

Z BALL GAMES: Z Ball activities improve a student's catching reactions, visual responses, agility and balance. Below are suggested activities for one, two, or three persons.

1. Partner Catch -- Place a hula hoop in between two partners who are 6 to 8 feet apart. Partners take turns gently underhand tossing the Z Ball into the hula hoop. The catching partner tries to catch the Z Ball after only one bounce.
2. Triple Catch -- Same format as above but with three players. One player gently tosses Z Ball into hula hoop and other players try to catch the Z Ball after one bounce. Catcher receives a point and then has turn to toss the Z ball. If no one can catch the Z Ball, the player who tossed the ball tosses the ball again. Play until one player reaches 11 or 21 points.
3. Solo Wall Catch – One player stands facing a wall. Player underhand tosses the Z Ball to the wall and then lets it bounce before catching it.
4. Partner Wall Catch – Same format as above but with two or three players. Tape a hula hoop to the wall as a target. One player tosses the Z Ball into the target and the other players try to catch the Z Ball on one bounce. If no one can catch the Z Ball, the player who tossed the Z Ball tosses the Z Ball again. A point is awarded for each successful catch and players try to reach 11 or 21 points.
5. Solo Wall Bounce – One partner tosses ball to ground first before Z Ball hits the wall. After Z Ball hits the wall, the player tries to catch the ball in the air.
6. Partner Wall Bounce – One player will bounce the Z Ball off the floor and the Z Ball needs to hit the wall target before being caught in air. Person who caught the Z Ball is awarded one point and is the one to do the next toss.
7. 1, 2, 3, Catch – Two players face each other with a hula hoop on the floor between them. Players take turns softly tossing the Z Ball into hoop. Receiver can choose to let the Z Ball bounce 1 time, 2 times, or 3 times before catching it. Player receives points for the number of bounces of the Z Ball. The opposing player gets the points if the Z Ball is dropped.
8. Seeing Double – Two players take turns tossing two Z Balls at the same time from the same hand. Opposing player tries to catch both balls. (Can play a similar game but use a Z Ball and a tennis ball.)
9. Seeing Triple.—Same as above but one person tosses 3 Z Balls and the other two players work together to catch all the Z balls.
10. Team Jog and Catch – Same as above but work with partner. Cooperatively play bounce and catch with one Z Ball while jogging. How many catches can each team make in 60 seconds?
11. 180 Degree Spin and Catch – Partners gently toss the Z Ball back and forth but catcher starts with back to tosser. As tosser releases Z Ball, he/she calls catcher's name. Catcher turns around and tries to catch the Z Ball. (Similar game can be played but catcher turns all the way around before catching the Z Ball.)

Source: DVD-- *Joe Dinoffer's Z-Ball Games* from Oncourt Offcourt, Ltd. (www.oncourtoffcourt.com)

LONG JUMP ROPES:

Here are some pointers to get you started – then, try to remember some of the fun rhymes you learned as a child and say them as you jump rope!

Pendulum: AKA Blue Bells

Turners swing rope back and forth. Jumpers jump over rope in different ways: feet together; Feet apart; one foot; other foot; turn in mid-air.

Turning Rope: Encourage children to work together and make BIG arm circles as they turn the rope. Let the rope touch floor at bottom of each swing. Listen to rhythm of rope as it hits floor. Turn rope with a high arch (“rainbow”).

Jumpers: It is easier to enter a turning rope when it is coming DOWN toward the jumper. This is called the “front door”. The “back door” is the side where the rope is going UP toward . Always enter AT ANGLE when rope hits floor.

CHINESE JUMP ROPES:

- Train:
Have students stand in the elastic loop and make a train with an engine, cab car, and caboose. Students can only WALK while traveling in train. Encourage teamwork.
- Americans:
Jumpers do jumping pattern as listed below. Level of rope moves from ankles to shins to knees (!).
JUMP IN—JUMP OUT—JUMP IN—JUMP OUT
JUMP IN—JUMP OUT (legs apart)—JUMP IN—JUMP ON
- Diamonds:
Rope is stretched around one foot of the holders. Jumper steps in between the two ropes, lifting the closest side of the rope over to the far side. This creates a diamond shape. Jump and spin while spelling your name or the word “diamonds”. Jump with feet together, apart, together again, finally landing sideways on the rope.
N-a-m-e
- Obstacle Course
Shortest person to be “athlete” to go through obstacle course.
Rope holders can move rope to help athlete. Athlete will demonstrate:
OVER – UNDER – AROUND (both holders) – THROUGH

Athlete does “obstacle course” three times and switch roles and repeat so all have a turn to be the athlete.