Fitness Kickball

Equipment: Bases, 5 nerf balls and a box or hoop

Group Size: Two equal teams

Description:

o Divide the class into two teams.

* One team is at bat and the other is the fielding team.
* The teacher pitches
* Located next to the teacher is a box with five different balls in it.
* The teacher begins to roll a ball to the batter, who kicks the ball and begins to run the bases.
* As soon as the batter begins to run, the teacher takes another ball from the box and pitches it.
* The fielders must retrieve the ball and put it back in the box. You can allow the balls to be passed or make students run them in without passing.
* The fielding team must never let the box be empty. If it goes empty before the kicking team is done kicking the kicking team gets one point per person that has not kicked yet (or you can just do 5 points)
* The batting team is trying to kick and run the bases as fast as possible.
* The last kicker has to yell “last kicker”- the fielding team has to get all of the balls into the box before the last kicker gets home. Yell “stop” if the all of the balls are back before the last kicker gets home. The fielding team gets a point for each kicker that hasn’t made it home before the ball get back.
* At some point tell “switcharoo”. The team has to reverse their kicking order.