

Activity Name: Timber

Grade Level: 1-8

Skills Learned: Throwing (underhand and overhand), throw ball using different levels of force, spatial awareness, body placement, cooperation

Equipment: 16 hula hoops, 32 bowling pins or Topple Tubes, Several dodgeballs



Setup:

- Split the gym into quadrants with 4-8 hoops in each (these are the forest- you make the hoop placements)
- Split class into 4 teams (one in each quadrant)
- Place 2 bowling pins in each forest
- Disperse balls evenly

Description/Explanation:

1. Students must throw at other teams' pins/trees to try and knock them down
2. If "you hit it, you get it" and take your opponent's pin back and place in in one of your hoops/forests
3. One ring may fit as many pins/trees in it as possible (I usually do not let them put all pins in one hoop)
4. If a student knocks down 3 pins with one throw, they get the 3 pins
5. There may only be 1 pin protector per hoop (or how many you feel is necessary)
6. Team with all the pins or the most after a set period of time = winner!

Rules:

1. Students may not block inside their forest
2. Students may go anywhere inside their quadrant to get or throw a ball
3. Once you put your pin down you cannot relocate it to somewhere else.
4. When guarding your pin, use any body part but you should not touch the pin to keep it up. Do not go down to your knees or crouch low...too dangerous
5. When a loses all their pins, they keep playing to earn them back
6. Students may throw the ball off the walls in order to hit a pin
7. No alliances- 4 teams throwing at every opponent

Modifications:

ROLLING ONLY

UNDERHAND ONLY

OVERHAND ONLY

PAIR 2 TEAMS TO TAKE ON THE OTHER 2 TEAMS

USE DIFFERENT SKILLS SUCH AS KICKING, STRIKING, USE HOCKEY STICKS FOR HOCKEY MAKE IT TAKE IT, ETC...

