

INTERCEPTION-Again, one of the favorites in the school. There are two teams divided evenly. At each end of the playing field or gym there should be a box. In that box is one goal maker--a person who can catch the ball from their teammates and not fall out of the box. No one else is allowed in the box but the goalie.

The gator ball is used or a nerf football. The main part of the game is basically keep away and throw the ball down the field without running with it more than one step and getting it to be caught on a pass into the goalie box for one point. There is no tackling or tagging allowed, just simply throwing the ball from one teammate to the next and getting it to score. If a ball hits the ground however you can have the other team take it on the spot. As soon as a goal is scored, the take out person from the other team takes the ball right at the opponents box and throws it in to continue the game. Change goalies often.

Flicker Ball

Use a cosom or nerf football. You need flags if possible and vests. The object is to get each team to score a basket at their own end of the court by getting the football to go in the basket for two points. The game is fast paced and quickly changes directions. It starts with one team at opposite end of their basket taking it out. They will advance the football only with a throw. You are allowed only a step or two to catch your balance after a catch, and there is no running with the ball. A tackle is considered a flag pull and then the ball belongs to the person who got the tackle on that very spot. It is okay and good to intercept a ball then take over right there. The referee needs to be on the ball at all times. Whenever there is a tackle or the ball is dropped, it automatically becomes the other teams' ball on the very spot, and play is resumed. The quicker the team moves the ball down the court, the more success they will have in scoring.

A scored goal can be shot from anywhere on the court. I do not let two people guard one person, and it is possible to call fouls if they are pushing.

STAYING ALIVE GROUP CHALLENGE

Divide the group into teams of 5 to 8. One group will be the throwers and the other the Stayin' Alive group. The ball throwers start on one end of the gym and throw only one ball to anyone in their group who can move only WITHOUT A BALL. They will try to throw it to a teammate who will in turn try to get an opponent out by hitting them below the waist. If an opponent is hit he runs out and stands with the teacher until everyone on the team is out. Time the event and then switch teams and play again. Students may run anywhere on the floor. Remember no one can move when the ball is in their hands, they can only continue to throw it or hit someone.

One option-----when students are out the go to the 54 step ladder and jump in each square before returning to the game. If you choose that way, have the teams only run and throw for 1 minute and then switch sides. In that time limit you can ask who was hit once and give a point total.