

Bradley County Schools - Middle School Favorite Games

*Quick summary of games taught to refresh your memory. If you need more details, email me at smiller@bradleyschools.org (Sherry Miller)

All Ball

Objective: The offensive team will try to score as many points as possible by rounding the cones while the defensive team tries to stop the scoring by returning the objects to the poly spots.

Equipment:

5 poly spots

5 Objects to propel forward

4 cones as bases (all same color)

Set-up:

- Place each object on a poly spot
- Place the cones in the base positions, leaving enough room for 5 runners to round the bases at the same time
- The 4th cone should be placed off the the side so that it does not interfere with objects on poly spots

Basic Rules:

The runners will come up 5 at a time and choose their object. They can kick, punt, throw, serve, bat off tee, etc. Have the defense stay back far enough not to get hit or block baseline. Runners are scored by the last runner. Each time the last (slowest) runner passes a cone, that is one point. Each group has a chance to score 4 pts. This would happen if all 5 runners make it past the home/4th cone before the defense places all objects back on the spots. We usually have one teacher counting points (watching runners) and one watching for all objects to be returned (this teacher blows whistle to stop points.) Have all runners go once before switching sides.

Pin Ball

Objective: Be the 1st team to knock the opposing team's pins down.

Equipment:

5 pins per side

Dodgeballs

Beanbags (for day 2 variation)

Set-up:

- Mid line not to be crossed by opposing team
- Pins on line close to back of each sides playing area

Basic Rules:

Teams will roll balls like bowling (or slide beanbags) to knock down pins. If a student is hit from the knee down, they should run and touch back wall (or out to complete an exercise) before returning to game. This frees up pin, player should go immediately and not wait for backup.)

Variation: 4 Quadrants to have 4 teams

Last Pin Standing

Each player will have their own pin and place it anywhere within the playing area. Players will try to protect their pin while trying to roll balls to knock other pins down. If you leave your pin, you must make sure it is still standing before knocking others down. Players will develop their own strategies (alliances, etc.)

4 Square Volleyball

Objective: To be make it to and stay in the #4 position

Equipment/Set-up:

4 Nets to make 4 playing areas (shorter, badminton nets work fine)

A large, light weight ball

Something to mark boundaries (poly spots, etc.)

Teams size can be determined by group size (2-5 works well)

Basic Rules:

#4 square always starts the volley. The main goal is to keep the ball going. All hits should be an upward motion (no spiking.) Unlimited number of hits per side and per player. If the ball falls to the ground in your court or your team hits it out of bounds, your team will go to the back of the waiting line. All teams rotate towards #4 square to fill open spot. New team enters #1 square. Our rule is that the #4 square can not serve into the #1 square to start new volley.

Knock Out Volleyball

Objective: To knock out the opposing teams by giving them 3 strikes, and to be the last team standing.

Equipment/Set-up:

Same as above

Basic Rules:

Same rules as above for basic volley play. The difference is that each team is eliminated after 3 strikes (3 mistakes.) Once a team is eliminated, that square is now off limits. A strike is earned if ball goes in the empty square. Our rule is that whoever got the disadvantage of the strike, gets the advantage of the serve. If a team is knocked out, the team with the most strikes should serve. The only time you rotate squares in this game is when it's time to start a new game. This helps if you are outside and someone has a sun disadvantage.