

RECREATIONAL GAMES



HEALTH & PHYSICAL EDUCATION
MOVEMENT ENHANCING ACADEMICS.

ERIC MARTIN & KRISTEN CROSS

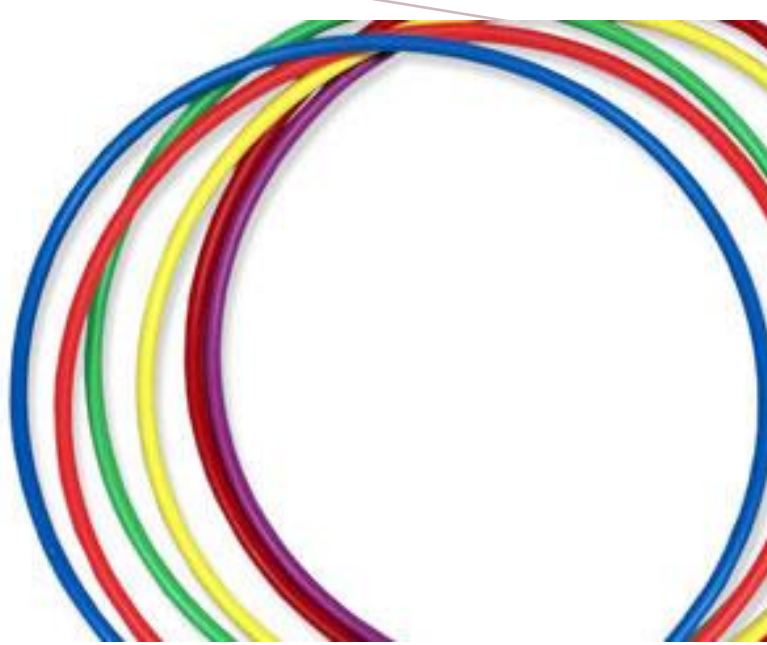
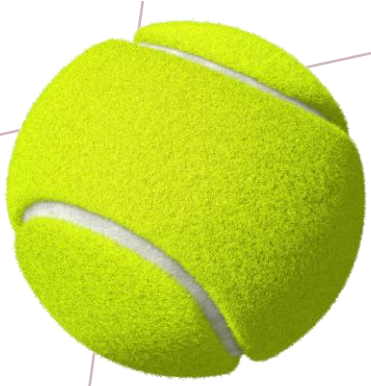
PALMER MIDDLE SCHOOL

COBB COUNTY SCHOOL DISTRICT



*ROUNNET
SLAMBALL
SPIKEBALL*





MATERIALS NEEDED:
SPIKEBALL SETS
TENNIS BALL
SMALL PLAYGROUND BALL
SIDEWALK CHALK
HULA HOOPS
JUMP ROPES

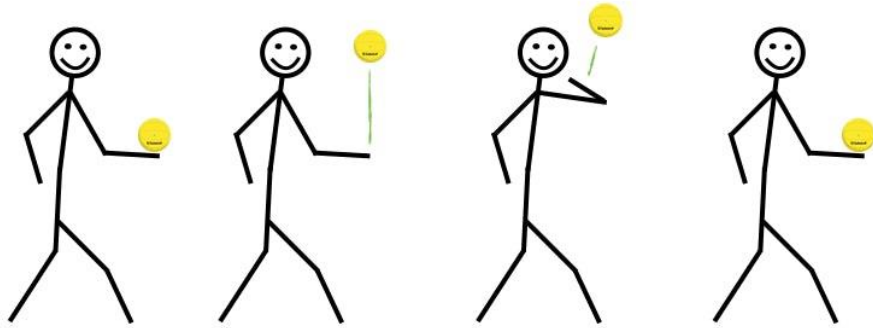
SPIKE BALL PASSING CUES

- Below-Chest Pass
 - Athletic Stance
 - Feet & Knees Ready
 - Hands Ready/Eyes Ready
 - Hand Placement:
 - Waist Level
 - Palms Up & Out
 - Fingers Away
 - Palm Strike:
 - Palm Flat
 - Contact Between Heel & Fingers
- Above-Chest Pass
 - Athletic Stance:
 - Feet & Knees Ready
 - Hands Ready/Eyes Ready
 - Hand Placement:
 - Shoulder Level
 - Palms Out
 - Fingers in Toward Head
 - Palm Strike:
 - Palm Flat
 - Contact Between Heel & Fingers



SELF-PASSING

Pass the ball back to your self as many times as you can in a row!
Use UNDER-HAND and/or OVER-HAND passes.



