

BOUNCE BACK

STUDENT TARGETS

- ✔ **Personal & Social Responsibility:** I will demonstrate the Spirit of the Game while competing in the game of Bounce Back.

TEACHING CUES

- ✔ Throw with Control
- ✔ Using Throwing Cues
- ✔ Compete with the Spirit of the Game

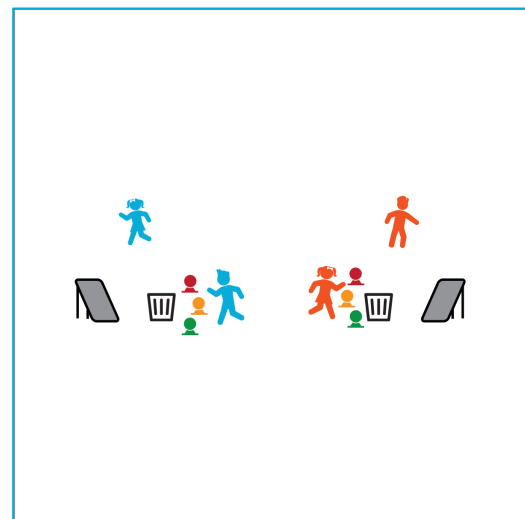
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 2 rebounders per pair of students
- ✔ 2 large buckets or trash cans per pair of students
- ✔ 2 low-profile cones per pair of students
- ✔ 6 Voit Bouncee Foam Balls

Set-Up:

1. Place rebounders 5–6' from the large buckets/trash cans.
2. Place low-profile cones a safe throwing distance from the rebounders.
3. Pair students, or create 2 teams with 1 student from each team competing head-to-head.



Activity Procedures:

1. This activity is called Bounce Back. The object of the game is to bounce all 3 of your foam balls into your bucket before your opponent bounces her/his into the opposite bucket.
2. You'll do that by throwing your foam balls from behind the low-profile cone, off of the rebounder, and into the bucket. If you miss, quickly retrieve your ball and then try again from behind your cone.
3. When a player completes the challenge, the competition is over. Shake hands and allow the next player on your team to get ready for the next round.

Modifications:

- Adjust the distance between the rebounders, buckets, and cones.
- Use a solid wall rather than a rebounder. Demonstrate bounce strategies for successful throws.

STANDARDS & OUTCOMES
ADDRESSED

- ✔ **Standard 4 [E1.3-5]:** Exhibits personal responsibility in teacher-directed activities (3); Exhibits responsible behavior in independent group situations (4); Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee) (5).