# Bad Bounce!

**Goal:**
- For the team to catch a jumbo reaction ball on ever increasing number of bounces

**Bullying Awareness Objective or Goal:**
- Life sometimes gives you bad bounces and the quicker we recover and the more help we get from friends the better off we will be in life

**Recommended Grade Level:** Grades 4-12

**Space or Activity Area:** A large flat hard surface like a gym floor or playground

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**Equipment/Materials Needed:**
- 1 Jumbo Foam reaction ball (lower grades), [W18238—Jumbo Reaction Ball](#)
- Z-Ball reaction ball for upper grades, [W12113—Z-Ball](#) or [W17836—Jumbo Reflex Ball](#)

**Description of Activity/Game:**
- The team forms a circle and gets ready to toss the ball up in the air in the center of the group
- The team tosses the ball and then lets it bounce 1 time and attempts to catch it
- If successful the team tosses again and tries to catch the ball on 2 bounces
- This continues until a miss occurs and the team will then start again at 1 bounce
- The team is attempting to achieve the catch on the highest number of bounces it can

**Fitness/Skill Components:**
- Tossing
- Catching
- Agility
- Teamwork

**Rules:**
- A toss must be higher than the head
- A catch must be after the specific number of bounces in # order
- A ball that touches a player (before the catch) or an object outside of the circle is considered a missed play

**How to Play:**
- Form a team of 4-6 players
- Toss the ball up in the middle of the group
- Catch the ball on the specific number needed in number order
- Continue this until a miss occurs and start back at #1

**Assessment:**
- Did everyone get a turn to toss and catch?
- Were all group members involved?
- How did the group handle mistakes and restarts?
Debriefing Ideas:
- Talk about taking turns
- Discuss failure and starting again
- Brainstorm how a team can work together to solve this task
- Evaluate the group’s ability to work together and recover from setbacks

Adaptations:
- Add a tougher ball to catch (smaller and harder reaction ball)
- Make the group smaller so it becomes tougher to make the movements to catch the ball
- Make it so a player can not catch 2 in a row

Author: John L. Smith
1989 NASPE National Teacher of the Year
FlagHouse Educational Consultant