



Game Details

- **Equipment Needed:** Balls, Benches, Foam Blocks
- **Grades:** K-7
- **Skills:** Teamwork, Throwing
- **Game Type:** Group Activity, Skill Practice

How to Play

Set up a bench or two on the center line of the gym. Place foam blocks on the benches in a line about a foot apart. Create a cone line on either teams side, where players throw from. Player throw foam balls at the blocks in order to knock them off the bench and on to the other teams half. Depending on the ability of the kids, the line they have to be behind in order to throw can be as close to the bench as needed. Players can cross the line in order to retrieve a ball but must be back behind the line before they throw again.

Modifications

- ▲ Increase the distance between the throwing line and the benches.
- ▼ Decrease the distance between the throwing line and the benches.