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MAD SCRAMBLE TOSS

Equipment:

- Numbered tennis balls

Main objective:

- Retrieve the ball that has your number.

Description:

- Each player is assigned a number.
- The instructor has a box with numbered tennis balls.
- Toss out the balls.
- On a signal, players run and retrieve their ball and return to a designated spot.

Variations:

- Each time a player picks up a ball, he calls out the number.
- Play as a team. The team works together and is finished when all have found their ball.



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HAIL YOUR HIGHNESS

Equipment:

- 75 tennis balls, 1 folded gymnastic mat per group of 5-15 people

Main Objective:

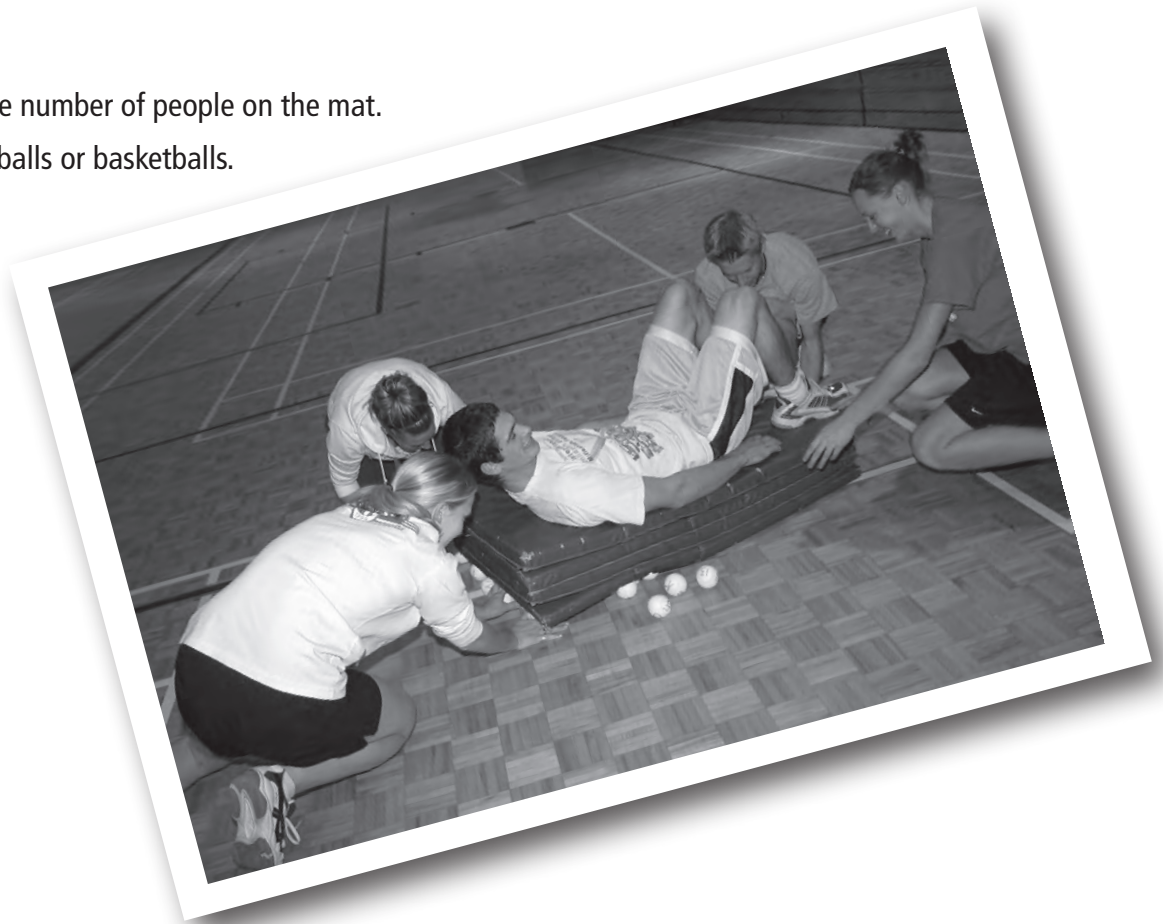
- To see how quickly the mat can be moved from one line in the gym to another.

Description:

- Put most of the tennis balls underneath the gymnastics mat. One player - "Your Highness" - lies on the mat.
- One player pushes "Your Highness" forward while the rest of the players retrieve the balls no longer under the mat. Players then place them under the mat to allow it to continue to roll forward.

Variations:

- Add to the number of people on the mat.
- Try volleyballs or basketballs.



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ROBIN'S NEST

Equipment:

- 50-100 tennis balls, one large container, and a hoop for each team.

Main Objective:

- To collect as many tennis balls as possible and place them in your team's hoop.

Description:

- Divide the class into 4 equal teams and place each team in a corner of the gym. Place all the tennis balls in a hamper in the centre of the gym.
- On the start command the first player from each team runs to the centre, grabs a ball and returns it to his team's hoop.
- The game proceeds until all the balls are gone. At that time, players may steal balls from other teams' hoops.
- After a specific period of time, the team that has collected the most balls wins.

Variations:

- Teams are assigned specific colours or numbers and can only collect balls of that description.
- Put tennis balls into other teams' hoops. The team with the fewest tennis balls wins.
- Assign a defender to protect the team's hoop. If a player is tagged by a defender, he returns to his line and the next player goes.



4-CORNER SOCCER

Equipment:

- 50 or more tennis balls,
- 4 benches (as goals)

Main Objective:

- To allow as few goals as possible.

Description:

- Create 4 teams. Each team defends a corner goal which is identified with a bench turned on its side and a taped goal crease for the goalies (ends of the goal which are approximately 5 paces out). Only the goalie is permitted in this area.
- Throw out all the tennis balls. Players kick the balls trying to score on any goal. If a player kicks a ball that hits a bench, she may take that ball and put it behind that bench.
- Play until a designated time is reached or until all the balls are gone. The team with the LEAST amount of balls behind its bench is the winner.