EASIER

- Allow the ball to bounce between passes
- Use a ball that is bigger, softer, and/or lighter
- Catch the ball between each pass

TIPS

- Athletic stance
- Hand facing up toward sky/ceiling
- Keep your hand flat
- Keep your hand soft
- Keep your eye on the ball

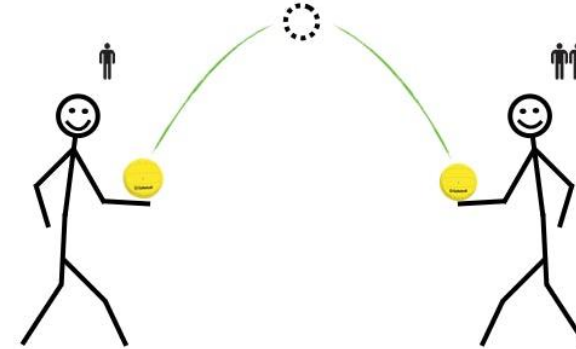
HARDER

- Use your non-dominant hand
- Pass the ball to different heights
- Alternate hands between passes
- Move around while you pass
- Add spin to your passes



PARTNER PASSING

Player 1 and Player 2 pass the ball back and forth as many times as they can in a row.
Use UNDER-HAND and/or OVER-HAND passes.



EASIER

- Allow the ball to bounce between passes
- Use a ball that is bigger, softer, and/or lighter
- Catch the ball between each pass
- Pass the ball up to yourself before passing to your partner

TIPS

- Athletic stance
- Hand facing up toward sky/ceiling
- Keep your hand flat
- Keep your hand soft
- Keep your eye on the ball
- Move your feet to get in position

HARDER

- Use your non-dominant hand
- Pass the ball to different heights
- Alternate hands between passes
- Move around while you pass
- Add spin to your passes
- Complete 50 passes without the ball touching the ground

DRILLS FOR SPIKEBALL/ROUNDNET

- **Individual Activities:**
- [Spikeball Self Passes](#)
 - Using OPENPhysEd.org Skill Related Fitness [link here](#)
- [Spikeball Passing Challenges: Individual](#)

- **Partner Activities:**
- [SPIKEBALL® BOUNCE & CATCH](#)
- [PARTNER PASSING PLAYS](#)



DRILLS FOR SPIKEBALL/ROUNDNET

- Here are some more resources:
- Slamball: great leadup game using minimal equipment. [Link](#)
- Spikeball for Kids: [This link](#) has some drills to use before playing.
- Spikeball Curriculum: Spikeball has an entire library of videos to use in class to teach the skills of Spikeball.
 - [Click here for the link](#)
- See the whole curriculum from OPEN for [Roundnet](#)





SLAMBALL EXAMPLES

SLAMBALL IN ACTION

RULES FOR SPIKEBALL

- Spikeball/Roundnet Rules:
 - [Click link here](#)





Corn Hole and Horseshoes





Indoor Horseshoes and Cornhole



Materials needed

- Sock balls
- Laundry baskets
- Storage totes
- Bean Bags (if you have them)

UNDERHAND THROWING



KEYS TO SUCCESS



STAND FACING YOUR TARGET.



BRING YOUR THROWING ARM BACK BEFORE YOU THROW.



STEP WITH YOUR OPPOSITE FOOT AS YOU THROW.



RELEASE THE BALL BETWEEN YOUR KNEE & WAIST LEVEL.



