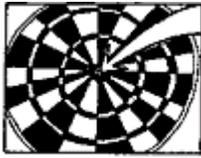


How To Play



Tactical Focus(es) and Skills:
Aim and Accuracy

- ▶ Place a floor mat (e.g., place mat, base) inside a hula hoop at one end of a rectangle
- ▶ Place a pylon at 5, 10, and 15 paces away from the floor mat
- ▶ Each person receives a beanbag
- ▶ Alternating turns, players attempt to throw the beanbag either into the hoop or onto the floor mat from one of the 3 distances.
- ▶ If the beanbag lands inside the hoop but not on the floor mat, multiple the score by 1. For example, if threw from the middle pylon, score would be 1×2 .
- ▶ If the beanbag lands and stays on the floor mat, multiple score by 2. For example, if threw from the furthest pylon, score 3×2 (6 pts).
- ▶ First person to 21 points wins the game
- ▶ NOTE: Must score 21 exactly. If score over 21 on a throw, then that player goes back to 11.

Tactical Awareness

- ▶ What are important things to remember when trying to hit a target?
- ▶ Need to generate enough force to get the object into target without jeopardizing accuracy; take time to relax and concentrate in order to get object into target; block out distractions; plan shot ahead of time.
- ▶ What are similar pressures you might face in a “real” game?



LEVEL OF COMPLEXITY

Easy

Participant Grouping
Partners.

Playing Area
Gymnasium
Outdoors

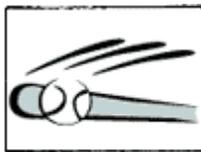
Equipment
Pylons: 3
Hoops: 1
Beanbags: 1 per person
Mats: 1 floor mat

Life Skills Development

Coping and Self-Management Skills

- ▶ What parts of this game were stressful? keeping score? deciding what distance to stand? competition?
- ▶ How did you deal with the stress in the game?
- ▶ What are other things in life that cause you stress? What are some ways that you can deal with stress? How can others help you deal with stress? How can you help others deal with stress?

How To Play



Tactical Focus(es) and Skills:
Placement away from fielders

LEVEL OF COMPLEXITY

Easy
Moderate

- ▶ Create two teams and within each team, number off starting from 1 to the last person.
- ▶ Team A (the initial batting team) begins in a line formation. Team B (the initial fielding team) is scattered in the field.
- ▶ First person on Team A yells "CHUCK THE CHICKEN" and then chucks the chicken anywhere in the open area.
- ▶ The "batter" who chucked the chicken runs once around the team and stops at his/her starting person. The person on his/her immediate right then runs around the circle once and stops back at his/her original position. Each time a person runs once around the circle successfully, a run is scored. This continues until the Fielding team yells "Chuck the Chicken"
- ▶ Team B (the initial Fielding Team) collects the chicken, lines up as quick as possible and performs an "over the head, under the legs". To begin with, Person numbered 1 is at the back of the line. When the person at the back of the line gets the chicken, he/she yells "Chuck the Chicken!"
- ▶ Team A stops running at the command.
- ▶ Now Team B chucks the chicken and the roles are reversed.
- ▶ Participants take turn being at the back of the line up when they are the fielding team. The person at the back of the line should be the next number on the team.

Participant Grouping

Two equal teams. If possible, try to maximize the size of each team to four to six per team. If necessary, have multiple games taking place throughout the activity space.

Playing Area

Gymnasium
Outdoors

Safety

Participants should be reminded to take their turn in chucking the chicken and running around the circle and that there should be no reason for any body contact.

Equipment

Rubber chickens, 1

Life Skills Development

Decision-Making and Critical Thinking Skills

- ▶ What decisions did your team make to try and score more runs? What decisions did your team make to try and prevent the other team from scoring runs?
- ▶ Did you feel it was harder to make decisions when given a shorter amount of time?
- ▶ Why is it important to make healthy choices each day (e.g., nutrition, being active, cooperating with others)? What role do others have in helping you to make healthy choices?

