A shot is considered unsuccessful if it stops in the Dead Zone or does not roll on the ground or fly in the air into the End Zone. A player from the Shooter team, not the Catcher, will go retrieve the ball and return to re-shoot the UFO.

Variations:

1. Add a bonus UFO, especially for highly skilled classes. Any UFO launched into the End Zone and caught in the air before it touches the ground earns the bonus of five wristbands.
2. Decrease the level of difficulty by expanding the end zone and launch site areas.
3. Increase the level of difficulty by shrinking the end zones and launch site areas.

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Diagram: UFOs

