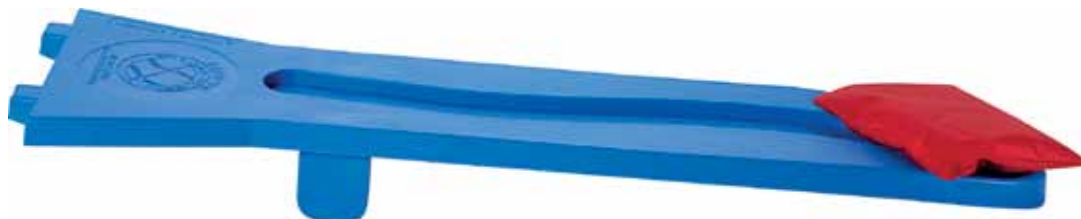


RocketLaunch™

Item #10836



- **Overview.** The RocketLaunch can send all sorts of balls and even beanbags into space. The zigzag track molded into the board allows time for little users to stomp at just the right time. A perfectly-timed stomp, and the ball launches into the air for the catch. Ideal for developing timing, hand-eye coordination and striking skills. The appealing, kid-friendly shape with rounded corners will make it a big hit with everyone! Universal ball tray holds balls from 2"-7" diameter. SIZE: 24"L X 5"W.
- **What Are the Educational Applications?**
 - Teamwork and cooperation activities are an important component of any level in physical education. When teaching these types of activities, an important component of discussion is communication. Students focus on working in unison, rather than competing against each other. In this manner the entire group can feel a sense of accomplishment. Likewise, when students work together without arguing, it becomes a life lesson on the value of working collaboratively with others.
 - Manipulating an object is a skill used not only in sports, but in everyday life. In the course of a day a person may need to use a movement concept to avoid an object, obstacle, or hazard.
 - In order to be successful, it is imperative that the participants work together. Communication is the key to success.
- **How Can I Use This Product With My Students?**
 - **Where:** Can be used indoors or outdoors.
 - **Age:** Can be used with various ages, from K to middle school students.
 - **Group Size:** 1-6
 - **Basic Skills Needed:** Catching, tracking, force, cooperative skills.
- **Set Up/Instructions**
 - Place an old rug or carpet segment under the board to avoid scuffing.
 - Instruct students to stomp using only one foot.
 - Use with activities that are age appropriate.
 - Encourage students to use dominant and non-dominant sides of their bodies to promote dexterity.

The Games/Activities

- **Activity #1: Launch & Catch**
 - a. **Set Up:** Students are divided into small groups. Each group has a bucket of objects.
 - d. **How to Play:** One group member will be the first stomper and will pick an object to launch. All the other group members will try and catch the launched object. Each student will stomp one object, then go back to being a catcher in open space. (Encourage students to use communication words such as "I got it"). See how quickly the group can stomp and catch all the objects.

- **Activity #2: Turn & Catch**
 - a. Set Up: Students are divided into partners or small groups and take turns with each position.
 - d. How to Play: Students take turns being the catcher and the stomper by rotating jobs after each stomp. The catcher will turn facing away from the RocketLaunch. The stomper counts down: 5..4..3..2..1.. blast off! As the stomper is saying “off”, the catcher turns around and tries to catch the stomped object.
 - c. Extension: Catcher must do a full rotation beginning when the object is launched, then try and catch it after completing the rotation while the object is on its descent.
- **Activity #3: Catch in a Bucket**
 - a. Set Up: Students work in small groups rotating jobs. One student will be the stomper while the others are bucket catchers.
 - b. How to Play: Stomper will launch an object after the countdown: 5..4..3..2..1.. blast off! After the launch, all other students will hold buckets at their sides and try to take turns catching the launched object into their bucket.
 - c. Extension: Number the players and have the stomper call out which number bucket will attempt to catch the object. All of the other players must clear the path for the catcher.
- **Activity #4: Beanbag Play**
 - a. Objective: Manipulate a beanbag using the RocketLaunch in partners or small groups, rotating the stomper and catcher jobs.
 - b. Set Up: Students will work with partners or small groups.
 - c. How to Play:
 - Catch the beanbag on a body part – i.e. back of hand, top of head, top of leg, etc.
 - Catch using another piece of equipment – i.e. paddle, glove, disc, etc.
 - d. Extensions: To play with multiple beanbags, place two or more beanbags on the launch area and stack them one on top of the other. Have one member of the group launch the beanbags into the air. Team members can:
 - Catch one beanbag in each hand.
 - Catch one beanbag simultaneously.
 - Catch multiple beanbags in the same hand.
- **Activity #5: Volleyball Launch Set or Bump**
 - a. Set Up: Students work with a small group to stomp and pass the volleyball.
 - b. How to Play: Place a volleyball on the RocketLaunch. One member of the group will be the stomper to send the volleyball into the air. Another group member attempts to forearm pass (bump) or set the ball when it begins to descend. Rotate jobs after three tries.
 - c. Extension: Time the group to see how long it takes for all of the group to stomp and perform a volleyball skill.
- **Activity #6: Baseball or Wiffle Ball High-Pop Catches**
 - a. Set Up: Students work in small groups to stomp and catch an object.
 - b. How to Play: One student starts as the stomper while other group members stand a couple of yards from the RocketLaunch. Stomper places a baseball or wiffle ball on the launcher. The stomper then launches the ball into the air simulating a high pop. The other group members try and catch the ball using a glove. Group members switch jobs after each launch.
- **Activity #7: Relay Basketball**
 - a. Set Up: Divide class into small groups.
 - b. How to Play: The first person in line gets in position to catch the basketball; the next person in line on the GO signal stomps on the RocketLaunch, sending the basketball into the air for the first person to catch. Once the first person gets the basketball, s/he dribbles to the other end of the gymnasium and back. Next, that person places the basketball back on the RocketLaunch and goes to the back of the line. The student who was the first stomper becomes the catcher, and the next student in line behind the initial stomper becomes the new stomper. This rotation continues until all members of the group have been stompers and catchers. Whichever team finishes first wins.
- **Activity #8: Baseball or Wiffle Ball High-Pop Catches**
 - a. Set Up: Divide students into small groups lined up behind a cone. Each group is given a RocketLaunch. At the other end of the play area there is a bucket of various types of balls.
 - b. How to Play: To begin, the first student runs down holding the RocketLaunch. The student takes one ball

from the bucket and run back to their team, balancing the ball on the RocketLaunch. If the ball falls off the student must stop at that spot and place the ball back on the RocketLaunch. After a student returns to their group, s/he or he will try to launch the ball into the air while another person in the group tries to catch the flying ball in a bucket. The team receives one point for bringing the ball back and one point for every ball that is caught in the bucket.

• **Activity #9: Roll Down & Launch**

- a. Set Up: Use any of the above listed activities that involve a round object.
- b. How to Play: Begin by placing the object at the top of the ramp. Roll it down the ramp. When the object is in launching position, stomp on the RocketLaunch then continue to follow game play directions as listed above.

• **Safety Issues & Concerns**

- Students should be alert in order to avoid getting hit by a stomped object.
- Have students distance themselves appropriately from RocketLaunch if not stomping.
- Students should not place body parts under the RocketLaunch.
- Do not launch sharp or very hard objects.

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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