

SHAPE SD

Cardio Max Kickball- OPEN-limited equipment

Long Ball Chaos

-2 teams

-Batting team at one end of the gym with a sectioned off area for the batter

-after the hit, the batter *has to* run to one of the bases at the other end of the gym. Any other teammate who wants to *can* run.

-if they make it to the base without being tagged by the ball they can stop on the base and they are safe. They may attempt to run back to the starting line to score a point. Points are only scored when they get back to the starting line.

-if anyone who ran is tagged the inning is over

-if there is not an out a new player is up to bat

Quad-Ball Challenge

- divide the space into quadrants and put a team in each one
- each team has a cone with a wiffle ball on top and a hoop around it
- no one is allowed inside the hoop
- students have to stay in their quadrant
- they will throw foam balls trying to knock the other teams wiffle balls off the cones
- each time your wiffle ball comes off you get a point (you do not want points)
- players are allowed to guard their wiffle ball but must stay outside of the hoop
- after a point, students will let the scorekeeper know and then replace the ball on the cone