**Beach Ball - Volleyball Game**

**Objectives:**

* To work together as a team
* To volley the beach ball as many times as possible
* To get exercise
* To have fun

**The Game:**

The students work as a team to volley a beach ball in the air as many times as they can. They get 3 trials and the total volleys of all 3 trials will be their team score.

The student teams will be given 10 minutes of practice after the rules have been explained. Then one team at a time will come to the center of the gym for round one. Each team will follow until all 3 trials have been finished.

**The Rules:**

* The ball may not hit the floor.
* The ball may not hit the ceiling.
* You may not hit the ball 2 times in a row.
* You may not kick the ball.
* You may not catch the ball.
* You much get a score of at least 3 or more in each round

(This is to insure a good start)

 Usually each teacher will take a team for 10 - 15 minutes of practice.

The students will sit with their teams on the gym perimeter and wait for the teacher to call them out one team at a time. We will do 3 rounds. Total volleys are added on the white board and the teams are awarded points (balls) 3, 2, and 1