

Jail Ball

Skills:

Throwing, catching, teamwork

Equipment Needed:

4-8 rhinoskin balls - medium size

Hula Hoops for approximately 1/2 of the number of students in class. (I used 14, 7 for each team.) These are the "jails".

Cones to mark a boundary line if playing outside (if inside, use the half court line on the gym floor)

Jerseys for half of the players

Description of Game:

The purpose of this game is to be the first team to get your teammates out of jail. Players get teammates out of jail by throwing them a ball. If the jail bird catches the ball, they have to throw it back to whoever threw it to them. If BOTH players are able to CATCH the thrown ball, the player is out of jail and re-joins the team on their side of the gym. Play continues until all players are out of jail or the time limit is up. I use a 3-4 minute time limit for each game.

- 1) Set up the playing area with cones to mark the area in half, or use the half court line to divide area if playing in the gym.
- 2) Place hula hoops (the "jails") about 20-40 feet from the half court line. Distance is dependent upon skill level. Move jails back farther if students need more of a challenge.
- 3) Players begin by lining up on their side of the gym. Teacher selects half of each team to be in jail (each stands inside a hula hoop on the other team's side of the gym).
- 4) Give 2-3 balls to each team, have them put it between their feet to start game.
- 5) When game begins, players attempt to throw balls over the opponents head, staying on their side of the gym to get it to their teammates who are in jail. If a person in jail catches the ball they throw it back to their teammate. If both players catch the thrown ball that person is out of jail and rejoins their team to help the other jailbirds.

Rules:

- 1) The opponents may try to block thrown balls but they may not stand directly in front of a jail for more than 5 seconds.
- 2) Players may not cross the half court line (except for if they are rejoining their team after getting out of jail).
- 3) Penalty for breaking a rule = 20 jumping jacks, or other exercise.

