

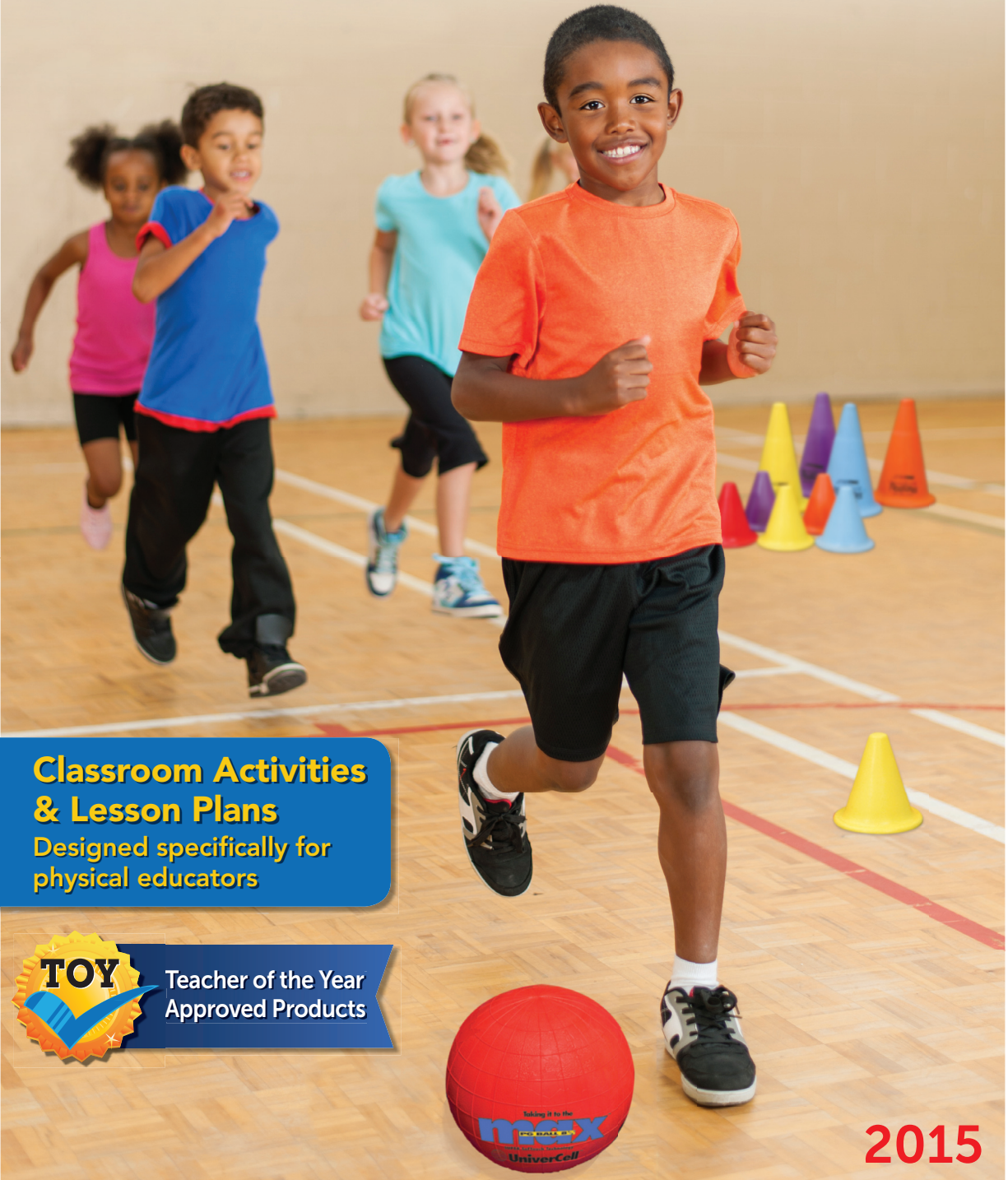


School Specialty®

Physical Education & Sport

Featuring

SPORTIME®



Classroom Activities & Lesson Plans

Designed specifically for
physical educators



Teacher of the Year
Approved Products

2015

Teacher of the Year Approved Products!

For over 25 years, School Specialty has been the exclusive sponsor of the SHAPE America, **Teacher of the Year (TOY) Program!** This sponsorship allows us to honor and recognize exceptional educators whose outstanding teaching inspire today's youth to adopt healthy and physically active lifestyles.

On behalf of the TOY winners, it is our privilege to share with you, the **Teacher of the Year Approved Products.** This high-quality selection of recommended products makes selecting the right items and activities for your class easier than ever. You can't go wrong with TOY Approved Products, because they're the perfect fit for your classroom health and fitness goals!

Check out the TOY Approved Products and corresponding activities.



Sportime®
My Plate
Beanbags



Sportime® Flying Disc



Sportime® Strength Spot Markers

Sportime®
VB-Trainers



SportimeMax™ Footballs



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SPARK™ Activity

Marbles

Ready

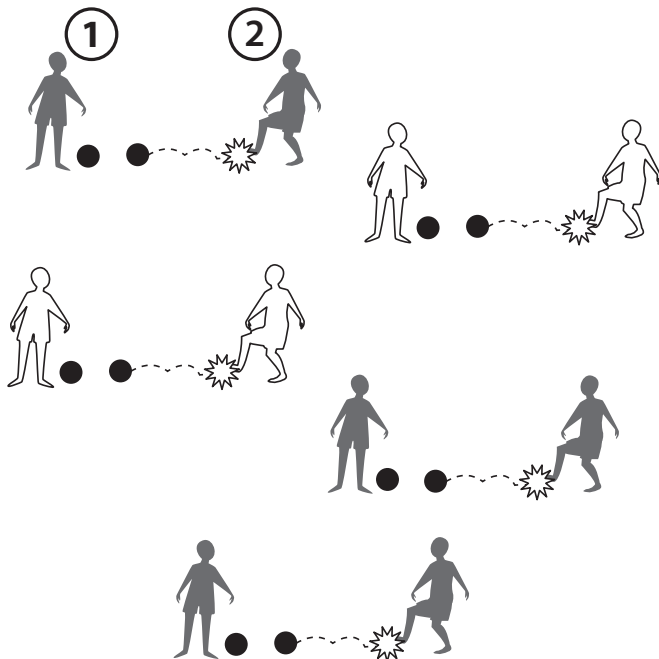
- 1 playground ball per student

Set

- Create a large (30X30 paces) activity area.
- Pair students; identify Player 1 and Player 2.
- Give each student a ball.
- Scatter partners throughout the activity area, facing each other 5 paces apart.