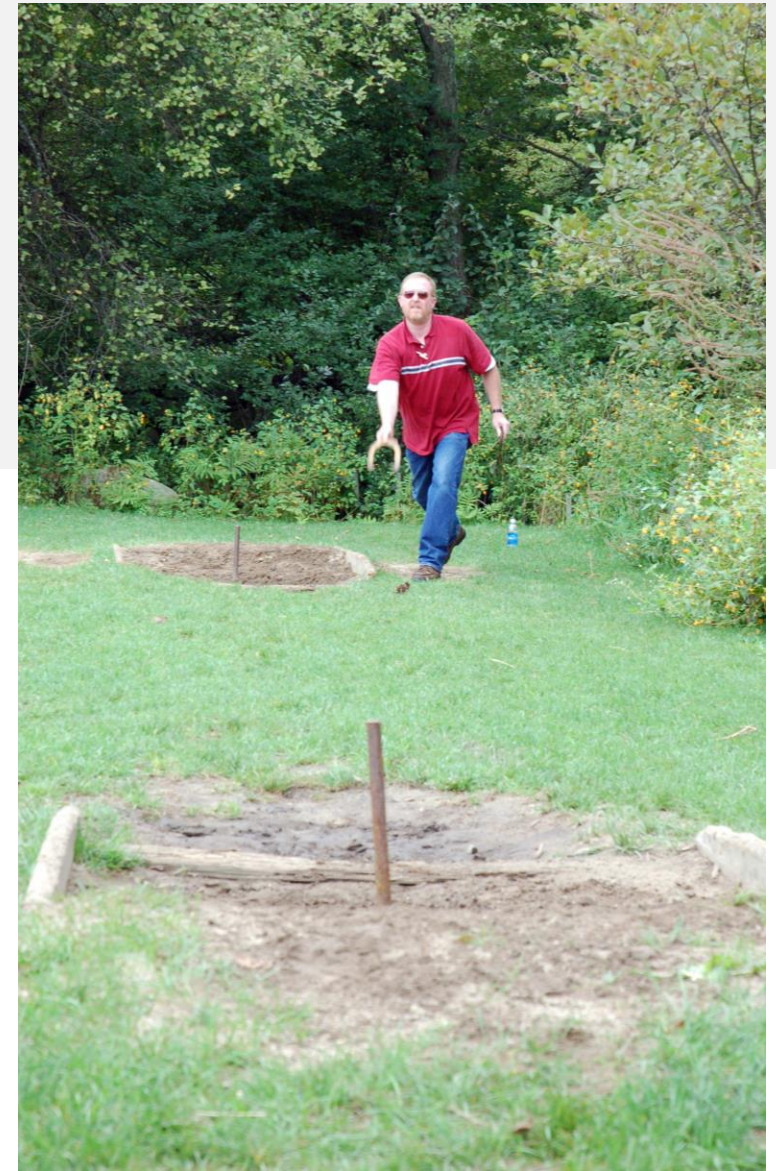
FOLLOW THROUGH TO YOUR TARGET.

Underhand Throw



Activities to practice

- [PE At Home: “Move-Up Toss” Challenge](#)
- [PE at Home: UPRIGHT \(Underhand Throwing/Rolling\)](#)
- [P.E at Home: Tower Toss- Underhand](#)

