

Location	Rhythm	Nutrition	Equipment
In/Out	No	No	5–6 balls, (1 for each group)

## Get Ready:

- Divide students into groups of 4 or 5. Groups should form a straight line facing the front of the room. Give each group 1 ball.

**Note:** Any ball that can be passed safely can be used! Large, light balls (i.e. beach balls) are classroom-safe and easier to grip, while harder (i.e. basketballs) and smaller (i.e. tennis balls) balls provide more of a challenge.

- If the classroom is set up in rows, groups can line up in between the rows of desks.

## Directions:

- When the game begins, the student at the front of the line **hops** up and down 3 times (or completes single leg raises while seated), picks up the ball, and lifts the ball over their head to **pass the ball** to the person behind them.
- When the next student gets the ball, they should repeat the movement (**hop 3 times and pass the ball**). Keep going until the last person in line has the ball.
- When the last student in line finishes **hopping**, they should (**hop, walk, skip, or run**) to front of the line and **pass the ball** to the student behind them.

**Note:** Keep going for as long as you like or time allows. Try to allow every student a chance to be at the front of the line.

## Tips:

- If students have trouble passing the ball overhead, they may turn around and **hand the ball** to the next student or twist to the side and pass the ball.
- Have students try **passing the ball between their legs** instead of overhead.
- Call out different movements (instead of hop 3 times). Try **hop once on your right foot, once on your left and spin all the way around** one time before passing the ball. Be creative.

*Source:* Adapted from an activity in Willenberg, Barbara. Physical Activity Cards. University of Missouri Extension. 2006. Promoting Lifetime Activity for Youth (P.L.A.Y.) program, Arizona Department of Health Services.

## Standard Connections

### Did You Know?

- **Teamwork** is important for groups to perform well together. When we work well together as a team, we can achieve more than we can all by ourselves! We had to use **teamwork** today.

### Show and Tell!

- ✓ *Tell me*, did your team talk to each other in a helpful way to pass the ball to one another?
- ✓ *Show me* what it might look like if your team does not talk to each other in a helpful way.

### Try This at Home:

- Practice **jumping** different ways: **jump as high as you can or as hard as you can. Can you land super soft?** Show a friend or family member how to land softly.
- Find other ways to be helpful to someone at home. **Teamwork** isn't just for sports and games! Households/families are teams too. How can you help your team at home?