Go!

1. Today's recess activity is called Marbles. The object is to kick your ball so it taps your partner's ball.
2. To do that, Player 1 steps behind the ball, allowing Player 2 to make a kick (or roll) to try and tap it.
3. Player 2 makes their 1st kick. If the ball hits Player 1's ball, great! If not, Player 1 will pass it back and Player 2 gets 2 more chances.
4. After 3 attempts, players switch roles.



5. Challenges

- How many times can you hit your partner's ball before Recess ends?
- Move back 1 giant step after you hit your partner's ball 3X.

6. Teaching Tips

- To make it easier to score, move players closer a few paces. To add challenge, move them apart a few paces.
- The game is best played on grass where balls don't roll too far/fast.



Sportime Products For This Activity

Item #	Description	List Price
9-018564-101	SportimeMax™ 8 ½" UniverCell Playground Ball, Set of 6	\$89.39



**Volley 7"
AllRound Foam Ball**



**Half Cone
Markers with
Carrying Rack**

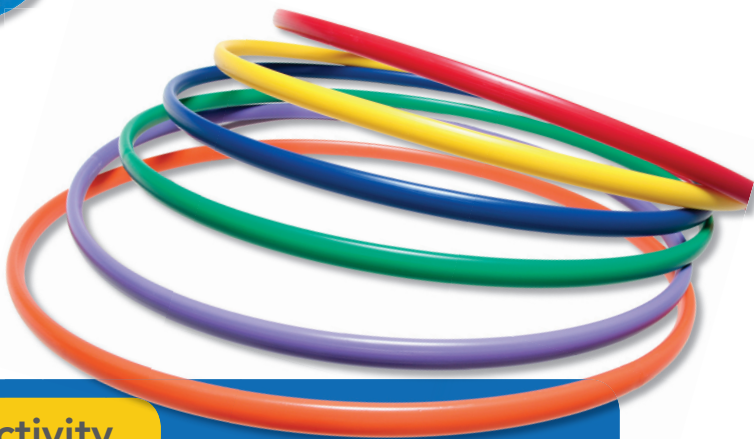


**Sportime®
10" GeoSpots**



**SPARK
Early
Childhood
Music CD**

**Sportime®
UltraHoops**



Sportime Products For This Activity

Item #	Description	List Price
9-022258-101	Sportime® 10" GeoSpots, Set of 50	\$209.99
9-1320282-101	Sportime® 30" UltraHoops, Set of 6	\$79.99
1385259	SPARK Early Childhood Music CD	*\$49.00
9-030507-101	Volley 7" AllRound Foam Ball, Optic Blue	\$35.99
9-088308-101	Half Cone Markers - Set of 6 - Carrying Rack Not Included OR	\$6.89
9-006835-101	Half Cone Markers with Carrying Rack, Set of 48	\$43.39

*No other discounts apply.

SPARK™ Activity

Kicking For Distance

Ready

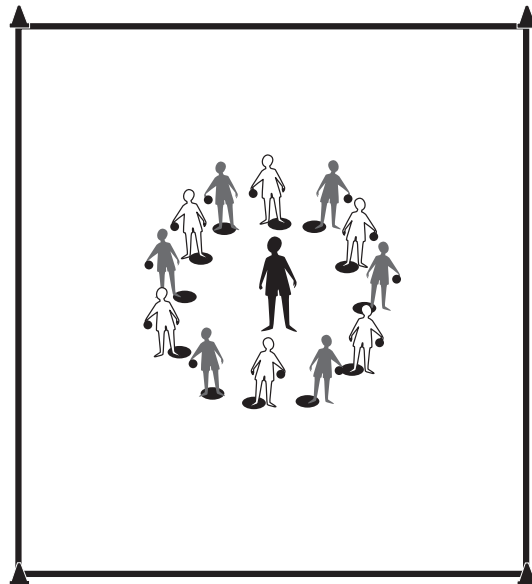
- 1 spot marker per child
- 4 cones for activity area boundaries
- 1 ball per child (7")
- 4 hoops to hold balls
- Musical ASAPs #23 and #10
- SPARK EC Music CD and player

Set

- Create activity area.
- Scatter spot markers within area.
- Place hoops outside activity area and fill with balls.
- Send children to stand on spot markers.

Go!

1. **"Boogie Down And Cruise"** (Teach Musical ASAP #23.)
2. **Kicking** (Shadowing – without a ball.)
 - How quickly can you stand behind your spot? Let's pretend to kick a ball.
 - Shake the foot you want to kick with first. The other foot is your "stepping foot."
 - Follow me! Step forward with your "stepping foot." Tick! Kick with your kicking foot. Tock! Let's practice! (Repeat several times with each foot. Help those in need.)
3. **Ball Selection and Exploration** (Allow 2 minutes for exploration time.)
 - When you hear the color of your home, **gallop** to get a ball, then **gallop** home.
 - When the music starts, play safely with your ball.
 - When it stops, hold your ball between your feet. Don't let it roll away!
4. **Kicking for Distance** (Create a circle with children facing out.)
 - Hold your ball between your feet. Let's see how far your ball goes when you kick it.
 - Use the inside of your foot to kick the ball. (Point to the inner arch of the foot.)
 - On "Kick!" kick your ball far in front of you and freeze.
 - Do 2 things when you hear, "Get your ball!" **Gallop AND** get your ball.
 - (Repeat with other foot. Vary locomotor skills. When finished, have children gallop home.)
5. **Ball Return** (Send children to return balls by spot color and **gallop** home.)
6. **"Gallop"** (Teach Musical ASAP #10.)
7. **Wrap It Up**
 - When you rolled the ball, you used the inside of your foot. Did you use the same part to kick it? (Yes.)



