BUTTERFLY DYNAMIC WARM-UP – 3 TO 5 MIN. LARGE MOVEMENTS TO GET THE BODY READY FOR ACTIVITY.

Two lines same # of people in each line.

Complete dynamic movement to designated spot with partner – jog back to end of the line on the outside of the area making a butterfly shape with the path of the movement/jog.

Movement changes each time through the path.

Students can call out next move.

Add strength component by having the partners complete partner push-ups/sit-ups alternating each time through the path. (Mats at end of warm-up area for strength moves)

Add music to enhance the warm-up activity.

BUMBALL – A COLLABORATIVE HIGHLY ENERGY GAME THAT CAN BE PLAYED INDOOR OR OUTDOOR. THE AIM OF THE GAME IS TO CATCH THE BALL IN A SCORING Spot – BUT...THE CATCH HAS TO BE MADE WITH THE CHEST OR KIDNEYS!

Lead up activities:

Cross passing/catching with chest

XXXXX                      XXXXX

Cross passing/catching with kidneys
Cross passing/catching with the ball starting on ground. Complete a squat or pushup to pick up ball and then pass to next person in line.

**Basic Game Rules:**

The game was created to allow for rule changes/design by the players but these are some basics that have worked.

Scoring – must catch ball with one body part in the scoring spot. Chest catch worth 1 pt. and kidney catch worth 3 pts. – cannot score in same score spot twice in a row.

Between 6 and 12 players on a team.

Start game with high toss or high ball – like jump ball but must catch with kidneys.

(Similar game rules to ultimate frisbee/football).

You cannot move when the ball is in your hands – only pivot.

If you complete a chest catch you immediately remove ball and pass to teammate.

If you complete a kidney catch you can remove and pass or run – if you run with ball on the kidneys either team can remove (or steal) the ball with their hands.

**Variations:**

All players must have contact with ball before a score can be made.

To avoid rush on the ball – if a player is picking up with the kidneys, all other players have to run and touch the wall before continuing.

Use hands to block (or knock down a pass) on defense, but do not catch with hands.

If the ball is on the ground –
Give the ball to the team that did not touch the ball before it hit the ground.

First to sit on ground has possession – no duel, meaning the other team cannot try to gain possession from the person with the ball.

First to sit has 7 seconds to reach score spot – then team members from either team can attempt to take the ball.

**Benefits:**

Collaborative activity that includes running, throwing with precision, catching and strength moves to pick up a dropped ball.

Students must play a defensive and offensive role and make choices about passing or keeping the ball.

Students have to move without the ball... to get open, to help a partner, to defend the score spot, and to try to intercept or make it difficult for the opponent to get in an open position.

Creative and fun equipment and game design!