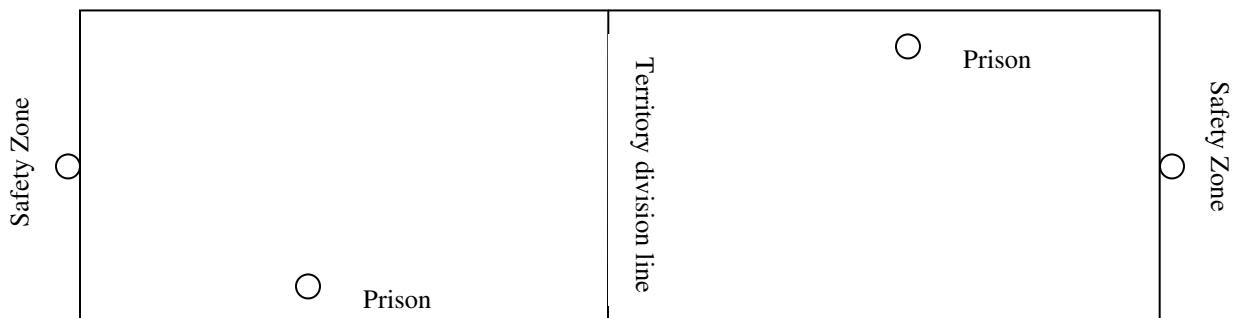


Recreational Games

Recreational Games included in this unit:

1. *Capture The Flag*
2. *Eclipse Ball*
3. *Mat Ball*
4. *Pin Pick Up*
5. *Team Handball*
6. *Ultimate Frisbee*

Capture the Flag



I. VOCABULARY:

1. **Defensive team:** Team that does not have possession of the Flag
2. **Prison:** area where players must go when they get tagged in enemy territory
3. **Offensive team:** Team that has possession of the Frisbee and is trying to score.
4. **Safe Zone:** Area past opponent territory behind opponent's flag

II. GAME

- Can be played indoors or outdoors and combines the fitness components of speed, agility, and endurance in a fun game of tag.
- The object of the game is to bring the opponent's flag into your territory without being caught. The teacher will set up the obstacles and the course to offer a variety of ways to creatively capture the opponent's property and sneak it back home.

III. RULES:

A. Start

1. Two teams of a predetermined number must begin the game by standing in their own territory. Once the whistle blows, each player may enter or exit the opponent's territory as they begin to attempt to steal the flag at the end of each field or gym space.

B. Play

1. A player may be tagged with one hand any time they are in enemy territory. If tagged, the player must go to the designated "prison". Once caught, only a teammate may cross the line grab your hand and return with you to your own territory without being tagged. These players may not head for the flag until they have gone home safely.
2. Once a player has safely crossed the enemy territory and are behind the opponent's flag, they are in a "safety zone" until they try to return home. With or without the flag.
3. Once the flag is taken, the player must head for home. If they are tagged before they reach home, they go to prison and the flag returns to its cone. If they throw the flag to another player before they are tagged, the flag will continue to leave with this new player. If the flag touches the ground, it is dead.
4. The flag must not be worn over or under another shirt to fool the opponents.

Practice test Questions

True/False:

- ___1. A player may not be tagged once they reached an area behind the flag.
- ___2. Players who were released from prison must return to their own territory before they can head back for the flag.
- ___3. If while passing the flag, it touches the ground, it is considered dead and must be returned to the cone.
- ___4. If you are tagged in your opponent's territory, you must go to the "prison" area and can not be released for the rest of the game.
- ___5. The flag can be hid under a student's uniform to try and trick the opposing team.

1. T

2. T

3. T

4. F

5. F



Eclipse Ball

1. **The object of the game** is to score 21 points. Best 2 out of 3 games win the match. Points are won by the serving team except in a "Play-it" situation. Games must be won by at least 3 points, and must call "Game point" when serving the game point.
 - a. A ball landing on the line is always in
 - b. Questionable calls are always served over
 - c. Player may not score on a double hit but play continues.
 - d. **Ball can bounce in bounds once any number of times between hits. (Ball can not double bounce in bounds per side per volley.)**
 - e. Player may not cross over or under the net, either themselves or with their racquet.

