

Capture the Pin

Equipment: 2 - 4 Bowling Pins, 8-12 cones to divide Gym floor in half(if no center court line is available) and for 2 jails

Purpose of Activity (objective):

- Practice chasing & fleeing
- Improve cardiovascular endurance
- Learn to work together as a team

Game Play:

- Goal is to capture the other team's bowling pin(s), which is/are set up in the middle of each team's baseline. (or, if no baseline is available, as far from half court as possible while being 10 feet from the back-most wall)
- Divide students into 2 equal teams.
- Each team is assigned half of the floor, as their home half.
- Any student is safe on their half of the floor.
- Start the game with both teams standing on the baseline of the b-ball court.
- Once a student comes onto a team's half of the floor, the home team has to tag the student before he or she can grab the pin and return it to their half of the floor.
- If the student is tagged before they get back to their home half of the floor, they put the pin back, and go to jail, if the student is not tagged that team receives a point and you replace the pin and play again.
- A player's entire body must cross into their half of the court with the pin before being tagged in order to receive a point.
- Jail is a ten foot by four foot box designated by cones in the back corner of each team's half of the floor. Any player tagged by the opposing team, goes to the opposing team's jail.
- Players in jail may be rescued by their teammates. All a teammate has to do is cross into the other teams half of the floor and give a player in the jail a high five before they are tagged by the home team.
- Players in jail that are tagged by a teammate are allowed a free way back to their home half of the floor. The player rescuing the jailed player must get back without getting tagged or they go to jail. A rescuer can tag as many people in jail as they want. They can rescue teammates **and** steal the pin.
- Players leaving the jail **cannot** steal the pin.

Variations:

- Use 4 pins (2 on each side). Each team has to steal two pins instead of one. A team needs to be in possession of all 4 pins to win.
- If you play outside bring a couple wiffle ball bases along to set the pins on - the pins don't stand up well on the turf.
 - Set the pins on the 30 yard lines, use the 50 yard line as the half marker.
 - Set up 2 square jails (using 4 cones for each jail) opposite of each other between the 30 - 25 yard lines

Accommodations:

Students that cannot participate can:

- keep score
- be pin-setters
- watch the center line
- be jail keepers, watch to make sure players are rescued properly

Power Standards:

3) Demonstrate and understand how to perform a variety of Locomotor, non-locomotor, and manipulative skills.

5) Demonstrates responsible personal & social behavior emphasizing respect with-in a competitive environment.

6) Demonstrates an ability to share ideas and strategies with peers during team situations.