

# **FLAGHOUSE** Activity Guide

# The Spaldine

Item #11323

Many of us grew up with self-directed games that we played with our friends "on the block" or at the playground. There were no uniforms, referees, trophies or leagues. The game was where ever we were. We did not need personal trainers, coaches, or recognition in the newspapers. We practiced everyday, looking forward to each time we got to play. We knew the good players and knew where we fit in. We made the rules and settled our disputes with "odds or evens, one shot takes it!" The games we played gave us an opportunity to imagine, create, and "own" something unique and special. These were "our" games!

The rationale for teaching self-directed games is evident through the needs of children to become more active, practice hand/eye coordination skills in a successful environment, and develop problem-solving skills in an appropriate social situation. These skills can be learned at an early age

## **Elementary Progressions**

### **Getting used to the Ball**

Elementary students must acclimate themselves to the bounce and feel of the ball.

#### **Begin with:**

1. Bounce and catch with the dominant hand.
2. Repeat with the non-dominant hand.
3. Bounce and catch from one hand to the other with a " V " bounce.
4. With the dominant hand, toss the ball in the air, let it bounce, then strike it underhand into the air and let it bounce to the non-dominant hand.
5. Repeat above starting with the non-dominant hand.

#### **Students should now get a partner:**

1. Bounce the ball to your partner using a " V " bounce with the dominant hand.
2. Repeat with the non-dominant hand.
3. With the dominant hand, drop the ball and strike it underhand so that it will bounce to a partner.
4. Repeat with the non-dominant hand.

*\*\*If wall space is available, #'s 3 & 4 may be repeated, bouncing the ball off the wall.*

## **Game Play**

### **Co-operative partner play:**

1. See how many times you can strike the ball back and forth consecutively with one bounce in between using an underhand hit.
2. Repeat above with 4 players.

## **Middle School Progressions**

### **Review of skills and modified games:**

1. Middle school students should show a higher level of skill

competency; review of skills previously taught should be centered on the underhand strike with forehand and backhand methods.

2. Using the dominant hand and an underhand strike, hit the ball to a partner so that it will arrive in one bounce.
3. Repeat above using the non-dominant hand.
4. Bounce the ball to your partner and have it returned with a backhand-style strike, crossing the dominant hand over the mid-line of the body.
5. Repeat the above using the non-dominant hand.
6. Repeat the above working cooperatively to attain the most number of consecutive hits.
7. The above may also be done using a wall space off which to bounce the ball.

### **Twosies**

With a partner, acquire a safe play space, one ball, and one hoop. Warm up by volleying with your partner using an underhand hit that can only bounce inside the hoop. When starting the game, volley for serve-the first to miss the ball after the first bounce loses the serve. Points can only be tallied when serving. Only underhand hits are allowed, and the ball must bounce.

### **Foursies**

Same as above but adds the rule that the ball can be played by either member of the opposing team-similar to doubles in tennis. If two people are dominant players, a numerical order for hitting the ball can be instituted, i.e., 1, 2, 3, 4.

### **Net Ball**

This is a variation of Twosies using two cones with a stretch band between them. Volley for serve. Only the serving team can score. The serve goes to the opponent when the serving team misses the ball or lets it bounce twice. The ball must be struck underhand so that it goes over the band and bounces on the other side; only one bounce per side is allowed, with one point given for a double bounce or missed ball. This game may also be played as a foursome similar to doubles tennis.

A variation of this game may be played with the above rules, except that the ball must bounce under the band.

### **Wall Ball (a better version than what is played at lunchtime!)**

Create a court by drawing a line on the wall and floor. Each half of the court can be played in either a singles or doubles situation. The ball must be struck underhand across the line and must bounce into the opposite court. Volley for serve; serving team can score points. The serve is lost when the ball is missed or bounces on the ground twice.

### **Boxball**

All you need is a Spaldine or a similar rubber ball and the blocks of concrete that make up the sidewalk. This game is played with an underhand striking motion (no overhand smash-it's illegal). Service starts at the end of your "box" by dropping the ball and

striking it underhand so that it carries into your opponent's box. He or she will return the serve, hitting into your "box". Points are scored when the ball is hit so that it cannot be returned to bounce in the "box" (one point for each fault). Spin, direction, and placement is much more important than force.

#### Four Square

This game can be played with any ball, but the ball of choice is an 8 1/2" diameter playground ball (using a Spaldine can make this a very interesting game). To play, use four adjacent sidewalk squares or draw with chalk (another indispensable tool) an approximately 8' x 8' box divided into four equal squares that are numbered 1 through 4. The #1 square should be marked as the service box with a diagonal line across the upper outside corner. Boxes #2, #3, #4 follow. Service is from the #1 box and is done with an underhand hit. The ball can then be struck to any other box but must be able to bounce into an opposing player's box. Struck balls may be hit out of the air but must not bounce outside the box. Only the server can score points, so it becomes important to get the server out of the serving box which can be done by striking the ball so that it cannot be returned. When the server faults, the players move one block towards the service position. Non-service players who fault give points to the server.

#### Wall Boxball

To play this game, you will need chalk, a Spaldine, and a partner (imaginary or real), and a wall. Draw two boxes next to the wall about 6' x 6' each. Also draw two corresponding boxes on the wall. The ball is served from the right-hand court, facing the wall. Hit ball underhand to opposite wall box. All hits should be of an underhand nature. The ball must strike the wall square and

bounce into the opponent's floor square. Play continues until a fault is made by not returning the volley correctly. His/her opponent awards the server a point for each fault. If the server faults, then his/her opponent receives the serve and moves to the serving box.

#### How This Relates to Current Educational Thinking

Current educational philosophy encourages teachers to provide more content that leads the student to be more self-directed, and to develop those skills that will allow them to pursue active lifestyles. These skills taught in the Boxball Unit have a high carryover value to activity outside of the classroom setting. The skills are easy to teach and for the student to acquire. The games can be modified to challenge the more adept student, thus holding their interest. The Surgeon General's Report states that our children are heavier and less physically fit than they ever have been. By introducing skills and activities that have a high carryover value outside the classroom, we can begin to reverse the current trend of childhood inactivity.

These activities are consistent with all of the NASPE National Standards.

#### Safety:

1. Emphasize with the students that at no time is the ball to be "smashed" on the floor.
2. The ball is to be hit underhand or sidehand only.
3. Allow at least 8' of space around the court as a "safety" zone.
4. When the ball gets away from a court, emphasize going around other courts-not through them-to get the ball.
5. The ball should never be kicked or thrown at anyone.



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