

Chain Reaction — 2-8

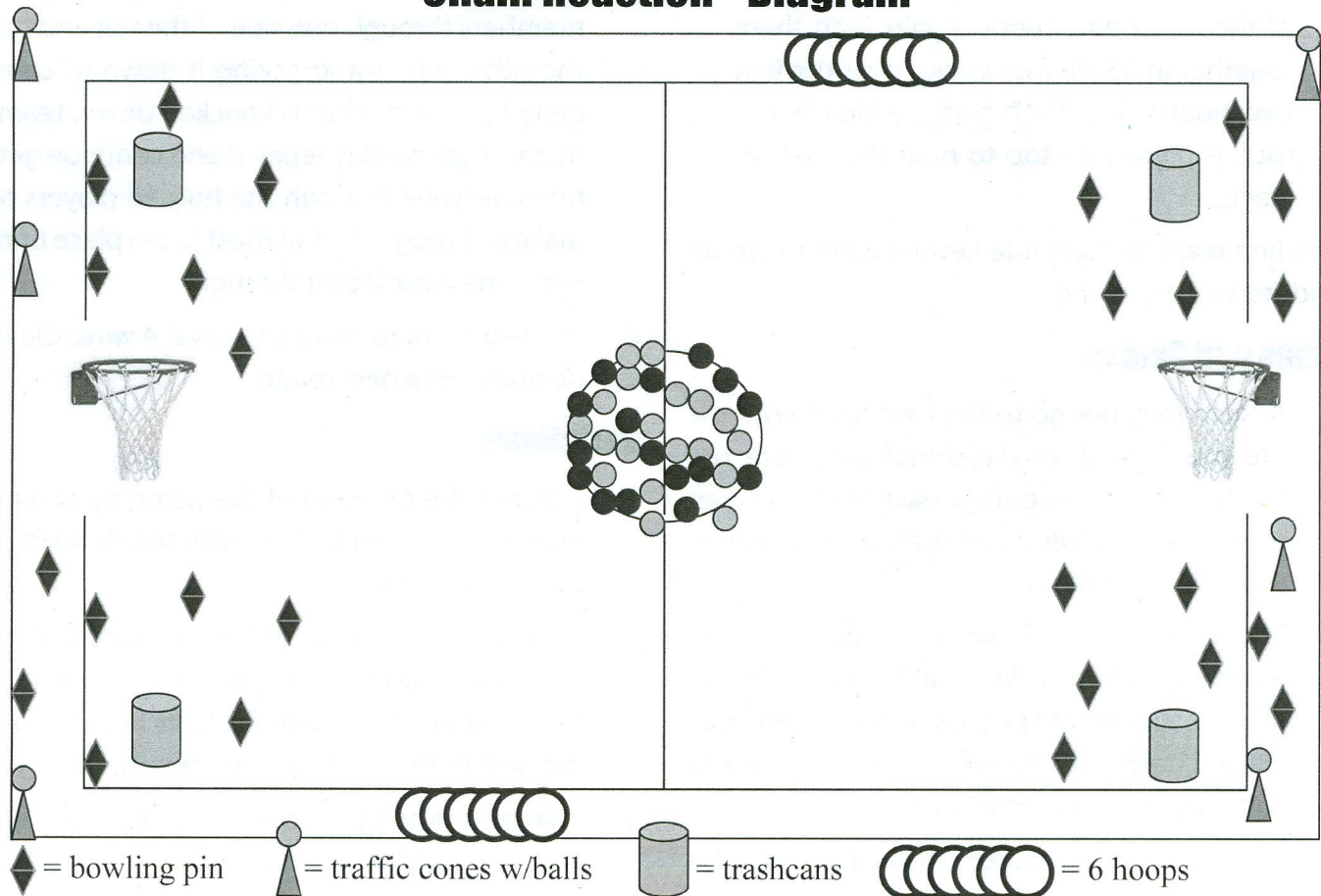
Objective: Students will improve communication, teamwork, strategy, and accuracy skills in a mindboggling game where each unique level poses a new group challenge to see which team can be the first team to accomplish the Chain Reaction.