ADAPTATIONS

Limited Space

- Place 2 cones 2 paces in front of an obstacle-free wall. Send children to stand between the cones to practice kicking against the wall.

Variation

- Play Color Kick. Children stand on a boundary line between 2 cones. Children kick balls by color signal.

Inclusive Strategies

- A child having difficulty timing the stepkick might be given a verbal cue or taught to self-talk the steps (i.e., "S t e p -- Kick!").
- A child with dyspraxia may not understand the concept of shadowing a movement. In that case, bypass the shadow practice and go directly to ball practice.



OBJECTIVES

- ✓ Kicking
- ✓ Visual tracking
- ✓ Auditory discrimination
- ✓ Balance



**Sportime®
My Plate
Beanbags**



**Sportime®
7" Super-Safe
FlexiKone**

**2 ¾" Colored
Fluffballs**



Sportime Products For This Activity

Item #	Description	List Price
9-1005400-101	Sportime® 7" Super-Safe FlexiKone, Set of 6	\$49.99
9-1390151-101	2 ¾" Colored Fluffballs, Pack of 36	\$19.09
9-1480097-101	Sportime® My Plate Beanbags, Set of 60	\$119.99

SPARK™ Activity

Sugar And Fat Tag

Ready

- 4 cones (for boundaries)
- 2 fluffballs
- Music and player
- Portable white board or chart paper with 2 different color markers (optional)
- 2 fruit and vegetable beanbags (optional)

Set

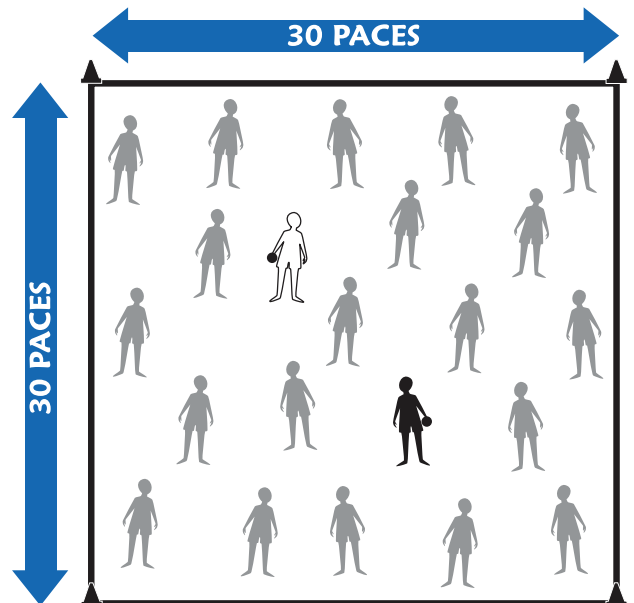
- Create large (30X30 paces) activity area.
- Select 2 students to be Taggers; name 1 "Sugar," the other "Fat."
- Give each Tagger 1 fluffball.

Go!

1. "Sugar" and "Fat," will try to safe tag (with their fluffballs) as many healthy students as they can while the music is playing.
2. When tagged, shout either "Sugar!" or "Fat!" – whichever 1 tagged you, while you jog in place.
3. When you hear and see someone who has had too much sugar or fat (a person tagged), rescue them!
4. You do that by tapping them on the shoulder and saying either "Fruit" or "Vegetable."
5. The person tagged responds by naming a fruit or vegetable.
6. When they do, give each other a high-five, and continue playing.
7. (Switch taggers every 1-2 minutes and change what students do when they're tagged; e.g., march in place, jump an imaginary rope, do jumping jacks, etc.)

8. Wrap It Up

- What does the A in SPARK stand for? (Avoid excess sugars and fats.) Today you really did try to avoid Sugar and Fat!
- Why does your body need nutritious food? How can you avoid eating too much sugar and fat?
- What does the S in SPARK stand for? (Select fruits and vegetables.) Who will name a time when you can select a fruit or vegetable?
- Today you heard the names of a lot of different fruits and vegetables. Ask a parent to include some in your lunch every day.



STANDARDS ADDRESSED

NASPE

- #1, 2 Spatial awareness, locomotor skills, chasing and fleeing
- #3, 4 Participates in enjoyable, challenging activities, aerobic capacity
- #5, 6 Participates, appreciates, enjoys movement, cooperates in a group setting





Sportime® 15" Super-Safe FlexiKone



Volley 7" AllRound Foam Ball

Sportime Products For This Activity

Item #	Description	List Price
9-016933-101	Sportime® 15" Super-Safe FlexiKone, Set of 6	\$89.99
9-030505-101	Volley 7" AllRound Foam Balls, Set of 6	\$197.39

SPARK™ Activity

Straddleball

Ready

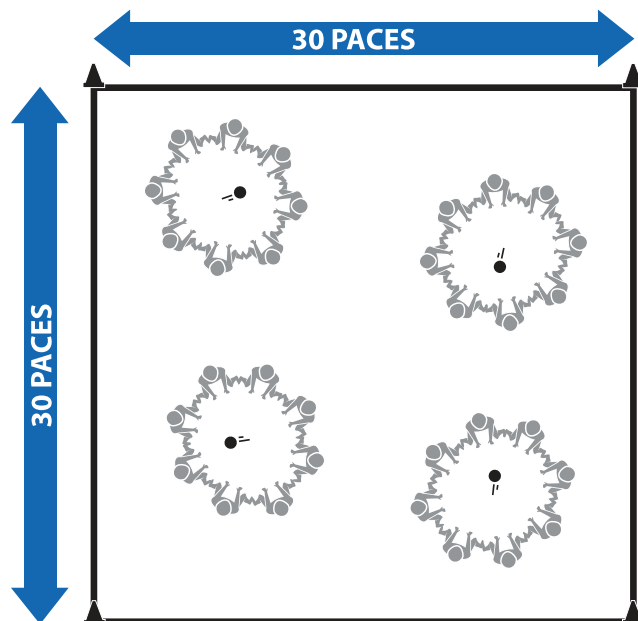
- 4 cones (for boundaries)
- 3 7" foamballs per 8-10 students

Set

- Create large (30X30 paces) activity area.
- Create groups of 8-10 students.
- Have each group form a circle, with members' legs wide and sides of feet touching their neighbors'.

