



BUCKET BOUNCER

STUDENT TARGETS

- **Skill:** I will focus on my bounce technique to find a consistent bounce.
- **Cognitive:** I will focus my attention on the challenge in an effort to improve my team's score.
- **Fitness:** I will be actively engaged in this Minute to Win challenge.
- **Social/Emotional:** I will use positive and encouraging communication with my teammates.

EQUIPMENT & SET-UP

Equipment:

- 6 buckets per team of 3
- 1 ball per team (e.g., ping pong ball, small playground ball, small coated foam ball)
- 1 cone per team
- 1-Minute Timer Music ([Spotify](#), [Apple](#))

Set-Up:

- Create teams of 3 players.
- Each team has a group of 6 buckets set up like bowling pins, and a cone for the starting line.
- One teammate is the bouncer and stands by the starting cone with the ball.
- The second teammate is waiting by the buckets to retrieve the ball, and the third teammate is waiting in line behind the bouncer.



ACTIVITY PROCEDURES

1. This activity is called Bucket Bouncer! The object of the game is to see how many times your team can bounce a ball into a bucket in 1 minute.
2. Get ready with 1 teammate by the starting cone with the ball. The second teammate will stand by the buckets ready to retrieve the ball (and bucket if a ball lands in one of them) and the third teammate will wait in line behind the leader.
3. On the start signal, the first teammate will bounce the ball so that it lands in any of the buckets. The second teammate will retrieve the ball if it did not go in a bucket and bring it back to the starting cone. If the ball did bounce into a bucket, they will bring both the ball and the bucket it landed in back to the starting cone.
4. As soon as you're back at your starting cone, rotate positions and try again. The bouncer becomes the retriever, the retriever will now wait in line, and the teammate who was waiting in line is now the bouncer. This continues for the full 1 minute. Your goal is to collect all of the buckets before time expires.
5. *Teacher Note: repeat this challenge with students focused on improvement.*

GRADE LEVEL PROGRESSION

- **Grade 3:** Play the activity as described above.
- **Grades 4 & 5:** With skilled players, increase the distance between the buckets and the starting cone.

TEACHING CUES

- **Consistent:** Bouncers must stay focused on finding a consistent bounce.
- **Quickly Collect & Return:** Teammates quickly retrieve balls and return to their teammate.
- **Cooperate:** Communicate with positive language. Work together to continually improve.



BUCKET BOUNCER (continued...)

UNIVERSAL DESIGN ADAPTATIONS

- **UDL 1:** Place a towel in the bottom of the bucket to increase the likelihood that the ball will stay in the bucket.
- **UDL 2:** Use different types of balls that will increase success.
- **UDL 3:** Remove the time challenge and focus on successful movement.
- **UDL 4:** Use a larger bucket as the target.

ACADEMIC LANGUAGE

Motivation, Inspiration, Celebrate

PRIORITY OUTCOMES

Personal Challenge:

- **(Grade 3)** Discusses the challenge that comes from learning new physical activities.
- **(Grade 4)** Rates the enjoyment of participating in challenging and mastered physical activities.
- **(Grade 5)** Expresses the enjoyment and challenge of participating in a favorite physical activity.

DEBRIEF QUESTIONS

Growth Mindset Question Set:

- **DOK 1:** What does inspiration mean?
- **DOK 2:** What do you know about feeling inspired?
- **DOK 3:** Have you ever seen someone do something inspirational? If so, what was it? Why was it inspirational?

Teamwork Question Set:

- **DOK 1:** Can you share some examples of inspiring movies or music?
- **DOK 2:** Can you summarize what makes those things inspirational?
- **DOK 3:** How might you be able to inspire your teammates to try their best during challenges?