Blast Off Bullying!

Goal:
- To blast a bean bag off a playground ball into a hoop

Bullying Awareness/Bullying Prevention Concepts or Goals:
- Teamwork, taking turns
- Working to finish a task as a group/team

Recommended Grade Level: Grade 4-8

Space or Activity Area: An area large enough to safely bounce a beanbag off of a playground ball and into a hoop

Equipment/Materials Needed:
- 1 beanbag
- 8” playground ball #18715
- Hoop for each pair of participants, #W18711—Bullying Awareness Plastic Hoop - 36”

Description of Activity/Game:
- Place the hoop 10 feet away from the blast area
- One partner places the beanbag on top of the ball and then angles the beanbag slightly towards the hoop
- The player then drops the ball and “blasts” the beanbag towards to the hoop trying to get the beanbag to land in the hoop
- If it lands in the hoop the team scores a “B”
- The team then retries the beanbag, returns to their blast area and the other partner takes their turn
- The team is trying to spell out the word “BULLY” as quickly and successfully as possible

Fitness Component:
- Running

Skills Component:
- Running
- Changing Direction
- Targeting

Rules:
- Only beanbags landing and staying in the hoop count towards letters
- Turns must be taken
- The word “BULLY” must be spelled

Assessment:
- Spelling
- Taking turns
- Correct blasting techniques
Debriefing Ideas:
- Talk about each person’s part in the activity
- Discuss whether all rules were followed
- Discuss the meaning of the word
- Brainstorm about blasting techniques

Extensions:
- Time the activity
- Then create additional words
- Increase the distance of the blast

Spelling Words:

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<th>Bully</th>
<th>Abilities</th>
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<tr>
<td>Bullied</td>
<td>Hazing</td>
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<td>By-Stander</td>
<td>Cyber Bullying</td>
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<td>Behavior</td>
<td>Name Calling</td>
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Taken from the book “60 Second Countdown!” (#W18394) - A book of Minute to Win It challenges for your physical education and recreation programs