2. **Play** on volleyball court. Typically there are 4 to 6 players per team. We will play with six.

3. **The Serve** is determined by one team member tossing the ball over the net to start the volley (the ball must pass over the net 3 times) Winner of the volley wins the serve, thereafter the team that lost the previous game serves first.
 - a. The serve is always underhand and must be from the back line.
 - b. The server must get the ball directly over the net with no help from teammates.
 - c. Balls that hit the net and go over while serving are always good.
 - d. Only the serving team can score, except in a "Play-it" situation.
 - e. Player rotation is like volleyball/clockwise.

4. **"Play-it"** is possible when one of the teams is at fault and the opposite team wishes to keep the ball in play. This is done to gamble for extra points. Each time that one team is at fault, members of the opposite team have the option of returning the ball and shouting "Play-it"/ This alerts all players that the ball is still in play and is worth 2 points. (2 points to the team winning the volley for time that it is used.) Play-its are not allowed on serves.

5. **Recovery** is where the ball first hits in bounds and then lands out of bounds.
 - a. The returning team has 2 bounces to put the ball back in play.
 - b. This includes hitting the wall.

Player recovering the ball may handle or hit the ball only once

Ready Position:

1. Feet shoulder width apart. Weight on balls of feet. Paddle or racket held out in front of the body. Knees bent, hips back and shoulders slightly forward.

Fore hand Drive (right handed player):

1. Grip the racket like shaking hands, turn “v” formed by the thumb and forefinger slightly to the right of center..
2. Pivot on right foot. Bring the racket back so it is even with the right hip.
3. Make sure weight is planted on back foot. Swing the racket forward by stepping into the ball, shift weight forward, lock the wrist and grip firmly.
4. Swing level with the racket face turned slightly open. Contact the ball just ahead of the torso or even with the front foot.
5. Stroke through the ball as long as possible (follow through) until racket head is pointing up over opposite shoulder.

Backhand Drive (Right handed player):

1. Grip the racket like shaking hands, rotate hand slightly inward so the “v” formed by the thumb and forefinger is on the top left bevel of the handle. Thumb should be across the back of the grip.
2. Pivot on the left foot. Bring the racket back across the body the back of your right shoulder is facing the net.
3. Make sure the weight is planted on the back foot. Swing the racket forward by stepping into the ball. Keep the racket parallel to the floor, shift the weight forward. Contact the ball ahead of the front foot.
4. Stroke through the net across the front of the body letting the racket rise slightly.

Practice Test Questions:

- ___1. At what height should the ball be contacted in hitting the forehand or backhand drive?
- | | |
|----------------------------|-------------------------------|
| a. between knees and waist | c. shoulder high |
| b. knee high | d. between waist and shoulder |
- ___2. The game of eclipse ball combines the skill of what two sports?
- | | |
|----------------------|--------------------------|
| a. badminton /tennis | c. volleyball/ badminton |
| b. tennis/volleyball | d. pickleball/badminton |
- ___3. The only legal serve is
- | | |
|-----------------|--------------|
| a. side arm | c. underhand |
| b. bounce serve | d. overhand |

TRUE/FALSE

- ___4. The game is played to 11 points.
- ___5. "Play it" is called by a team when a ball bounces off the back wall or out of bounds and the player on that team feels they can return the ball to the court and his/her team can win the rally for 3 points.

