

Snowball

Objective: To dodge the "snowball" and send every opponent to the "artic".

Equipment: Fleece balls, 4 lightweight mats, jerseys.

Activity Description: Two teams lined up on opposite sides of the playing area with balls on the center line. One jail on each end of the gym spanning the width of the gym. Two mats standing upright on each side being used as shields/forts.

Procedure:

1. Play starts when the music is heard.
2. There is a 10 second grace period for throwing. No player may throw a ball before the 10 seconds is counted down.
3. Ways to get out:
 - o Hit shoulder to shoes.
 - o Caught ball.
4. Ways to get back in:
 - o Hit an opponent shoulder to shoes from the artic (jail).
5. When hit, you must cross to the other side of the gym, opposite of your side. On the way to jail, a player may pick up ONE ball from the ground to bring with them.
6. All players must remain in jail until they hit an opponent to get back in.
7. The forts cannot be moved or held to keep them from falling.
8. If a mat falls, then it is out for that round and will be replaced before the next round begins.
9. There is no fleece-to-fleece contact.

Check for Understanding:

- What is the one way to get back in?
- How many balls can you pick up on your way to the artic?

Variations:

- Allow the mats to be moved.
- Have catching a ball thrown from one of your teammates on the other side the way to get back in.