

Ringmaster

Objective: To work together with teammates to place 4 rings on the other team's pegs. To form a strategy/plan of attack and execute it through moving. To practice throwing and dodging skills.

Equipment: 4 rubber pegs, 2 quad-pegged board, 8 tennis deck rings, jerseys, 4 poly spots

Activity Description: In two teams, students will move in playing area and attempt to place rubber rings around the other teams pegs. There is one poly spot on each of the elbows of the free throw line. A quad peg in the center of the white volleyball line and one single peg on each corner of the line. Fleece balls on the center line.

Procedure:

1. Objective is to have one ring on each of the yellow pegs and two on the wooden pegs in the middle.
2. Everyone begins with one fleece ball each.
3. Three ways to get out:
 - a. Get hit by fleece ball, shoulders to shoes.
 - b. Catch another ball.
 - c. Get tagged when on the other team's side.
4. One way to get back in. Have the person who got you out, get out by one of your teammates.
5. There are two safety spots where one person can stand on it until an opportunity arises for movement.
6. If you cross the center line, you can only be tagged to get out.
7. All balls need to be thrown from behind the center line on your side.
8. There is no fleece to fleece contact, only dodging.

Check for Understanding:

- How many rings need to go on the middle quad peg?

Safety:

- Head hits