Go!

1. The object of *Straddleball* is to score a goal. You do that by striking the ball through the legs of anyone in your circle.
2. Everyone has created their own "goal" by straddling wide. Look around, and make sure everyone's goal is the same size!
3. Bend your knees and get low.
4. Send the ball through anyone's goal by striking it with an open palm and stiff wrist. Keep the ball low and on the floor/ground.
5. You may use your hands to protect your goal.
6. If the ball goes outside of the circle, the person who touched it last runs after it.
7. If you are scored on, go retrieve the ball, toss it back in, then rejoin the group as quickly as you can.
8. **Double Trouble**
 - We'll play again, this time with 2 balls at once!
9. **Triple Threat**
 - Which group is ready to try 3 balls at 1 time?
10. **Wrap It Up**
 - How can we demonstrate respect for others during physical activity?
 - Straddleball is a fun game to play at recess and lunch. Who will try and organize a Straddleball game later today (or tomorrow)?



STANDARDS ADDRESSED

NASPE

- #1, 2 Spatial and body awareness, striking
- #3, 4 Participates in enjoyable, challenging activities, muscular endurance
- #5, 6 Participates, appreciates, enjoys movement, cooperates in a group setting





Sportime® 15" Super-Safe FlexiKone

SportimeMax™
Size 6 Football



Sportime®
TimeTracker
Basic Stopwatch

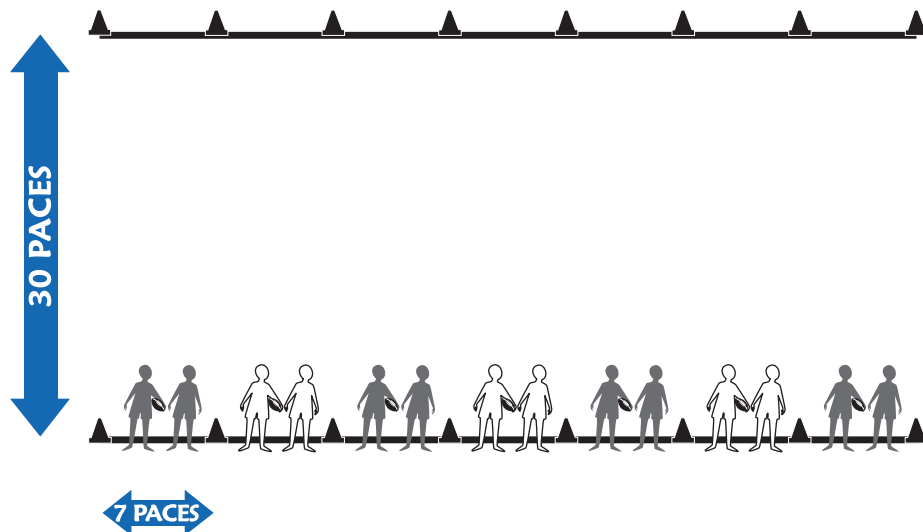


Sportime Products For This Activity

Item #	Description	List Price
9-016587-101	SportimeMax™ Size 6 Football, Set of 6	\$109.39
9-016933-101	Sportime® 15" Super-Safe FlexiKone, Set of 6	\$89.99
9-1012575-101	Sportime® TimeTracker Basic Stopwatch, Set of 6	\$69.39

SPARK™ Activity

Air It Out



STANDARDS ADDRESSED NASPE

- #1, 2 Passing, catching
- #2 Offensive strategies
- #3, 4 Cardiovascular endurance
- #5, 6 Cooperation, teamwork

Ready

- 1 football per 2 students
- 16 cones (for boundaries)
- a stopwatch (for timing play)

Go!

1. The object is for you and your partner to score a touchdown by completing passes from 1 line to the other.
2. The partner with the ball begins as Quarterback; the partner without the ball begins as Receiver. On signal, you have 1 minute to score a touchdown. Receivers run a pass route toward the goal line, and Quarterbacks throw to Receivers.
3. If your pass is completed, Receivers stop where you catch the ball, and you and your partner switch roles. If your pass isn't completed, both of you do 5 Ski Jumps, Receivers retrieve the ball, and then you switch roles.

Set

- Create 2 parallel lines, 30 paces apart. The length must accommodate all students standing in pairs. Give about 7 paces between pairs.
- Pair students all on 1 line; each pair with a football.

4. Score a touchdown (6 points) when you complete a pass over the end zone in the time limit.
5. Extra Point – pairs that score a touchdown have 10 seconds to try for an extra point. Place the ball 5 paces from the goal line, and make 1 last play to score.
6. After each minute, I'll give you all 30 seconds to huddle up and strategize, check heart rates, etc., before we begin again in the other direction.



CHALLENGES

- ✓ I will time you. How fast can you and your partner score?
- ✓ Can you and your partner beat your previous time?

CUES

- ✓ Shorter passes may help you move the ball more quickly.
- ✓ Quarterbacks, remember a good pass is 1 that is caught.
- ✓ Receivers, don't run routes out of the range of your Quarterback's throwing distance.



