

## Jumbo Reaction Ball

Item # 18238



- **Overview:** Test your speed, agility and more! This six-knob soft foam ball brings fun and excitement to any throwing and catching activity! Its unpredictable roll sharpens reactions skills and coordination. Large, 15" diameter size makes it easier to catch and track for beginners.
- **What Are the Educational Applications?**
  - Students will be able to use the Jumbo Reaction ball to improve reaction and tracking skills.
  - The Jumbo Reaction ball can be used for developing reaction time skills and footwork needed in many sport skill activities. It is also great for developing quick feet and hand-eye coordination.
  - The Jumbo Reaction Ball can be used for tossing and catching skill development.
  - It can be used for cooperative and competitive activities.
- **How Can I Use This Product With My Students?**
  - **Where:** Indoors or on a flat grassy area that is far from blacktop areas.
  - **Age:** 6 through Adult
  - **Group Size:** 1-6
  - **Basic Skills Needed:** Agility, hand-eye coordination, catching skills.

### The Games/Activities

- **Activity #1: Self Toss**
  - **NASPE Standard:** #1
  - **How to Play:** For each activity, toss the ball approximately 10 feet up.
    - Toss the ball up and catch it with two hands.
    - Toss the ball up and catch it with one hand.
    - Toss the ball up, let it bounce one time and catch it with two hands.
    - Toss the ball up, stutter step quickly, let the ball bounce and catch it.
    - Toss the ball up, turn quickly 90 degrees to the right, let it bounce and catch it.
    - Toss the ball up, turn quickly 90 degrees to the left, let the ball bounce and catch it.
  - **Extension:** Continue all of the activities above, only now allow the ball to bounce two times and then try with three bounces.
- **Activity #2: Progressive Self Toss Bounce and Catch**
  - **NASPE Standard:** #1
  - **How to Play:**
    - Toss the ball up let it bounce one time and catch it.
    - If successful, toss, let it bounce two times and catch it.
    - If successful, continue the progression until you cannot catch it on the specific number of bounces and then start back at one bounce. Set a goal of 10 or more bounces before the catch or set a personal goal each time.
  - **Extension:** Toss the ball off a wall and catch it on one bounce. Continue this with a progression in the number of bounces as above. The rolling ball in one hand, catching it with the dominant hand is easier than catching it with the non-dominant hand.

### • **Activity #3: Partner Tossing**

a. NASPE Standard: #1

b. Set Up: Stand 8-10 feet away from your partner.

c. How to Play:

- Toss the ball up between you and your partner, let it bounce one time and let your partner catch it. If successful, toss it again and let it bounce two times before the catch. Keep up this progression. After an unsuccessful attempt, let the other partner toss.

d. Extensions:

- Same set up as above, but now Partner 1 catches it on one bounce, Partner 2 on two bounces, Partner 1 on three bounces and this continues until a miss, and then start back at one bounce.
- Same set up as above but now Partner 1 tosses to Partner 2, who catches on one bounce. Partner 2 tosses to Partner 1, who catches on one bounce. This continues with the # of bounces increasing only on successful catches. If a player misses they stay at that number while their partner continues if they catch to higher numbers. In this activity, one partner can be ahead of another, but both are still trying to get the highest number they can get.
- **Toss, Turn and Catch**: Face away from the tosser. The tossing partner will toss the ball up, say “turn.” Turn quickly and catch the ball on one bounce. Change positions.
- **Roll, Turn and Catch**: Face away from the roller. The roller will roll the Jumbo Reaction Ball towards you and say “turn.” Turn quickly and catch the rolling ball. Change positions.
- **Off the Wall Partner Catch**: Stand an appropriate distance away from the wall. Toss the ball against the wall and your partner catches it on one bounce.
- **21 or 15**: Partners challenge each other to a game of 21 points. A point is scored for each bounce the ball takes before the successful catch is made. Partner 1 tosses to Partner 2. Partner 2 allows the ball to bounce as many times as he/she wants before the catch. If the ball is missed, touched, rolls or stops bouncing before the catch, no points are scored. The first partner to reach 15 or 21 points wins.
- **Baseball Grounders**: One partner rolls ground balls to the other partner as if they were playing baseball or softball. Count the number of grounders caught.
- **Double Trouble**: Have a partner toss two Jumbo Reaction Balls at the same time to the other partner and catch them both on one bounce, one in each hand.

### • **Activity #4: Group Jumbo Reaction Ball Activities**

a. NASPE Standard: #1

b. How to Play:

- **Group Toss Total**: Each group member has one chance to toss the ball up in the middle of the group. The group tries to catch the ball starting with one bounce on the first toss, two bounces on the second toss and so on up the number line to the highest number of bounces they can successfully do. When a miss occurs the team/group starts back at one bounce.
- **1 2 3 and Out!** In this game the team tries to get everyone successfully out of the game by having each teammate catch the ball on the consecutive number of bounces starting with one bounce. Example: on the first toss, the ball must be caught on one bounce and that person exits the game successfully. On the next toss the ball must bounce two times and if a catch is made then that person exits. This continues until all teammates exit the game on consecutive increasing number of bounces.
- **3 Ball Toss**: All three members of the team have a Reaction Ball. They all toss at the same time and must catch the balls after one bounce. Success would be if all three balls are caught after one bounce. See how many times in a row this task can be completed.
- **Volleyball**: Using a volleyball court and two teams, toss the ball with an underhand toss over the net. The ball must bounce once and then be caught. If the ball bounces twice or goes out of bounds a point is scored. Increase the difficulty by making all passes to other teammates on your side of the net also have a bounce in between catches.

### • **Safety Issues & Concerns**

- Jumbo Reaction Ball activities need adequate space to create a safe and successful environment for learning.
- The balls are not to be used as balance objects.
- Kicking the ball creates a different learning environment and should be directed by a teacher or instructor knowledgeable in the subject area.

## Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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