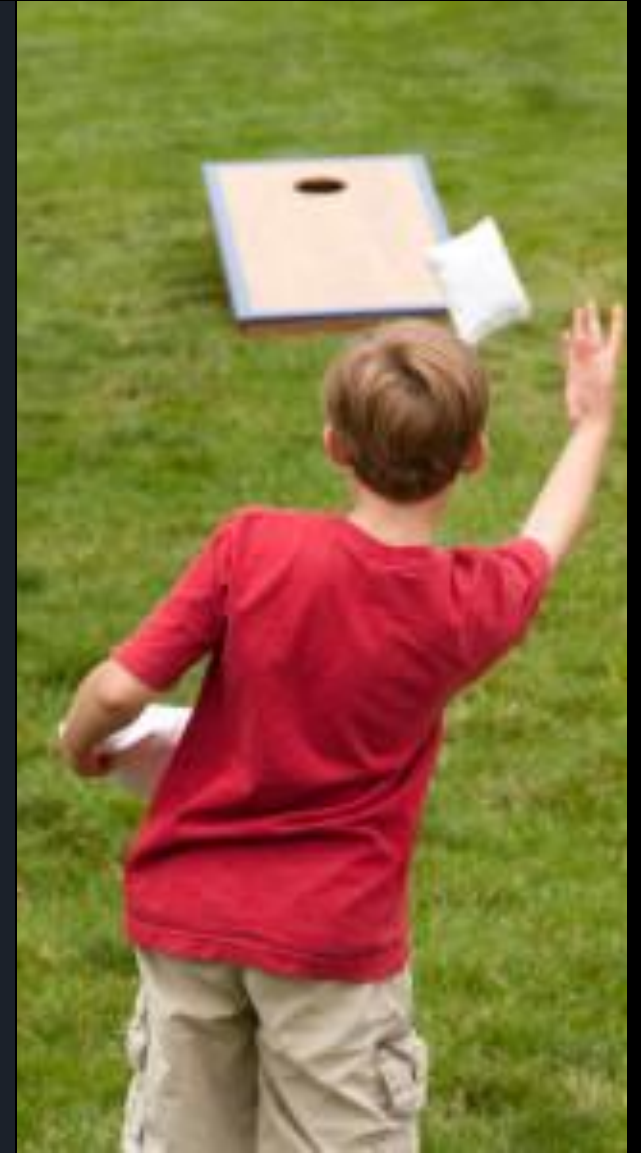




How to Pitch Horseshoes - Rules and Regulations

Rules of Cornhole

Student review sheet
to post on wall. [Click here](#)





Bowling



Palmer Bowling Lanes



Bowler, Pin Setter, Ball Return, Scorekeeper

Cues for bowling

BOWLING CUES

FOUR STEP DELIVERY APPROACH



1. Stance
2. Swing arm back
3. Swing arm forward
4. Follow through

1. During the approach, take three steps and a slide.
2. Step in a straight line, focusing on the target.
3. Straighten the elbow, with weight of the ball on the push-away, which is start of the swing.
4. The push-away pushes the ball away from the body straight out toward the lane, which causes the bowling arm elbow to extend.
5. Keep the wrist firm during the swing.
6. Keep the shoulders and hips square to the target during the swing.
7. During the delivery, release the ball over the foul line as it starts upward in the swing.

At Home Bowling (modifications)

Water Bottle Bowling: Stand 7-10 feet away for the water bottle. Roll the sock ball to knock down the water bottle and score a point.

[Water Bottle Bowling](#)

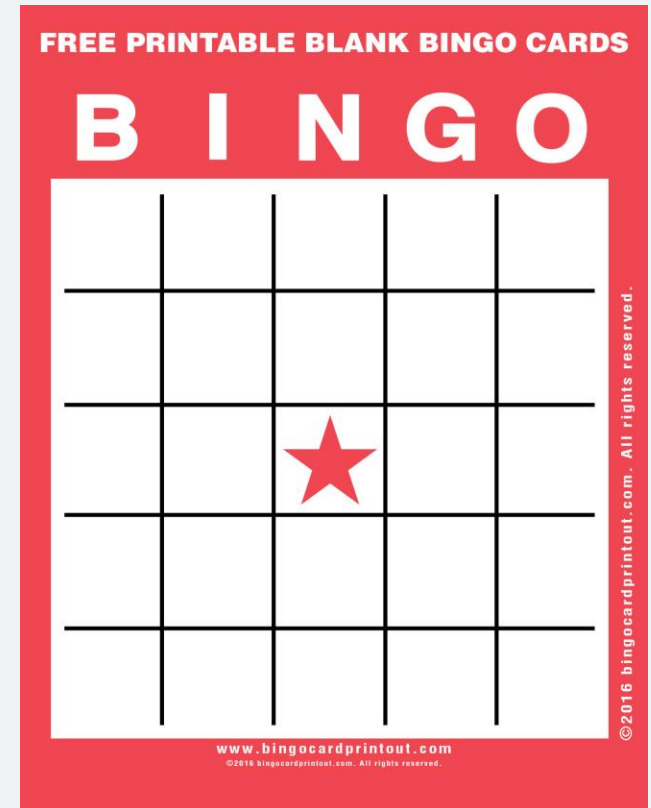
Sock Bowling: Find some items from around your house and create your own bowling alley.