9" Aerobo-Spot Markers



43" Junior Floor Hockey Set



Hockey Ball



Sportime® Dub-L-Pin Adult and Youth Pinnie

Sportime Products For This Activity

Item #	Description	List Price
9-003745-101	43" Junior Floor Hockey Set	\$219.99
9-032944-101	9" Aerobo-Spot Markers, Set of 12	\$91.99
9-004355-101	Sportime® Dub-L-Pin Adult Pinnie, Red/Yellow	\$6.69
9-004216-101	Sportime® Dub-L-Pin Youth Pinnie, Blue/Yellow	\$6.69
9-1282655-101	Hockey Ball, Set of 6	\$21.39

SPARK™ Activity

3-Trap Hockey

Ready

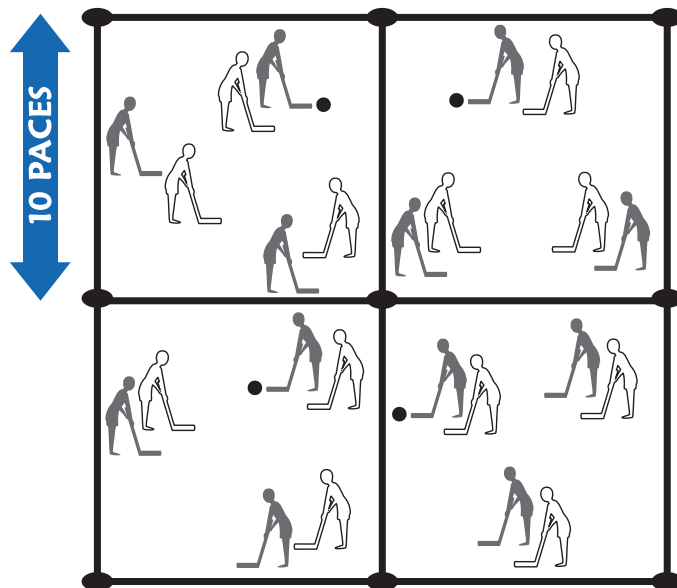
- Spot markers (for grids)
- 1 hockey stick per student
- 1 pinnie per 2 students
- 1 hockey ball per 6 students

Set

- Create 1 grid (10X10 paces) per group of 6.
- Form groups of 3; each with hockey sticks.
- 2 groups per grid; 1 group wears pinnies. Pinnies begin playing Offense.
- 1 ball per grid.

Go!

1. The object is for your group to make 3 traps in a row; each to a different member of your group.
2. Offense players do this by passing and moving to an open space. Dribbling is allowed.
3. Defenders guard a member of the opposing team.
4. After 3 consecutive traps, the Offense scores a point, and, then, it's the other group's turn.
5. If a turnover occurs (incomplete pass, ball out of bounds or defense intercepts), group roles are reversed. Offense becomes Defense, and Defense becomes Offense.
6. The Principle of 3s is in effect.



STANDARDS ADDRESSED

NASPE

- #1 Passing, pivoting
- #2 Offensive and defensive strategies
- #5, 6 Cooperation



CHALLENGES

- ✓ How quickly can your group make 3 traps?
- ✓ How many points can your group score before the signal?

CUES

- ✓ Offense, fake and move to open space. Keep your stick on the ground, ready for a pass.
- ✓ Defense, sticks down, blades on the ground. Cover passing lanes. Cover your player, but stay 3' away.



Sportime®
15" Super-Safe
FlexiKone



9' Nylon
Jump Rope
with Knot
End



Sportime®
9" Fit-Spots



Sportime®
VB-Trainers

Sportime Products For This Activity

Item #	Description	List Price
9-016933-101	Sportime® 15" Super-Safe FlexiKone, Set of 6	\$89.99
9-023759-101	Sportime® VB-Trainers, Set of 6	\$157.39
9-024426-101	Sportime® 9" Fit-Spots, Set of 12	\$75.99
9-016583-101	9' Nylon Jump Rope with Knot End, Set of 6	\$33.99

SPARK™ Activity

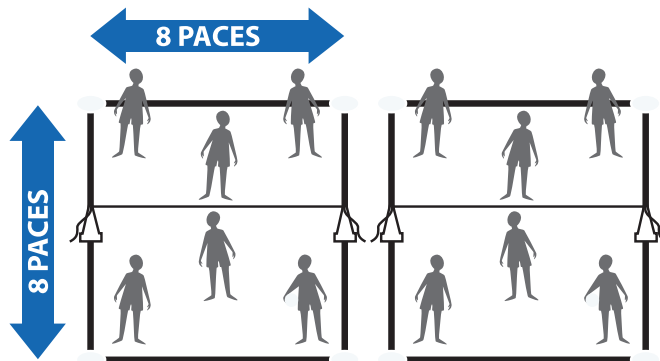
Sepak Takraw

Prep

- 4 spot markers per 6 students (for boundaries)
- 2 12-18" cones per 6 students (for net)
- 1 9-12' jump rope per 6 students (for net)
- 1 ball (10" volley trainer) per 6 students

Set

- Create small (8X8 paces) grids per group of 6.
- Form 2 groups of 3 for each grid.
- Create a net (using jump rope and cones) to divide each grid into 2 equal areas.
- Position groups of 3 in a triangle on either side of the net. (See diagram.)



Teach

1. The object of Sepak Takraw is to hit the ball (*takraw*) over the net without the opposing group being able to return it. The difference between this and volleyball is that the ball is hit only using your lower body. "Sepak" is the Malay word for kick. "Takraw" is the Thai word for woven ball.

2. The Rules

- Play begins with a toss from a side player to center player who kicks it over the net.
- Receiving Group is allowed 3 hits to get the ball back to the other side of the court.
- A point is scored (by Serving Group only) if the other group:
 - hits the ball out of bounds (liners are good)
 - does not return ball in 3 or fewer hits
 - allows ball to hit the ground more than 1X in a row.
 - touches the ball with a hand or arm.
 - commits a "held ball" by catching or trapping ball.
- If the Serving Group wins the rally, they score a point and continue serving.
- If the Receiving Group wins the rally, it is a side-out and they take over the serve.
- On a side-out, rotate positions to get a new Server. Rotation is clockwise (Server moves to R Back, to L Back, to Server.)

3. Cues

- Make good passes to your group members to set up a good return.
- "Call" the ball to tell others in your group you are getting it.

