

Sink The Ship

(pecentral.org) + my own modifications

Purpose: To throw and/or roll balls to knock down the other ship's bowling pins (sink their ship)

Prerequisites: Knowledge of the overhand throw, rolling a ball, the ability to catch a thrown ball.

Suggested Grade Level: K-5th

Materials Needed: Pins, mats, gatorskin or soft foam balls.

Description of Idea

Four ships play against each other (see picture for set up). Teams must stay on their ship with one foot and try to throw or roll balls to knock down other team's bowling pins. If a pin is knocked down, it must stay down. If all 4 pins are down, the ship "sinks" and the "Crew" has to go to the "bottom of the ocean" to do 10 exercises, then they may return to the game and set the pins back up.

Players take turns to ride the lifeboat (scooter). The person on the scooter is the only person who can retrieve balls from the sea (gym floor) and bring them back to their mat (ship). However, the students on the mats may catch thrown balls or reach for them on the floor keeping one foot on the mat. The students on the mat are trying to knock down the pins at the other mat by throwing balls using correct overhand technique. At least one foot must be on their mat at all times.

Players begin the game on their ships with 1 ball between their feet. A point may be given to teams who are ready quickly, and also who FREEZE quickly when the teacher stops the music or blows the whistle.

Variations: Players on the ship may make a chain to reach balls in the "ocean" - as long as 1 player is on the ship. Players who fall off their ships must do the 10 exercise penalty.