Over, Under, Right and Left Passing Game

Goal:
- Teams will work together passing a ball in different manners attempting to complete the tasks as quickly as possible

Bullying Awareness Objectives or Goals:
- Teamwork
- Helping each other succeed

Recommended Grade Level: Grades 3-8

Space or Activity Area: Playground, Gym, Hallway

Equipment/Materials Needed:
- 1 playground ball for each group of 6-10 players, #W18715—Bullying Awareness Playground Ball - 8.5”

Description of Activity/Game:
- Players will line up in a straight line one behind the other
- The first person in the line has the playground ball
- On the signal, the word saying how to pass the ball, the first person passes the ball to the person behind them and this continues down the line until the ball reaches the end
- The end person takes the ball and runs (skips, gallops, walks) to the front of the line and passes the ball down the line using the same method
- This procedure continues until the team is back in the same order they started. Each person has the opportunity to be the leader
- The team tries to complete the task as quickly as possible and with the fewest drops of the ball

Signals:
- Over, Under, Right, Left, Over and Under, Right and Left

Fitness/Skill Components:
- Stretching
- Running

Rules:
- Players must stay in order, team must follow the method of passing that is giving on start signal, time can be added for each drop or missed person in line.

Assessment:
- Did the team work together to achieve the team goal?
- Were the skills of passing used correctly?
- Was the team successful in their attempts?
Debriefing Ideas:
- Evaluate how the team did with the task.
- Can anyone suggest a better way to accomplish the task?
- What problems occurred that the team handled or didn’t handle?

Additional Suggestions and Ideas:
- See if you can do it faster each time.
- Challenge another team.
- Can you do it with 2 balls?

Adaptations:
- Can it be done in a circle?
- Is it possible to use only one hand?
- Can you do it facing the other way?

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