4. Challenges

- How many times can your group return the serve using 3 hits?

5. Think About...

- Besides volleyball, what other sports are similar to *Sepak Takraw*?

STANDARDS ADDRESSED

NASPE

- #1, 2 Transferable foot skills and game strategy
- #3, 4 Aerobic capacity
- #5, 6 Cooperation, appreciation of diversity

EXTENSIONS

Raise the Roof

(Need taller cones and/or head-high nets.) Are you ready to raise the level of play? Instead of 12" cones move to 18". Are you ready for more? Play with a net on a larger court.

Large Groups

(Add 1 or 2 players to each group if your class size or equipment requires you to get more students involved in each game.)





Sportime®
Dub-L-Pin
Adult and Youth
Pinnie



SportimeMax™
Size 4 PGSoccer Ball

Sportime®
Hard Dome
MultiMarker



Sportime®
18" Yeller
Game Cone



Sportime Products For This Activity

Item #	Description	List Price
9-1271403-101	SportimeMax™ Size 4 PGSoccer Ball, Set of 6	\$65.39
9-010510-101	Sportime® Hard Dome MultiMarkers, Set of 48	\$83.99
9-008908-101	Sportime® 18" Yeller Game Cone	\$12.29
9-004355-101	Sportime® Dub-L-Pin Adult Pinnie, Red/Yellow	\$6.69
9-004216-101	Sportime® Dub-L-Pin Youth Pinnie, Blue/Yellow	\$6.69

SPARK™ Activity

Mini-Soccer

Prep

- 4 spot markers or cones per 8 students (for boundaries)
- 4 tall cones per 8 students (for goals)
- 1 pinnie per 2 students
- 1 ball per 8 students

Set

- Create long, narrow (30X15 paces) grid per group of 8.
- Place 2 tall cones 3-4 paces apart on each endline to form goals.
- Form groups of 4; 2 groups and 1 ball per field. One group wears pinnies and begins on Offense.

Teach

1. In *Mini-Soccer* you will combine the soccer skills of dribbling, passing, defending, and shooting to play a mini-game.
2. Each group has 2 Forwards (Offense), and 2 Fullbacks (Defense). No Goalie.
3. Play begins with pinnies on Offense at midfield.
4. **Rules**

- To score a goal, the ball must go between and no higher than the tall cones.
- Balls above cone-height are out-of-bounds and are awarded to the Defense.
- Balls kicked out-of-bounds on sidelines are thrown in by the other team; balls out-of-bounds on endlines are kicked back into play by the other team.
- After a score, non-scoring group restarts as Offense at mid-field.
- Rotate positions (Forwards/Fullbacks) on signal (every 3-5 minutes).

5. Cues for Forwards

- Move to open space.
- Use the give and go.
- Look up the field.

6. Cues for Fullbacks

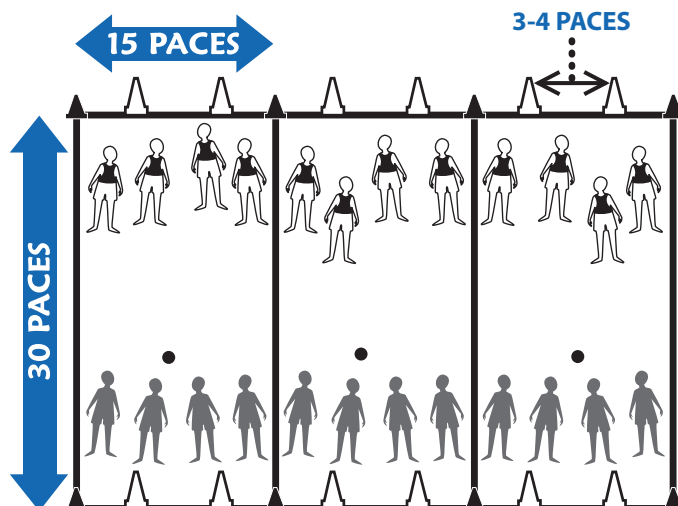
- Discuss defensive strategy with your groupmates. Either mark the Forward (player-to-player), or play a zone on the defensive half of the field.
- Block passing lanes.

7. Challenges

- How quickly can you get the ball back in play after going out-of-bounds?
- Can you pass to all your groupmates before scoring?

8. Think About...

- Which soccer skill do you think are most important during game play? Why?



STANDARDS ADDRESSED

NASPE

- #1, 2 Dribbling, passing, trapping, shooting, defending, combining skills
- #3, 4 Aerobic capacity
- #5, 6 Team play, cooperation

EXTENSIONS

5-Pass

Before scoring a goal, your group must pass the ball at least 5X.

Add a Goalie

This time play with a Goalie. (Make goals 5 paces wide.)





Sportime® 10" Strength Spot Markers



Sportime® Twin Shaft Steel Racquet



Sportime® White Shuttlecock

Windor Electronic Single Tone Whistle



Sportime Products For This Activity

Item #	Description	List Price
9-003357-101	Sportime® Twin Shaft Steel Racquet	\$12.39
9-1403355-101	Sportime® 10" Strength Spot Markers, Set of 12	\$69.99
9-007664-101	Sportime® White Shuttlecock, Set of 12	\$8.89
9-1427482-101	Windor Electronic Single Tone Whistle	\$19.99