Equipment:

- ✦ Bowling pins (40; 20 per team)
- ✦ Trashcans or storage bins (4; 2 per team)
- ✦ Traffic cones and tennis balls or hockey balls (6 of each; 28" traffic cones work best because they are more stable and make knocking the tennis balls off the cones much harder in Level 2)
- ✦ Gatorskin balls (50-100 of the 6" to 8" balls)
- ✦ Basketball goals at opposite sides of gym set at 8' to 10' (2)
- ✦ Hula Hoops (12; 6 red and 6 blue)

Stepping up the "Game" in Physical Education

Chain Reaction • Diagram



have a few students demonstrate how to perform Circle the Circle during the instructions.

How to perform Circle the Circle:

Form a large circle and hold hands. Place one hoop so that two players connected hands is inside the hoop. Explain to them that the only rule is that they cannot let go of each other's hands. The object is of this activity is to move the hula hoop from one person to another completely around the circle without letting go of any hands until the hoop has reached the two original players.

Upon completion of Level 3, the teacher will yell "Level 4" to each team as they successfully complete that level. To complete **Level 4**, each team must work together to build a hula hut as quickly as possible (See Figure 7). Once the hut is com-

pleted, each team must successfully get all team members through one side of the hut and out the other without knocking it down (See Figure 8). If a hut is knocked down, teammates must quickly repair it and continue getting everyone through the hut. All players to make it through the hut must jog in place until everyone has made it through. The first team to complete Level 4 wins! **Note:** it is recommended to demonstrate how to build a Hula Hut during the instructions.

How to build a hula hut:

Build a Hula Hut, by placing one hoop on the ground (the foundation). Place two hoops on the inside edge of the foundation, but on opposite sides of each other. Lean them together at 45-degree angles. Place two more hoops on the inside edge

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of the foundation, but on opposite sides of the other two hoops. Again, lean them together at 45-degree angles over the first two hoops. The sixth hoop, which is the roof, is placed on top to hold the walls in place.

The first team to complete Level 4 wins. Clean up and start a new round.

Rules and Safety:

1. A team may not go to the next level until the previous level has been completed. Note: the teacher should encourage each team to never give up, no matter how far ahead the opposing team may appear.
2. Players must roll, bowl, or throw balls, attempting to knock down all bowling pins, all tennis balls off of the cones, and score one ball in each trashcan located on the opposite side of the gym to complete Level 1.
3. Fallen tennis or hockey balls may not be thrown!
4. Players are not allowed to play defense by guarding the pins, cones, or trashcans. All players must clearly be attempting to achieve each level.
5. Players must throw balls and make two shots in the opposing team's basketball goal to complete Level 2.
6. Teams must circle up and perform one complete Circle the Circle to complete Level 3. A team must start over if players are not holding hands or they disconnect at any time.

7. Teams must build a Hula Hut and get all team members through one side of the hut and out the other without knocking it down to complete Level 4. If a hut is knocked down, teammates must quickly repair it and continue getting everyone through the hut. All players to make it through the hut must jog in place until everyone has made it through.
8. The first team to complete Level 4 wins. Clean up and start a new round.

Variations:

1. Increase the duration of the game by adding more bowling pins, cones with tennis balls, or trashcans in Level 1.
2. Increase the duration of the game by adding more levels to be accomplished. For example, Level 5 could be to have students line up from shortest to tallest or by birth month, etc.
3. Change the suggested activities to complete each level with new activities.
4. Allow defense, or, designate 2-4 defenders per team (different colored jerseys will be necessary to distinguish all defenders).
5. Change the shots to be made in the basketball goal to one shot or more than two shots.
6. In Level 2, instead of using the basketball goal, provide a different target located at a lower level and a shorter distance.