High School PE Games for 11th & 12th Grades (who only want to play basketball!!!)
Presenter: Laurie Knott VBCPS @ VA H&PA Institute July 2012

- **The rule of 3:**
  - Can only move 3 steps before having to pass, dribble, or drop the ball
  - Can only possess the ball for 3 seconds after using your 3 steps
  - Can defend a player but must stay 3 feet away
  - In small playing areas the team must make 3 complete passes before attempting to score

- **Games that use the “rule of 3”**
  - Modified Ultimate Frisbee
  - Ultimate Ball (modified team handball)
  - “Catch the Ball”

- **Modified Ultimate Frisbee**
  - Played on a basketball court, wrestling room, tennis court, or parking lot
  - Uses the rule of 3 to make good use of small space and large teams
  - Can use a Socci goal or hockey net for scoring instead of complete pass in an end zone

- **Ultimate Ball**
  - Uses Socci ball or coated foam ball
  - Uses Socci nets or hockey nets inside a designated perimeter (circle on wrestling mats)
  - Uses the rule of 3
  - No one on offense or defense can go into the circle to shoot or defend
  - Starts with an entire team against their end wall and after every goal
  - Whoever touches the ball last (dropped ball, incomplete pass, etc) turns possession over to the other team wherever the ball hit the ground. If possession cannot be determined then a quick jump ball takes place.

- **Catch the Ball** – no kids we can’t play dodge ball!!!!
  - Only 1 foam ball or balloon ball needed
  - Everyone is their own team (not saying there can’t be alliances made)
  - The object is to catch the ball.......someone throws the ball to you and your job is to catch it. If you drop it then you are “out” and you cannot come back in until the person that threw the ball to you drops the ball and gets “out”.
  - Uses the rule of 3 and students come up with creative ways to move around the room
  - The players that are out can be assigned a fitness task to complete while they wait to get back in the game. This eliminates a “lazy” student from instantly getting out so they can sit!
  - Players are constantly moving and going in and out of the game so they sweat a lot!
  - Players who accidently get a ball thrown to them and it hits their face are not out.
  - Rarely, but sometimes one player is the only one left in the game. There should be a prize for this because it is really hard! I give extra choice time, bonus points, or bottle of water.

- **Earning a “Freedom Friday” or “Free Choice” Time:**
  - Pair up with 9th graders for skill instruction
  - Sportsmanship by all..........it has to be everyone
  - A “cuss free” game involving competition
  - Improvement on fitness testing
  - Successful completion of an aerobic activity (pedometer count, pacer, group line jog, etc.)
  - Participating in an activity they dislike without complaining ☺ (it is how they learned to like golf, tennis, and working with the 9th graders)
  - Successful completion of rules worksheets, weight room logs, partner assessment sheets, etc.
• **Other favorite games........Arena Flag Football**
  - Uses the whole gym with the end line of the basketball court being the end zone and a sideline clear of the bleachers (all for safety)
  - Starts in teams own endzone, ball is hiked to a quarterback and everyone goes out for a pass. The team has 4 downs to score and the quarterback must change every down! If the ball is intercepted the player can try to run it into the endzone for a point but if he doesn’t then the 4 downs continue like an incomplete pass.
  - After 4 downs the other team starts from their endzone to try to score.
  - Any rough play or “tackles” results in an extra down
  - Playing with large classes (36? 9 vs. 9 with the other 18 doing a circuit on the sideline and rotate in after each 9 have played offense and defense)

• **Other favorite games........Castles............no kids we can’t play dodgeball!!!!**
  - Divide the class into 2 teams then the team divides itself into the 3 jobs: bankers, builders, and soldiers
  - Equipment: small balls or noodle pieces for “coins”, 2 baskets for “banks”, 12 or 24 cups cones or other stacking items for building “castles”, lots of nerf balls for “bombing the castles.”
  - How to play:
    - The bankers throw “coins” into the other teams bank.......no guarding the bank. Every coin into the bank gets a building item that is run over to the builders to start making the castle. Every 3 coins into the bank gets a “bomb” for the soldiers who can then throw them at the other teams castles. If a soldier gets hit with a bomb defending the castles he/she has to sit down until a teammate catches a bomb.
  - How to win?:
    - The first team to build 2 castles (6 cups each) and have them stay up for a count of 5 wins that round. Begin a new round and rotate jobs.

• **Team Triathlon:**
  - Equipment used or modified: scooters, stationary bike, hand weights, Therabands, and stopwatches
  - Choose 3 different aerobic activities for the teams to compete in
    - Swimming (on a scooter on stomach)
    - Biking (seated on a scooter or pedaling a stationary bike)
    - Running (around the gym or track or with hand weights or with Therabands)
  - Divide the class into teams (depends on how much room and equipment you have)
    - Each team decides which teammates are doing each portion of the triathlon
    - Start the stopwatches to begin and each “leg” of the triathlon passes off the watch to the next “leg” and stops it when the team finishes all 3 parts. The referee can then assign time penalties for cheating any portion of the triathlon.
    - This can be done once or repeated 3 times until each member had a chance to be a swimmer, biker, and runner.

• **What is everyone else doing with Elective Classes?????? Suggestions??????**