I Got Your Back

Prep

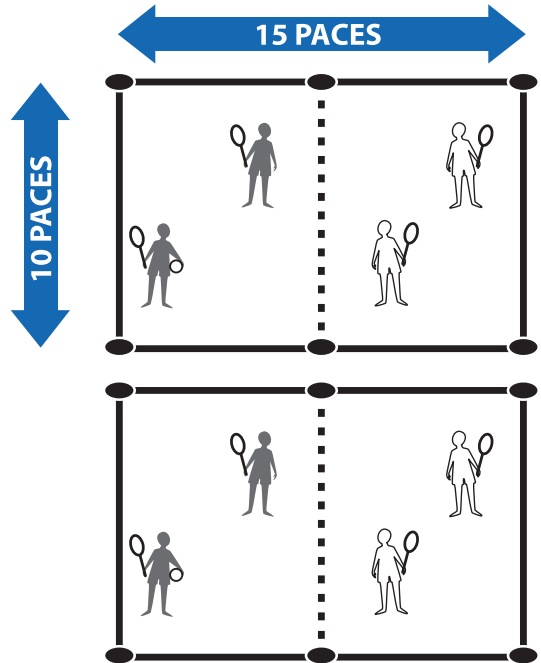
- 1 Badminton court or 6 spot markers (to create courts) per pair
- 1 racquet (badminton or racquetball) per student
- 1 shuttle per 4 students
- 1 scorecard per team (optional)
- 1-2 whistles per team (optional)
- 1 *Practice Plan* (#7) per team

Set

- Use or create 1 Badminton court per pair (15X10 paces) with a midline (net).
- Place 1 shuttle and 4 racquets per court.
- Place a scorecard, practice plan, and whistle per game area.
- Optional: Assign rotating support roles (coach, official, scorekeeper, etc.) for games.

Teach

1. In *I Got Your Back* the object is to work as a doubles team to score points. Do this by using a front-to-back formation. In front-to-back, 1 player is responsible for the front court, the other for the mid- and back court. The formation is offensive because it provides opportunities to use attacking shots like the drop and smash. Communicate and recover to the center of your side to maximize success and avoid faults.
2. **Game Format** (*Demonstrate game while explaining format, "Show & Tell."*) Doubles – Royal Court. 5 minutes per game. Rally scoring. Play begins from the R service-court using 1 of 3 methods: serve, toss over the net, or self toss and hit. In order to score, players must: 1) Remain in front-to-back formation; 2) Complete a 10-hit rally before earning points. After each point rotate positions (F and B) and rotate serve.
 - After each game the team with the most points rotates up.
3. **Game Play & Practice** (*Practice before or after game, or both, and use Practice Plan.*)
4. **Team Play Cues**
 - "Determine Team Strategy" – Are you a better attacking or defending team?
 - "Adjust as Partner Moves" – Change court position as your partner moves to hit.
 - "Communicate" – Call shots and court positions to avoid faults.
 - "Attack/Defend" – Use front-to-back to attack and side-to-side to defend as a team.



5. Target & Trajectory Cues

- (Front) Drop shot – Trajectory: Low (just over net). Target: Front court (near net).
- (Back) Smash – Trajectory: Steep. Target: Mid-court sideline.

6. Think About...

- What is an advantage of the front-to-back formation?
- When playing a team who is in front-to-back formation, where should you land your shots?

STANDARDS ADDRESSED

NASPE

- #1, 2 Serving, clearing, hitting drop shots, smashing, offensive and defensive team strategies
- #3, 4 Aerobic capacity
- #5, 6 Cooperation, accepting challenges



Sportime®
9" Flying Disc



Sportime®
15" Super-Safe
FlexiKone



Sportime®
ShoulderFolders

Sportime Products For This Activity

Item #	Description	List Price
9-1004695-101	Sportime® 9" Flying Disc, Set of 6	\$15.59
9-016933-101	Sportime® 15" Super-Safe FlexiKone, Set of 6	\$89.99
9-030846-101	Sportime® ShoulderFolders, Set of 6	\$97.39

SPARK™ Activity

Fun-Day-Mentals Jigsaw

Prep

- 5 cones (1 each for 5 stations)
- 1 disc per 2-3 students
- 5 *Ultimate Content Cards*: Backhand Throw; Forehand Throw; Clap Catch; 'C' Catch; Observer's Signals
- 1 *Ultimate Fun-day-mentals Jigsaw Card* per student (less "coaches")
- 5 shoulder folders (optional)

Set

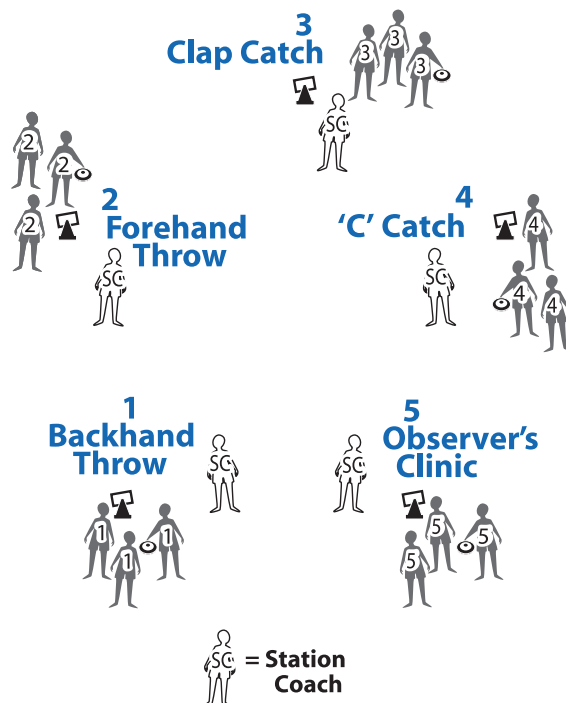
- Form teams of 4-6. (Option: use student data from *Personal Best Assessment* to form teams.)
- Create 5 learning stations with a cone at each. Place *Ultimate Content Cards* in shoulder folders.
- Number Stations 1-5.

Teach

1. In *Fun-day-mentals* you will learn and teach important Ultimate skills/rules to your teammates. Each skill is critical to success in the upcoming adventure race.

2. Jigsaw Description

- Today you will use a Learning Jigsaw. One member of your team will be a "coach" and the remaining members will each join 1 of 5 separate learning groups: Backhand Throw; Forehand Throw; Clap Catch; 'C' Catch; Observer's Clinic.
 - Take 1 minute to elect a "coach" who will be positioned at 1 of the learning stations, then decide which learning group each of you would like to join.
 - With coaches in position, join your selected learning group at the corresponding station. Use the *Fun-day-mentals Jigsaw Card* to become the expert.
 - After learning the information, rejoin your team to jigsaw-teach your skill.
3. Elect a coach and decide which learning group to join. (Coaches meet to decide which station to "coach" while students within each team decide which learning group to join.)
 4. On the signal, go to your station and begin. (Allow adequate learning time.)
 5. On the signal, return to your original team. Take turns teaching your skill.



