

The PE Shed



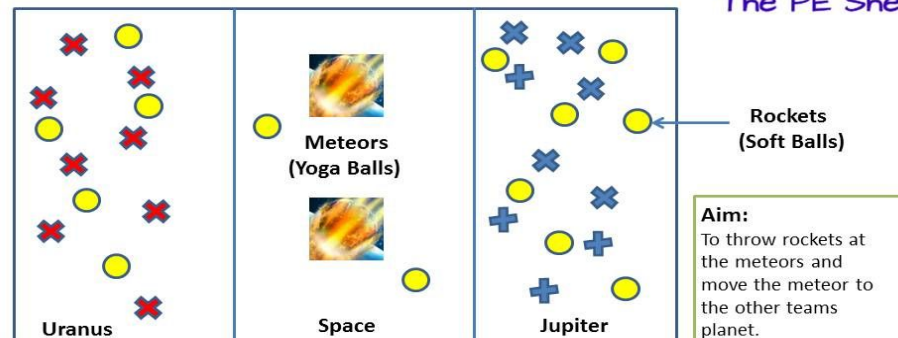
Coordination Game: Meteor Battle

Recommended Age Range: Grade 1 - Grade 7

Focus: Movement, coordination, throwing, teamwork, accuracy, power and communication.

Equipment	Setting Up	Description	Further opportunities
<p>Yoga Balls (Meteor)</p> <p>Large Soft Balls (Rockets)</p>	<p>Create a playing area with a middle zone (Space)</p> <p>Divide the students into 2 planets (let students choose the planet names)</p> <p>Place a mixture of softballs on the floor in both planets</p>	<p>Students aims to throw rockets at the meteors and move them into the other teams planet. If the meteor rolls into the other teams planet, a point is earned.</p> <p>Students are only allowed in their planet zone and cannot enter into the space zone.</p> <p>Every time the ball enters a planet, the teacher must reset it in the middle of the space zone.</p> <p>Players are not allowed to block the meteors with a ball or their bodies. A point is deducted if this occurs.</p>	<p>Differentiation</p> <p>Easier:</p> <ul style="list-style-type: none"> - Make the space zone smaller <p>Harder:</p> <ul style="list-style-type: none"> - Make the space zone larger - Students use non-preferred throwing hand <p>Variations</p> <ul style="list-style-type: none"> - Freeze! If a rocket is caught, the other team must freeze for 5 seconds. - Change it to a rolling activity.

Meteor Battle



How to play:

- Divide the teams into 2 planets (let students choose the planets)
- Students are only allowed in their planet zone and must not step into space.
- Students aim to throw Rockets at the meteors to move them into the other teams planet.
- If the meteor moves into a team's zone, then the other planet earns a point.
- The meteor is reset every time a point is earned by the teacher placing it in the middle of space.
- If a student blocks the meteor with a ball or their body, then the other planet earns a point.