**Ball Brigade**

**Grade Level:** K-6

**Skills:** Throwing, catching, transfer of objects, ocular tracking, teamwork.

**Objective:** Standard 4.HF.1: Set a specific and measurable short-term goal and track the progress.

**Equipment:** A lot of easily caught objects (footballs, yarnballs, soccer balls, etc.), 10-18 poly spots, and one hula hoop.

**Organization:** Students should be partnered up and should stand 4-10 feet away from a poly spot which are each centered between the two partners. Each pair will have one object to throw.

**Activity:** When the music starts the students will toss the objects back and forth across the poly spots using an underhanded throw. When the music stops, whomever has the object, they will place the object down upon their respective poly spot. Each group will rotate over one spot. The ball will stay, and the pair will move. The last pair on one end will have to move all the way to the other end of the lines.

Once they get there, the group has ten seconds to get all of the objects from one end to the other and get them placed in the hula hoop within a ten second time frame. If they take more than ten seconds then the teacher receives one point, if they get them all moved in less than ten seconds then the students receive the point. Have one student from each group retrieve one object and spot it on a poly spot and repeat the activity. A couple of stipulations apply: the object being passed must touch every person on the side of the line it is being passed, in other words, they may not toss it from one end to the other, nor may they even pass it from one person and skip one other, every person handles it. You may even specify which manner it gets passed from person to person, e.g. hiking, handing it off, underhanded toss, over the head, etc.

**Closure:** Why is it important to set goals?

Which way was the quickest for you to transfer the objects?

**Health:** This activity required a short-term goal to be completed. Now, please think about a specific, short-term personal goal that you want to complete. What are the steps that you would create to complete your goal? Once you are in the midst of trying to complete a short-term goal what could you do if the goal were off-track or you thought you couldn’t complete it? Is it ok to readjust goals?

**Piloted at:** Antelope