



**YOU HAVE ENEMIES?
GOOD.**

**THAT MEANS YOU'VE STOOD UP FOR
SOMETHING, SOMETIME IN YOUR LIFE.**

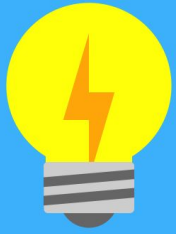
-WINSTON CHURCHILL





TIMES UP!





WHAT
ARE WE LEARNING TODAY?

I can....

- **Throw a ball with accuracy**
- **Underhand toss a ball to a partner.**
- **Protect a castle by catching a ball.**
- **Work well with teammates**



WHY
ARE WE LEARNING IT?

To...

- **Throw and catch a ball with accuracy**
- **Work well with others**
- **Improve offensive and defensive strategies**



HOW
WILL I KNOW I HAVE LEARNED IT?

By...

- **Playing the game Medieval Boom Ball**

BOOM CITY

Goal: collect as many points by catching a pass from a team mate **WITH BOTH FEET ON THE PLATFORM.**

Target players stand on the platforms in order to score points.

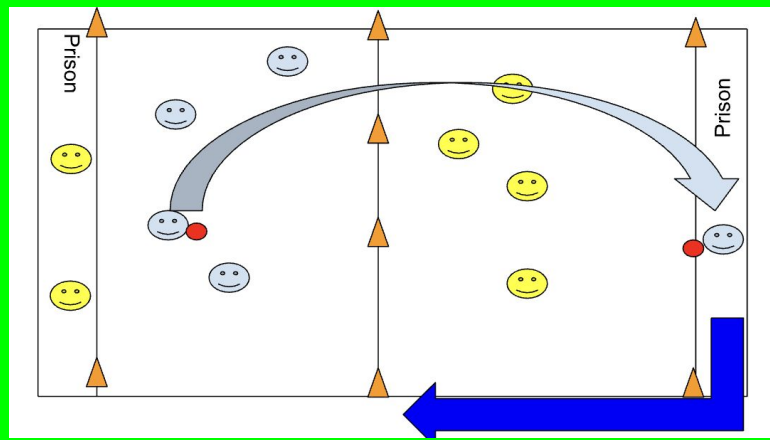
No defensive players are allowed to touch the target players.

You replace a target player when that person catches your pass.

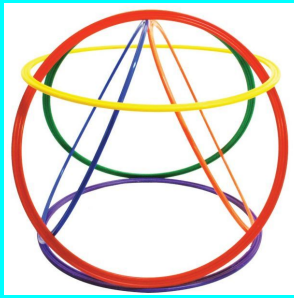
After catching a pass, slam the ball, yell “BOOM CITY” and then pick up a ring (1 pt.) and place it in your teams bin.



Prison Ball



- If a player is hit below the waist by a thrown ball that person is out of the game and must go to that team's "Prison" and try to escape.
- If a player throws a ball and the opposing team catches the ball, that player is also "captured" and must report to the "Prison" area.
- If a captured player catches a ball with both feet in the jail, that player is now free from jail, and **MUST** enter the game through his or her team's jail. Balls thrown MAY NOT be caught off of the wall.
- Players MUST enter or exit the playing court through the rear (prison area) of each side (marked off with large cones). This prevents an unfair sneak attack of anyone on the court when that player runs through the middle. .
- Game difficulty can be increased or decreased by adding or taking away the number of Gator Skin Balls that are used.



CASTLE BALL



Play: Centerline of the gym is the dividing line. Players throw balls and try to knock down all three castles at the same time. Players may protect the castles with their bodies. If a ball is thrown and a player from the opposite team catches it, the player who threw the ball has to do a specified exercise. (body squats, push ups, burpees, tuck jumps, ect.)

When a castle is knocked over players need to rebuild it. On the signal the game starts.

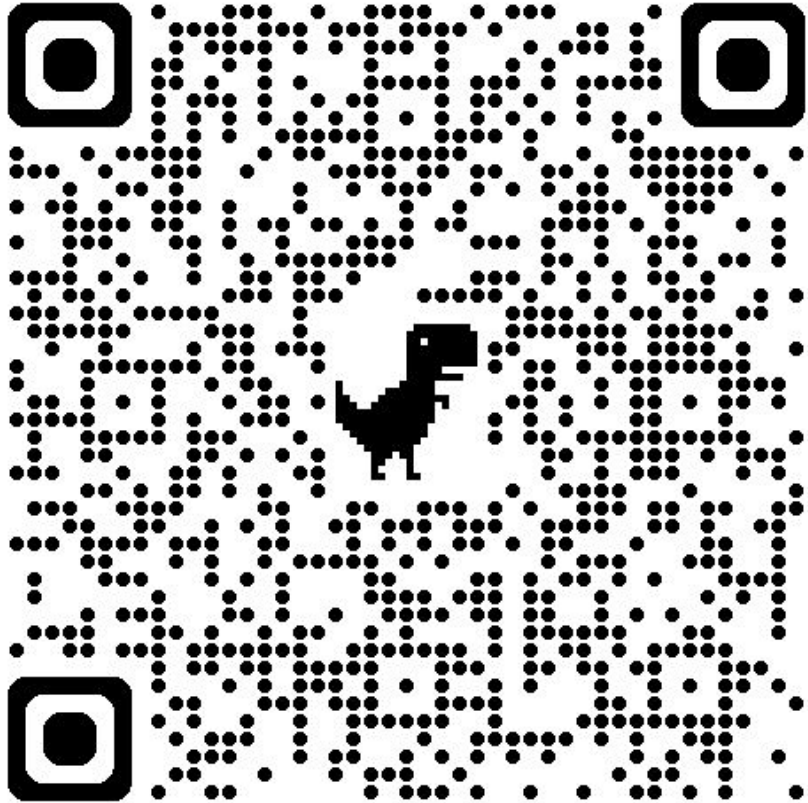
MEDIEVAL BOOM BALL

- Two ways to win- capture all players in prison / OR knock down all three castles.
- If players are hit by a ball below the waist or if their ball is caught they are captured in prison.
- Players can get back in the game by catching a ball on the box OR in prison.
- A point is scored for each successful catch off a box.
- Players must stay on their side. No crossing over to get more cannonballs.



Good
Vibes
Only!

The image shows the phrase "Good Vibes Only!" written in a black, cursive, handwritten font. The word "Good" is highlighted with a light green background, "Vibes" is highlighted with a light orange background, and "Only!" is highlighted with a light yellow background. There are small black dots around the text, giving it a bubbly or energetic feel.



Thanks for coming!

Stay moving!

