

Be Annoying

Purpose of Activity: to review offensive dribbling and the defensive techniques necessary for the game of basketball.

1. Half the class
2. One half gets a basketball and are the offense, the other half are the defense.
3. The offense begins dribbling in any direction while the defense acts as annoying as possible to any student dribbling without touching them or the ball.
4. Students being annoying (the defense) move like crazy around any student dribbling the ball and will count to ten.
5. If the offense maintains the ball for the entire 10 seconds then the defensive player must move on and be annoying to another offensive player. The offensive player that maintained the ball will earn points.
6. The offensive player should put themselves between the ball and the defensive player in order to protect the ball. If the student dribbling double dribbles, carries the ball, or loses control then the defensive player gets the pts and continues to annoy another offensive player.
7. After about 1-2 minutes give the ball to the defensive players and allow them to be the offense.

Four Square

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NAME OF ACTIVITY: Four Square

GRADE LEVEL: k-12

EQUIPMENT NEEDED: 1 Bounce or playground ball, 1 four square court

HIGHLIGHTS: Eye-hand coordination,

INSTRUCTIONS: First create a four square court by dividing an 8X8, or 10X10 square, into 4 equal squares. The player in the #1 square is the server and always starts the game by saying, "ready?" - to which the other players respond, "serve!" Standing behind the service line, he drops the ball into his own square and after the first bounce, taps it into the center of any other square. (The first serve must be to the middle of a square, and must be returnable). The skill in the game is tap the ball every time it bounces in your square and cause it to fall into another player's square. Play continues until someone misses.

The following fouls count as a miss:

- A player fails to tap the ball into another square
- A player makes any contact with the ball before it hits the ground
- A player hits the ball causing it bounce over the shoulders of the opposing players *No Cherry Bombs!*
- A player hits the ball in any way other than ~~fingers and palms~~ *NO FISTS,*

When a player misses, he goes to the end of the waiting line. Other players rotate one position toward square #1 (depending on which player misses), and the first waiting player enters the game at square #4. The object of the game is to become the server and to hold that position as long as possible.

* **NOTE:** Balls that bounce on any lines, excluding the service line, are out.

HELPFUL HINTS: Be sure that students waiting to enter square four keep plenty of distance from the squares, this will ensure that the players in the game have room to move without interference from the spectators.

Arguments can be solved using the rock, paper, and scissors game.

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Quaker Meeting

*Have all of the students sit in a circle. There will be a child chosen to be in the middle. That child will try to make the kids in the circle laugh by any means possible. The only limitation is that the child in the middle is NOT allowed to touch any of the other children. If the children in the circle even crack a smile they are out. Last child standing wins.