Tactical Awareness

- ▶ Where should you chuck the chicken to score more runs?
Throwing the chicken into the open area to score more runs.

How To Play



Tactical Focus(es) and Skills:
Setting up for attack

- ▶ Set up a neutral zone by marking off a rectangle with pylons or use a low net.
- ▶ Start by using throwing and catching skills.
- ▶ To score a point, ball must bounce inside opponent's court and not be returned.
- ▶ All throws must be underhand and be thrown immediately from the place where the ball was caught.
- ▶ Play rally point – someone scores a point on every serve.
- ▶ Play someone new after scoring 5 points.

Variation

- ▶ Play doubles.
- ▶ Strike with hands.
- ▶ Use feet to kick a beach ball over the net.
- ▶ Use a paddle to hit the ball over the net.
- ▶ Do not allow a bounce.
- ▶ Play against a wall.
- ▶ Use balloons.
- ▶ Have players stand on opposite sides of a hoola hoop. Each person can take 2 steps backwards and throw underhand so that the ball bounces in the hoola hoop.

Tactical Awareness

- ▶ What are different ways you can make the ball more difficult to hit?
- ▶ Disguise shots with changes of preparation and swing (e.g. add a spin, look the opposite direction from where you are hitting the ball)
- ▶ Hit the ball to the sides, front, corners

LEVEL OF COMPLEXITY

Moderate

Participant Grouping

Partners.

Playing Area

Gymnasium

Equipment

Balls (e.g. beach, foam, paper, wiffle gator): 1 per pair
Paddles: 1 per person
Racquets: 1 per person
Other: Beach Balls, Tennis Balls

Safety

Warm-up properly to prepare players to be able to change directions quickly.

Life Skills Development

Coping and Self-Management Skills

- ▶ Do you feel this game challenged you?
- ▶ How do you feel when the challenge, whether it be in school, home or in another area of your life, feel it is to large to overcome? And how do you overcome these challenges?
- ▶ Why is it important to never give up?
- ▶ What types of challenges do you face in your everyday life?
- ▶ Do you think it is easier to face challenges when you have a few good friends or people you can trust to help you work through the challenge? Relate this to sport? At school? Or with family members at home?

How To Play



Tactical Focus(es) and Skills:
Maintain Possession

- ▶ The objective of the game is to maintain possession of the ball by kicking it between players.
- ▶ A point after a team can make five successful passes in a row.
- ▶ Opposing team must try to intercept the ball after it has been passed. They can not take a ball away once a team has it under possession.
- ▶ Once opposing team gains possession of the ball it is their turn to pass the ball around while the other team attempts to regain possession.

Variation

- ▶ To simplify, players throw and catch instead of kick.
- ▶ Introduce the use of implements (e.g., field hockey sticks, lacrosse sticks, etc).

Tactical Awareness

- ▶ What are effective ways to try and maintain possession of the ball in order to score points?
- ▶ Individuals without the ball must move into open space so that their teammate with the ball can make a successful pass to them.
- ▶ Quick ball movement makes it harder for the other team to defend, but also makes it harder to make accurate passes.
- ▶ Team without the ball must closely guard their opponents and block all passing lanes to prevent any successful passes from being made.

LEVEL OF COMPLEXITY
Moderate

Participant Grouping

Participants will be divided into two equal teams of at least 3 players on each.

Playing Area

Gymnasium
Outdoors

Safety

Remind players to keep their heads up.

Equipment

Pylons: 4
Balls (e.g. beach, foam, paper, wiffle gator): A soccer ball would work best

Life Skills Development

Communication and Interpersonal Skills

- ▶ Why do you think communication was important in this activity?
- ▶ What were the different ways of communicating with teammates?
- ▶ Why is it important that we clearly communicate with others in order to be understood?
- ▶ What does communication help prevent in this activity? In school? At home? From making poor lifestyle choices?