

SLAM BALL

ACTIVITY GOALS

- ✓ I will demonstrate quick reaction time when receiving a ball thrown by my opponent.
- ✓ I will demonstrate fair play and cooperation with others.

TEACHING TIPS

- ✓ Aim for target
- ✓ Move to ball
- ✓ Soft hands to catch

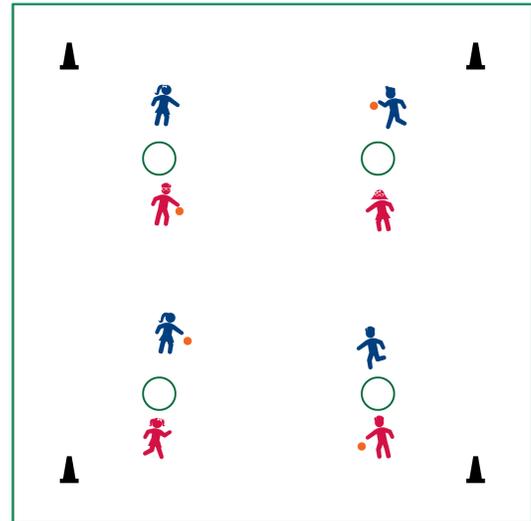
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 1 hoop per 2 (or 4) players
- ✓ 1 ball (e.g. 6" PG Ball) per 2 players

Set-Up:

1. Two players stand on opposite sides of a hoop at least one step away.
2. If sharing a hoop, two other players can stand perpendicular at the same hoop.
3. One player starts holding the ball.



Activity Procedures:

1. Today activity is called Slam Ball. The object of the game is to successfully throw and catch the ball using a hoop as a target.
2. When I say "GO!" the first player throws the ball into the hoop. The second player attempts to catch it.
3. Scoring:
 - a. Ball does not hit inside the hoop (point for receiving player)
 - b. Ball hits inside hoop, but does not bounce at least 1 step away from hoop (point for receiving player)
 - c. Ball hits inside hoop and bounces over the head of the receiver (point for receiving player)
 - d. Ball is not successfully caught by receiving player (point for serving player)
4. If sharing a hoop with 4 players and the two balls collide, this is a 'slam' and the two players that threw the ball switch opponents.

Grade Level Progression:

K: Allow students to practice bouncing and catching a ball without hoops or opponents.

1st – 2nd: Focus on teamwork by counting the number of catches players can make without using scoring.

3rd – 5th: Play the game as described.

EATING
HEALTHY
101

- ✓ **FACT...** Slam ball is fun, but slamming your food isn't! Everyone can benefit from slowing down a little while they eat. It takes 20 minutes from the time you start to eat for your brain to tell you that you're full. Eating too quickly can lead to overeating and other digestive problem. So, slow down and enjoy your food!