

Wild, Wild West

Objective: To retrieve object from opponent's territory and return it back to own team's side without being tagged. To teach about the Gold Rush.

Equipment: Fleece balls, cones, hula-hoops, jerseys, shield (hockey leg pad), the "GOLD" object to be retrieved (yellow z-ball)

Activity Description: Two jails formed on opposite corners of the gym, two square hideouts on opposite sides in the middle of the wall endline, one object inside the hula-hoop. Fleece balls lined up in the middle.

Procedure:

1. Ask students "what do you know about the Gold Rush?" Discuss the reasons why people went to the west coast.
2. Players start with one body part on the back wall.
3. Players attempt to throw the fleece balls at the opponent's side from their own side.
4. Ways to get out:
 - a. Hit shoulder to shoes
 - b. Caught ball
 - c. Tagged on other team's side.
5. Way to get back in:
 - a. Catch thrown ball on a fly from other side.
6. A player can enter the hideout on the opposite side and be safe from being tagged. Once a player is in the hideout, they can stay in there as long as they want. They cannot bring a fleece ball into the hideout.
7. Each team gets one shield for one person. This person can use it to block thrown balls and/or as a strategic cover for their teammates.
8. If the person with the shield gets hit or tagged, they must drop the shield to the floor and go to jail. The other team may have both shields at the same time.
9. If a player grabs the gold object and is tagged before they return to their side then the object is placed at the spot of the tag and the hula-hoop that surrounded it is also moved.
10. Depending on space, 1-2 people can guard the gold object, standing outside of the hula-hoop.

Check for Understanding:

- How can you get back in the game?
- What happens when the object is grabbed?