1. A

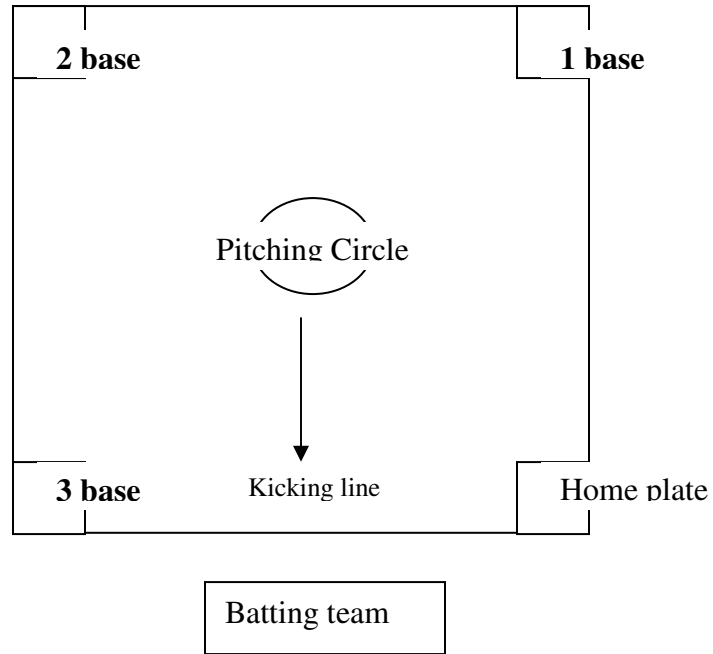
2.B

3.C

4.F

5. F

Mat Ball



I. VOCABULARY:

1. **Defensive team:** Team that does not have possession of the Flag
2. **Offensive team:** Team that has possession of the Frisbee and is trying to score.

II. GAME

- Matball combines the rules of softball and kickball to give all of the players a chance to run the bases when they feel it is safe or not at all. Tumbling mats are used for bases with first base placed in the upper right hand corner of the gym
- In order to score a point, a runner must run the bases twice.

III. RULES:

A. Start

1. Batters must all be sitting or standing behind an end line.
2. The opposing team stands in the outfield or on one of the four bases.
3. The pitcher must roll the ball slow and smooth across designated area between 3rd and home base.
4. Runs can be added for bad pitches and strikes awarded for not taking a good pitch.

B. Scoring

1. A runner must successfully run twice around the bases without being hit or

tagged while off the bases.

2. A runner does not have to “tag up” on a fly ball.
3. A runner does not have to leave their base.
4. Runners may accumulate on a base to an unlimited number (the entire team? Why not!)
5. Once a runner leaves a base by taking two or more steps, they must go to the next base. If they do not run, they may be tagged out.

C. Base running

1. There are no force outs.
2. There are no baselines. Defenses must not interfere with the base runners.

D. Outs

1. Batters losing shoe as they kick the ball
2. Ball hits the ceiling or anything attached to the ceiling and is caught for an out. Walls do not count and line drive – caught for an out

AT FIRST:

- Hit the runner with the ball before they touch first base. Must be below the shoulders.
- Hit the base – before the runner get to first base with the ball.

ANY OTHER BASE:

1. Hit the runner with the ball before they touch first base. Must be below the shoulders.

E. Defense- Stop the runner

1. In order to stop the runners from advancing and begin a pitch to the next batter, the ball must be in the pitcher’s hands inside the pitching circle.

Practice test Questions

True/False:

- ___1. The only base you can get the base runner out by throwing the ball at the base and hitting it before that base runner reaches it, is home base.
- ___2. Teams score runs if players circle the bases once.
- ___3. There can be no more than 2 people on any base.
- ___4. All base runners (but the batter-base runner) must be hit out by hitting them at the shoulders and below with the ball while they are off the base.
- ___5. Base runners are forced to run when there are runners on the previous base.

