# The PE Shed

**Coordination Game:** Meteor Battle  
**Recommended Age Range:** Grade 1 - Grade 7

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

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Setting Up</th>
<th>Description</th>
<th>Further opportunities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Balls (Meteor)</td>
<td>Create a playing area with a middle zone (Space)</td>
<td>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.</td>
<td>Differentiation</td>
</tr>
<tr>
<td>Large Soft Balls (Rockets)</td>
<td>Divide the students into 2 planets (let students choose the planet names)</td>
<td>Students are only allowed in their planet zone and cannot enter into the space zone. Every time the ball enters a planet, the teacher must reset it in the middle of the space zone. Players are not allowed to block the meteors with a ball or their bodies. A point is deducted if this occurs.</td>
<td>Easier:</td>
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<tr>
<td></td>
<td>Place a mixture of softballs on the floor in both planets</td>
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</tbody>
</table>

**Differentiation**

- **Easier:**
  - Make the space zone smaller

- **Harder:**
  - Make the space zone larger
  - Students use non-preferred throwing hand

**Variations**

- Freeze! If a rocket is caught, the other team must freeze for 5 seconds.
- Change it to a rolling activity.

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**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.

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