Bocce

3- 4 people are on a team, 4 balls/ team.

6 feet x 13 feet -bocce court.

To start the game, two players do rock paper scissors to determine the color Bocce balls your team wants or to throw out the Jack (small ball) that starts the game.

The Jack must make it at least halfway and be inside the court boundaries. The person who throws the Jack also throws his bocce ball.

Then the opposing team throws. The teams keep alternating throws. Players must always throw underhand but you can roll, toss or bounce the ball.

The team closest to the Jack wins 1-4 points. The team that gets to 16 first wins or when they have to move to the next station.

Cornhole

Set up boards about 15 feet apart (10 for kinder & 1st)

4 players on each team for our classes. Everyone on the team has 1 bean bag.

Take turns throwing -Blue team plays the red team. Teams stand next to the other board and alternate throwing at the board.

Players should throw underhand with their opposite foot forward, swing your arm forward and let go of the bean bag when your hand is thigh high. If it goes through the hole it is 3 points, if it is on the board it is 1 point.

They are trying to make it into the hole or knock off the other team's bean bags. Team with the highest score when we rotate wins or you play until 21.

If there is one red and one blue on the board those points cancel each other.

Challenge Course

 Students will try to complete the course for time or without falling, if you fall off you set one more chance, after the second fall, your turn is over and you go back to the end of the line.

Walk across the beam, through a tunnel, over a wall of mats, up a climbing wall and through tires (hula hoops) to the finish line.

Fishing:

Students stand behind a line and cast towards a fish. Then when they reel in a fish they read the exercise written on the fish. Catch and release - throw back the fish and hand the fishing pole to the next person.

Student go to the exercise zone and lead your team in doing the exercise the fish told you to do 10-15 times and then get back in line.

To cast, hold the reel with one hand and hold down the button as you gently rotate the rod to the side. As you swing the rod in a sideways motion forward you release the button when the rod is in front of your body, the tip of the rod should be pointing at where you think the fish may be.

Similar to swinging a tennis racquet in a forehand motion.

Disc golf

Start at the cone and every player throws their disc one time. Then the disc furthest from the chain throws first, if you are closest to the chains you throw last.

Count how many throws it took you to make it into the chains.

The lowest score wins the hole. Record it on your clipboard if you would like.

Ladder ball:

3 players on each team (6 total)

The first player tosses 1 bola, then the opponent tosses 1 bola.

You can toss the bolas underhand, holding them anyway you wish.

The first team to win exactly 21 points wins the game. If you have 20 points and score 3 points your points will not count. The next player will have to score 1 point to win.

Points:

bottom rung is worth 1 point

middle rung 2 points and

top rung 3 points.