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SturTee™ Activity Instructions

Equipment

- 6 Rainbow® SturTee™ Ball Holders
- 6 Rainbow® SturTee™ Beach Balls
- 24 Rainbow® SturTee™ Foam Balls
- 6 Rainbow® pinnies or other color indicator (not included)
- 1 VersaBag™ Mesh Bag

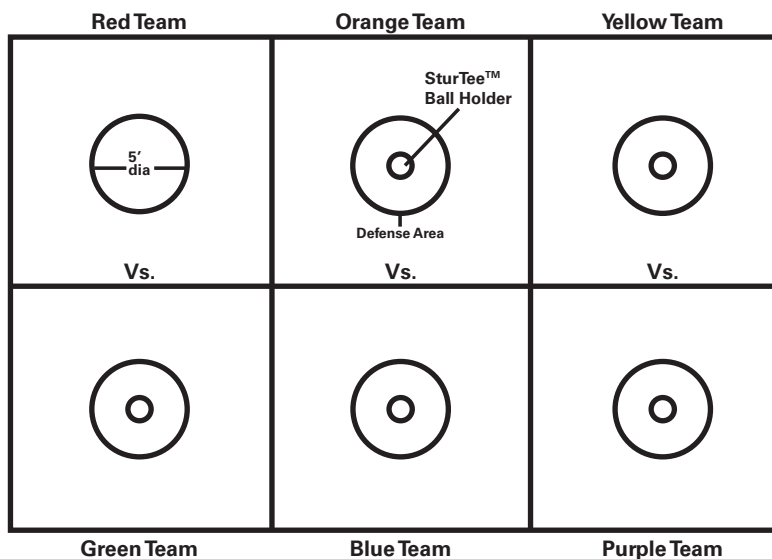
Directions

1. SturTee™ Knock Down

Objective. Be the first team to score 10 points or the team with the most points after the predetermined amount of time.

Setup.

- Court: Use the play area available; a basketball court indoors and a soccer field outdoors are recommended, but adjust the size based on the area available and the age of students. Divide the court into 6 playing areas. Create a 5' diameter circle in the middle of each playing area. As seen below:
- Teams. Divide class into 6 equal teams and designate each team a color by a Rainbow® color. Each team receives a ball holder, beach ball, and foam balls in its assigned color. Designate 1 person from each team to be the goalie by wearing the appropriate-colored pinnie or color indicator. Teams play against the team whose play area is directly across from its own.



Example from the diagram above:

- Red Team vs. Green Team
- Orange Team vs. Blue Team
- Yellow Team vs. Purple Team

Game Play.

- Goalies play from within the defense area and attempt to keep the opponent's foam balls from knocking the beach ball off of the ball holder.
- At the signal, offensive players cross the centerline of each court with their appropriate-colored foam ball and attempt to knock their opponents' beach ball off of the ball holder.
- Offensive players may not enter the defense area.
- Offensive players may not use foam balls that do not match their team color.

Scoring. Points are scored when the beach ball is knocked off of the ball holder. Point values are based on how the player scores:

- Player throws the foam ball and knocks off the beach ball = 1 point
- Player bounces the foam ball off of the floor and knocks off the beach ball = 2 points

Options.

- Rotate teams to different playing areas.
- Teams play against all teams whose play area is adjacent to theirs.
- Players must pass the foam ball after 3 steps to progress into the opponents' playing area.
- Offensive players may use any color foam ball.

2. SturTee™ Dodgeball

Objective. Be the first team to place its beach ball on the ball holder 10 times, or the most times in a predetermined amount of time.

Setup.

- Court: Court is set up exactly as SturTee™ Knock Down
- Teams: Teams are divided exactly as SturTee™ Knock Down. Goalies are not designated.

Game Play.

- Teams take their positions on the field, opposite their ball holder.
- At the signal, players attempt to advance the beach ball towards their appropriate-colored ball holder by running the ball or passing to a teammate.
- Defense players throw the foam balls at the opponent in possession of the beach ball.
- If the player in possession of the beach ball is hit with a foam ball they must return to their side of the playing area with the beach ball.

Scoring. 1 point is scored when the beach ball is placed on top of the ball holder.

Options.

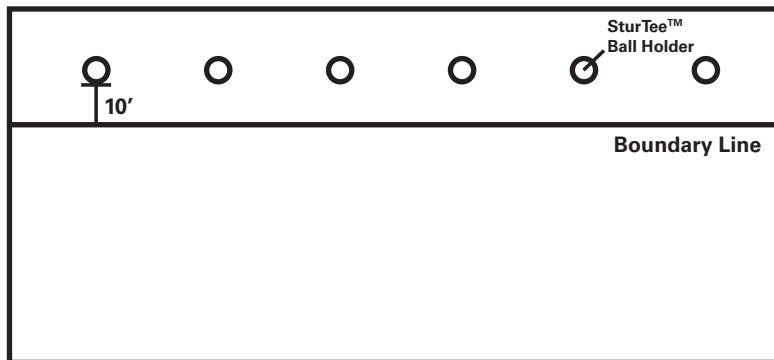
- Players may only take 3 steps before passing the beach ball to a teammate to advance down the field.
- Defense players may only throw their colored foam balls.
- All teams play in 1 playing area.
- Designate teams as allies and opponents based on color. All teams play in 1 playing area.

3. Last SturTee™ Standing

Objective. Be the team with the most points after 5 rounds.

Setup.

- Court: Use the play area available; a basketball court indoors and a soccer field outdoors are recommended, but adjust the size based on the area available and the age of students. Place the ball holders in an evenly-spaced line on one end of the gym. Mark a boundary line 10' in front of the line of ball holders.



- Teams. Divide class into 6 equal teams and designate each team a color by a Rainbow color. Each team receives a ball holder, beach ball, and foam balls in its assigned color. Designate 1 person from each team to be the goalie by wearing the appropriate-colored pinnie or color indicator.

Game Play.

- Goalies take their position in front of the appropriate colored ball holder and beach ball.
- At the signal players attempt to knock their opponents' beach ball off of the ball holder by throwing the foam balls.
- 1 offensive player from each team may cross the line to retrieve the foam balls.
- Offensive players cannot cross the boundary line besides to retrieve the foam balls.

Scoring. The last team whose beach ball remains on its ball holder receives 1 point. The team with the most points at the end of 5 rounds wins.

Options.

- Designate more than 1 player as goalie.
- Offensive players may only throw their colored foam balls.
- Change the layout of the court. Place the ball holders in a large circle, with offensive players on the outside.