1. F

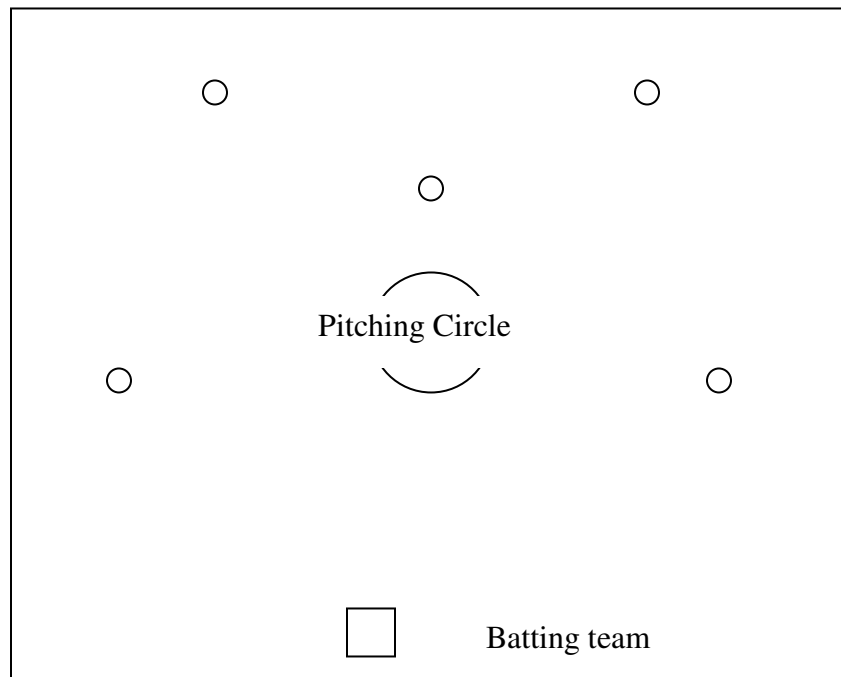
2. F

3. F

4. T

5. F

Pin Pick –up



I. VOCABULARY:

- 1. Defensive team:** Team that does not have possession of the Flag
- 2. Offensive team:** Team that has possession of the Frisbee and is trying to score.

II. GAME

- Two teams – one up to bat and one out in the field
- The team up to bat kicks the pitched ball. The batter runs out in the field to pick up a pin and bring it back to home plate to put inside the box (this keeps up until some one in the field hits the runner with the ball.)
- The fielding team is passing the ball to each player neared the base runner to try to hit that player with the ball to get them out.

III. RULES:

A. Fielding team

1. May catch the ball on a fly to get the batter out
2. May catch the ball off the ceiling or anything attached to the ceiling on a fly to get the batter out.
3. May hit the batter anywhere below the shoulders to get the batter out.
4. May run anywhere on the field as long as they do not have the ball in their possession.
5. May not run with the ball or dribble to get close to the batter.
6. May pass the ball to any teammate who is closer to the base runner.
7. Needs to get 3 outs to get up to bat.

B. Batting team

1. Batter must kick the ball so it travels at least 2 feet forward.
2. Batter may go anywhere on the floor to pick up any pin and bring it back to the box at home plate.
3. Batter may only pick up one pin at a time to bring back to the box.
4. Batter is out if they lose their shoe when kicking ball
5. Batter may use the pin to block the ball (using two hands-one at the bottom of the pin and one at the neck of the pin.
6. A one handed swing at the ball with the pin is not allowed.
7. A ball that hits the pin (when used to block) and then the player is not out.
8. Anyone who picks up all five pins is not out and wipes out any previous outs in the inning.
9. Base runner keeps collecting pins and putting them in the box at home plate until he/she is hit by a thrown ball from the fielder.

C. Scoring:

1. The innings consist of three outs (Remember-anyone successfully picks up all 5 pins eliminates any previous outs in the inning.)
2. The score is the total number of pins in the box made by each player before they were hit by the fly balls from the fielders.
3. Any one hit by a fielder running with the ball is not out and a run will be issued the batting team
4. Anyone using the pin as a bat to hit the ball will be called out.

Practice test Questions

True/False:

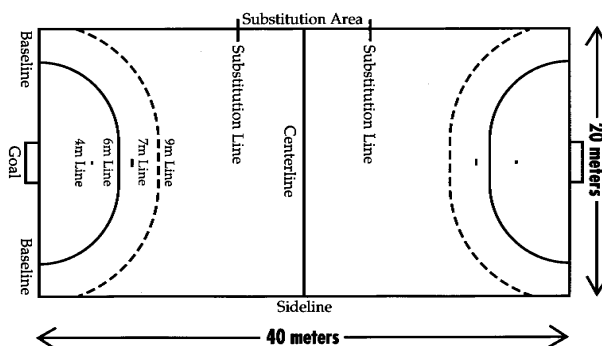
1. A batter/base runner may use the pin as a bat to hit the ball as someone throws it at them.
2. The fielder's objective is to pass the ball around the field after the batter/base runner, so the
 closest one to that base runner can hit them from the shoulders down on a fly.
3. A ball caught off the ceiling or side walls by a fielder will cause the batter to be out.
4. The batting team scores runs by the number of pins a base runner can get in the box at home
 plate before getting hit with the ball below the shoulders on a fly.

