



SLAM BALL

Social & Emotional Learning Competencies: (adapted from CASEL.org)

- Self-Management: Impulse control. Students demonstrate the ability to control their emotions and actions as they win and lose points.
- Relationship Skills: Cooperate and negotiate conflict. Students demonstrate the ability to follow activity rules and etiquette, and calmly and constructively discuss game disputes.

EQUIPMENT NEEDED:

- 1 hula hoop or painted circle, 1 playground ball

ORGANIZE:

- **Space:** Place a hoop or paint circle in a safe and open space.
- **Students:** 2 players stand on opposite sides of the hoop. (Pairs can share by standing perpendicular at 1 hoop.) 1 player starts with a ball.

HOW TO PLAY:

- **The Object:** To throw and catch the ball. The ball must bounce inside the hoop.
- **The Process:** Play begins with a throw that bounces fairly inside the hoop. It cannot touch the hoop. If the receiver catches it, play continues, and they attempt to bounce the ball back.
- Here are all of the ways you can score points:
 - Ball is thrown well but not caught (point for thrower)
 - Ball does not hit inside the hoop (point for receiver)
 - Ball hits inside the hoop, but doesn't bounce at least 1 step outside of the square (point for receiver)
 - Ball hits and bounces over the head of the receiver (point for receiver)
- If 2 pairs are playing at 1 hoop and balls hit each other, it's a *slam*. Players then swap opponents.

HELPFUL TIP:

- Introduce as a cooperative game. Teams score points for every good throw and successful catch that is made.

SEL DISCUSSION STARTERS:

- What does good sportsmanship look like? What does it sound like?
- How does good sportsmanship affect how much fun you have?