6. Cues

- "Focus" – Use time wisely, your team is counting on you to learn and teach them.
- "Ask 3 B4 Me" – Don't ask the teacher first. Rely on the group and coach for help.
- "Note It" – Jigsaw cards help you remember important information when teaching.

7. Think About...

- Which part of Ultimate "fun-day-mentals" was most challenging for you? Why?
- What was your favorite Ultimate "fun-day-mentals" skill? Why?

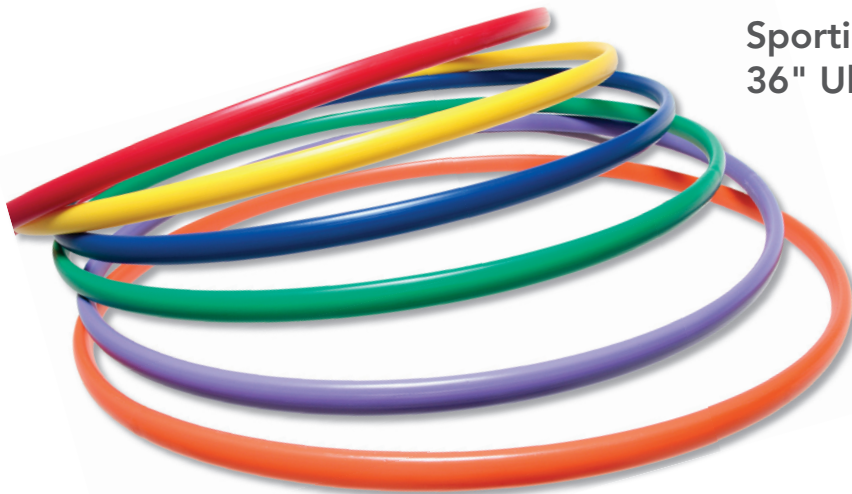
STANDARDS ADDRESSED

NASPE

- #1, 2 Throwing (Backhand/Forehand) and catching (clap, 1-handed C, & 2-handed C)
- #3, 4 Aerobic capacity
- #5, 6 Cooperation, leadership, accepting challenges



40" Blue
Outdoor
KIN-BALL®



Sportime®
36" UltraHoops

Sportime Products For This Activity

Item #	Description	List Price
9-032953-101	40" Blue Outdoor KIN-BALL®	\$273.39
9-1320283-101	Sportime® 36 " UltraHoops, Set of 6	\$99.99

SPARK™ Activity

KIN-BALL® Cooperative Golf

Ready

- 2 hoops per 6 players
- 1 KIN-BALL® (36" or larger) per 6 players

Set

- Form groups of 6, divided into 2 smaller groups of 3.
- Provide each group of 6 with 2 hoops and 1 ball. One group of 3 is the Receiving Group who holds the empty hoop and the other is the Serving Group who holds the ball inside their hoop.
- Scatter groups throughout large, open area.

Go!

1. Today's activity is KIN-BALL® Cooperative Golf where you serve the ball into the other group's hoop to score.
2. On signal, Receiving Group (with empty hoop) moves 10 paces or so away from Serving Group.
3. Serving Group (with ball balanced in hoop) drops to 1 knee, hoop held high overhead. The serve is made when the Server (1 player), lets go of the hoop and punches ball toward the target hoop. To do that, close both hands into fists with thumbs up, then join hands at thumbs so knuckles touch each other. Keep wrists strong and punch from low to high, hitting ball with front, flat surface of knuckles.
4. Receiving Group moves together to catch the ball in their hoop.
5. Switch roles and repeat in the other direction. Rotate Servers each round.
6. (Allow plenty of time for participants to play.)
7. **Skill-it!**
 - Work together to move your hoop to the ball.
 - Server – serve the ball up with a punch from low to high, hands together and strong.

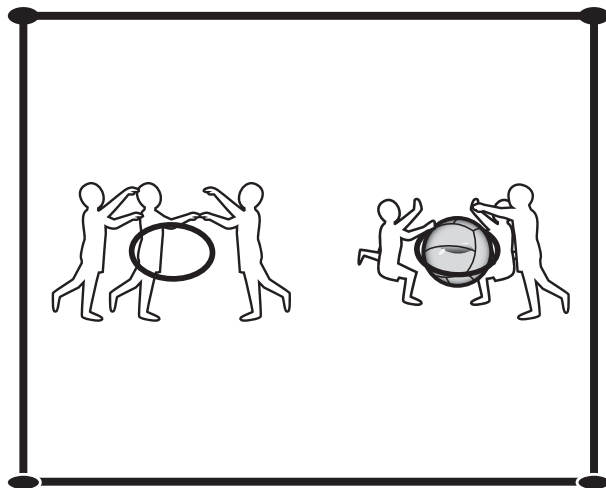
GAME RESET

Rewind

- **No Hoop** – Your group of 3 works together to catch the ball with your hands as it comes toward you.

Fast Forward

- **With a Net** – (Set up a net about 4'-6' high.) Get on opposite sides of the net from the other group. Ball must travel over the net and into the hoop to score.



8. Challenges

- How many catches can your group make before the stop signal?
 - How many serves can your group make before the stop signal?
9. **Move More** (Discuss during a cool-down, while leading a stretch.)
- How is this game similar to real golf?
 - Why is it called Cooperative Golf?

Safety First

- Use the 2-handed straight punch to avoid injuries to your wrists, arms, and hands.

GUIDELINES ADDRESSED

1. Aerobic Capacity; Muscular Fitness
2. Greater than 50% MVPA
3. Cooperation; Responsibility; Fair Play

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