

~AT-HOME PE~

FLIP THE YARD

EQUIPMENT: 2 BOTTLES FILLED WITH LIQUID OR ROCKS, 2 HULA HOOPS (OR SOMETHING TO MAKE A RING).

SET-UP: HAVE RINGS SPACED OUT 6 FEET APART FROM EACH OTHER. BOTH BOTTLES WILL START ON ONE END.

ACTIVITY: STUDENTS WILL WORK ON THEIR UNDERHAND THROWING. STUDENTS WILL TRY AND FLIP THEIR BOTTLE TO LAND IN THE OPPOSITE RING. THERE ARE THREE WAYS TO EARN POINTS: LAND STANDING UP IN THE RING (3 PTS), LAND INSIDE THE RING (2 PTS), OR LAND TOUCHING THE OUTSIDE OF THE RING (1 PT). STUDENTS WILL GET TWO CHANCES TO MAKE COMPLETE THROWS. FIRST STUDENT TO 15 WINS. MAKE SURE NOT TO CROSS THE RING ON YOUR SIDE WHEN THROWING. THIS CAN BE AN INDIVIDUAL OR GROUP ACTIVITY.

ENRICHMENT/MODIFICATION: USE A BIGGER OR SMALLER BOTTLE FOR THE THROWS. PUSH THE RINGS BACK FARTHER THAN 6 FEET.

SCORING:

