

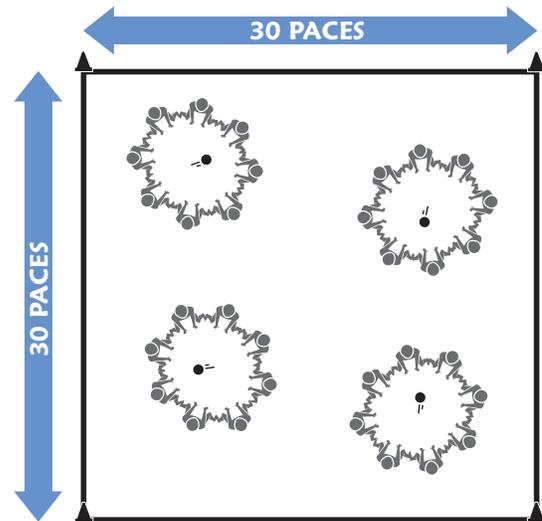


Ready

- 4 cones (for boundaries)
- 3 7" foamballs per 8-10 students

Set

- Create large (30X30 paces) activity area.
- Create groups of 8-10 students.
- Have each group form a circle, with members' legs wide and sides of feet touching their neighbors'.



GO!

1. The object of *Straddleball* is to score a goal. You do that by striking the ball through the legs of anyone in your circle.
2. Everyone has created their own “goal” by straddling wide. Look around, and make sure everyone’s goal is the same size!
3. Bend your knees and get low.
4. Send the ball through anyone’s goal by striking it with an open palm and stiff wrist. Keep the ball low and on the floor/ground.
5. You may use your hands to protect your goal.
6. If the ball goes outside of the circle, the person who touched it last runs after it.
7. If you are scored on, go retrieve the ball, toss it back in, then rejoin the group as quickly as you can.
8. **Double Trouble**
 - We’ll play again, this time with 2 balls at once!
9. **Triple Threat**
 - Which group is ready to try 3 balls at 1 time?
10. **Wrap It Up**
 - How can we demonstrate respect for others during physical activity?
 - *Straddleball* is a fun game to play at recess and lunch. Who will try and organize a *Straddleball* game later today (or tomorrow)?

STRADDLEBALL

*SPARK™ IT UP!

* Play in Levels

Now that you know how to play *Straddleball*, those of you that would like to play a “nice and easy” game, meet over here (*point*). Those that want to play a “little faster” game, gather here (*point*). Those that want to play “super fast” *Straddleball*, move to this area (*point*).

(Organize students so there are at least 8 in a group; combine groups if necessary. Distribute equipment so “level 1” is playing with 1 ball, “level 2” with 2 or more, “level 3” with 3 or more balls.)

(Note: You may vary the size of the ball in level 3, but only play straddleball with very soft foamballs.)

* Flip It

This time, turn around so you face out from the circle, and strike the ball while looking back between your legs!

* Super Straddleball

Let’s make a giant circle and play 1 huge game of *Straddleball* with 3 (or more) different balls at once!



HOME

Take your *Straddleball* skills home with you and practice against a wall. Does *Straddleball* remind anyone of a popular sport? I think it’s a lot like hockey. You try and score a goal, but in hockey, you strike the ball with a stick in your hand. You can play ice hockey where you skate to move, or field hockey where you run to move. Both games are really fun. Has anyone ever played hockey?



STANDARDS ADDRESSED

National PE Standards

Movement/Skills:

Spatial and body awareness, striking

Fitness:

Participates in enjoyable, challenging activities, muscular endurance

Personal/Social:

Participates, appreciates, enjoys movement, cooperates in a group setting

Your State (Write in here)



PAULA'S POINTERS

- *Straddleball* is a fun recess/lunch game. Ensure playground monitors use only very soft, safe foamballs to play it.
- While using smaller groups for *Straddleball* seems like a good idea, it’s hard to play with too few students in the circle. They’re too close to one another to get a good rally going.
- Larger foamballs (e.g., 7") are easier to strike (larger surface and slower play) than smaller ones (3"). Use equipment strategically to build skills and provide challenge.