____5. The batter/base runner may use the pin in both hands (one at each end) to deflect a ball thrown at them.

Team Handball

I. DIAGRAM

- A. Goal Line
- B. Goal Area Line
- C. Penalty Line
- D. Free Throw Line
- E. Side Line
- F. Center Line



II. GAME:

Team handball combines the skills and rules of basketball, football and soccer. It is played indoors on a modified basketball court with seven players including the goalkeeper. Team handball has been an official sport of the Olympic Games for many years.

A. Starting the Game

- a. A “throw off” from the center circle of the court within three seconds of the referee’s signal begins the game
- b. Each player must be in their own half of the gym
- c. All players must be out of the center circle.
- d. A goal may not be scored directly from a throw off.
- e. After a goal is scored, play again begins in the circle with a throw off.

B. Play

- a. Court players may: stop, catch, throw, or strike the ball using hands, fists, head, torso, knees or thighs (upper leg).
- b. Players may only hold the ball for 3 seconds.
- c. Players may only take a maximum of 3 steps with the ball.
- d. Players may bounce the ball toward the ground repeatedly with one hand and then catch the ball with one or both hands.
- e. Players may not: touch the ball more than once without it touching another player; touch the ball with the foot or lower leg; pull, hit or use force to force the ball out of an opponent’s hands; force an opponent into the goal area; hold, push, run into, or hit an opponent.
- f. Goal area: only the goalkeeper is allowed in the goal area. Any ball that touches or crosses the goal area line may only be touched by the goalkeeper. A player may not deliberately play the ball into his own goal area.
- g. Goalkeeper: may use any part of the body while inside the goal area; outside the goal area, same rules for court players apply; may not take the ball into the goal area or touch the ball outside his area while he is inside it.

C. Out of Play

- a. Throw-in: ball passes over the sideline (see soccer rules) they have 5 seconds to throw the ball in.
- b. Free throw: take on the line in front of the goal for the following infractions; illegal throw-in, illegally playing the ball, breaking goal area rules, playing the ball into the goal area; defender may stand in front of the goal area.
- c. Penalty throw: take at the line while the defenders stand behind or to the side of the thrower. This applies when the defender enters his own goal area, or the goalkeeper carries the ball into their goal area.

D. Scoring

- a. Ball crosses the goal line between the goal posts under the crossbar.
- b. Worth one point.

Practice Test Questions

- ___1. The goalkeeper may use any part of the body, except the head, to block a shot.
- ___2. Passing as opposed to dribbling should be emphasized in team handball.
- ___3. A penalty throw occurs because a defender steps in the goal area to help defend the goal.
- ___4. The player executing the throw-in from the sideline, for an out of bounds ball, has only 3 seconds to bring the ball back into play.
- ___5. On a penalty throw, the defenders must stand to the side or behind the thrower.

1. F 2. T 3. T 4. F 5. T

Ultimate Frisbee



1. Vocabulary

- 1. Defensive team:** Team that does not have possession of the Frisbee
- 2. Foul:** breaking rules by making body contact
- 3. Interception:** catching a pass that is intended for an opponent
- 4. Offensive team:** Team that has possession of the Frisbee and is trying to score.
- 5. Throw-off:** use backhand or sidearm throw to bring Frisbees into play
- 6. Violation:** breaking rules regarding boundaries or handling of the Frisbee

II. The Game

The game has some elements found in other sports, such as soccer, football, and basketball

It is generally played with two teams of seven players.

- Begins with a throw-off by one team determined by coin toss. The throw off is used to restart play after every point, the beginning of the second half and whenever the disc goes out of bounds. All players must stand on or behind their own goal line until the disc is thrown.
- If the receiving team catches the throw off or lets it fall to the ground without touching it, it has possession of the ball.
- If the receiving team touches the disc and fails to catch it, the throwing team gains possession at that place.
- The team with possession attempts to pass the throwing disc from player to player (it cannot be handed to another player.) until there is a successful pass to a teammate in the end zone and score.

III. Rules:

A. Player:

1. May move the Frisbee downfield only by passing; running with the Frisbee is not permitted
2. In possession of the disc cannot run or move more than a pivot before passing the disc.
3. In possession of the Frisbee may pivot only on one foot to change the direction of the throw.
4. Who is on defense may intercept throw, but no body contact is permitted