[At Home Bowling](#)



Bingo bowling

The partners bowl, alternating one partner from each set. Both sets of partners have a bingo card. After each person bowls two balls, count the total number pins knocked down and across out that number. The object is to get bingo across, down, or diagonal. You can also go for boarder or blackout. You may have prizes for the winner. Rotate sets of partner to play a new game.



Most “Marks” Contest

In bowling a “Mark” is a strike or a spare. In this contest the individuals or teams will keep track of how many strikes and spares they can bowl in 10 frames. A running score is not calculated. On the scorecard the student will record the number of pins knocked in each frame, using “x” for strike and “/” for spare. Do Not keep a running total. At the end of 10 frames, count the number of strikes and spares, “Marks” to see who wins.



How to hand score in Bowling (aka without a computer)

Video for Scoring in
Bowling

KEEPING SCORE





Frisbee Games

Kan Jam



DIY Frisbee

PE at Home: Homemade Frisbee Fling

How do I pass a frisbee or disc effectively?

- Forehand throw:
- Open Stance
- Thumb on Top of Disc
- Peace Sign on Bottom of Disc
- Dominant Side Step
- Knees Bent
- Flick Wrist Release



- Backhand Throw
- Sideways Stance
- Thumb on Top of Disc
- Forefinger on Rim
- Windup, Disc Across Body
- Step with Same Side Foot
- Point Finger at Target and Release





Video
Demonstration
for throwing

How to
Throw a
Frisbee for
Beginners

A close-up, grayscale image of a stopwatch. The stopwatch face is visible, showing numbers from 0 to 60 in increments of 5. The hands are positioned around the 10-second mark. The text 'DIY FRISBEE CHALLENGE' is overlaid in a white, outlined, sans-serif font. The background is dark and slightly blurred.

DIY FRISBEE CHALLENGE

Watch [this video](#) to learn how to set up your challenge.

Kan Jam

- Watch this video to learn about the game of Kan Jam.
- [Kan Jam It's Everyone's Game](#)
- Student review sheet to post on wall. [Click here](#)



Recreational Games Skills Assessment – Underhand tossing for Cornhole and Horseshoes

Attempts	Stands facing the target	Brings throwing arm back before throw	Steps with opposite foot as they throw	Release the ball/bag between knee and waist level	Follow <u>throughs</u> towards the target	Total Correct
Attempt #1						/5
Attempt #2						/5
Attempt #3						/5
Overall Total						/15

Recreational Games Skills Assessment – Frisbee Backhand throw

Attempts	Sideways Stance	Thumb on Top of Disc, Forefinger on Disc	Windup, Disc across body	Step with Same Side Foot	Point Finger at Target and Release	Total Correct
Attempt #1						/5
Attempt #2						/5
Attempt #3						/5
Overall Total						/15

Recreational Games Skills Assessment – Below Chest Pass Roundnet

Attempts	Athletic Stance: Feet and Knees Ready	Hands ready and at waist level	Palms up and Out, Fingers Away	On strike Palm flat	On strike: Contact is between heel and fingers	Total Correct
Attempt #1						/5
Attempt #2						/5
Attempt #3						/5
Overall Total						/15

Performance Assessments for Recreational Games

THANK YOU!



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ERIC.MARTIN@COBBK12.ORG

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