Bounce 21

Goal of the Activity/Game:
- A team of 4 players will toss a ball into the air, have it bounce in increasing numbers until a final toss and bounce is 21. First bounce is 1, second bounce is 2 and so on. While the bounce is happening the team must do that number of the designated exercise.

Bullying Awareness Objectives or Goals:
- Working together to achieve team success
- Participating in different roles in a game

Recommended Grade Level: Grades 2-8

Space or Activity Area: Large area for a bouncing playground ball

Equipment/Materials Needed:
- 1 playground ball per group of 4 #W18715—Bullying Awareness Playground Ball

Description of Activity/Game:
- Each team of 4 has 1 playground ball
- The team decides on the exercise they will do before the first toss of the ball
- The team must toss and catch in order (Player 1 tosses, player 2 catches, player 2 tosses, player 3 catches, player 3 tosses, player 4 catches, player 4 tosses, player 1 catches).
- This continues until they get a bounce of 21 (or less with younger players) and a catch!
- Remember to do the # of exercises (jumping jacks, sit-ups, pushups, toe touches, steps in places, leg kicks) equal to the number of bounces before the catch

Fitness/Skill Components:
- Throwing and catching
- Fitness

Rules:
- Players must stay in their designated areas of play
- No contact is allowed
- Each player gets to toss and catch
- Only catches made in the proper sequence of numbers and by the correct player count
- You can only move to the next number if successful

Assessment:
- Throwing skills
- Catching Skills
- Teamwork
- Fitness
Debriefing Ideas:
- Ask which role they felt they liked the best
- Discuss the different exercise your team picked and was good at them
- How can they do this better?
- What were the difficult parts of this task?

Adaptations:
- Increase the number of bounces needed to finish
- Increase the number of balls in play by a team
- Add running to the exercise list

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