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## **Lead Up Activity Games**

**Kan Jam:** Start with a soft disc. The students begin with tossing the disc to a partner standing about ten feet away, extending the distance between them as they progress. Once they feel comfortable with this throwing technique, set up the kan jam set. Have the students stand close to the target at first, tossing the disc toward their partner while they practice slapping it into the hole. When they have successfully demonstrated their ability to throw and slap the disc, grab another set of partners to make a group of four and begin the game. Scoring is as follows:

- Hitting a cone = 1 point
- Throwing through the hoop unassisted = 2 points
- Partner assisted slap into the hoop = 3 points

First team to 21 points wins the game.

**Corn Hole:** To begin, have the students get a partner, bean bags, and a hula hoop. One student will stand on each side of the hoop target. The students will practice underhand tossing into the hula hoop, stepping further away from the target as they gain confidence. Next, place a poly spot in the center of the hula hoop to create a more difficult target. Finally, set up the corn hole boards a comfortable distance apart, and put the students in groups of four. Two teams of two will compete, however, the students on one team will be on opposite sides and be paired next to their opponents. Students will alternate tossing the bags with the opponent on their side until all six bags are thrown. They will add up their points, and then it is the other side's turn. Scoring is as follows:

- Landing on the board = 1 point
- Landing in the hole = 3 points

First team to 21 points wins the game.

**Ladder Ball:** To start, students will practice the backhand, underhand throw using a yarn ball or bean bag. After the students have mastered this skill have them use the same toss through the hoop target using a small ball. Students will then progress to throwing the bolo ball and attempt to wrap it around the hoop, taking turns with their partner. After they feel confident with this, have them find another set of partners and begin the game. Just like corn hole, partners are on opposite ends of the set, and they will alternate tosses with three bolo balls each. Scoring is as follows:

- Lowest level bolo wrap = 1 point
- Middle level bolo wrap = 2 points
- Highest level bolo wrap = 3 points

First team to 21 points wins the game.