**Bottle Bash**

**Grade Level:** K-6

**Skills:** Throwing, catching and strategy

**Objective:** **Standard 5.MEH.1:** Practice a variety of stress management techniques.

**Equipment:** 12-30 Frisbees and empty water or milk jugs.

**Organization:** Using your squads, each team will face another team in scatter formation. The bottles should be placed at the end lines of the gym. XXXXXX

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**Activity:** Upon your signal, students will throw their Frisbees across the midline and attempt to knock their opponents’ bottles over. If you choose to keep score, you could score this activity as follows: one point is scored for each bottle that is knocked over. If the bottle is knocked over, simply reset the bottle and continue play. If you catch the Frisbee with two hands, then you receive one point, if you catch a Frisbee with one hand then your team receives two points. Safety should be stressed here and remind the kids to be alert for flying Frisbees.

**Variation:** Simply roll balls at the jugs instead of throwing Frisbees.

**Closure:** What strategies did your team use?

**Health:** What is stress?

Is stress completely bad for us? Why or why not? Can we eliminate all stress in our lives?

How do you manage your stress? Discuss how you can reduce stress with an elbow partner.

**Piloted at:** Parkside