

Clean Your Side

Grades K–5

BENEFIT

Fine motor skills,
vigorous aerobic
exercise

LOCATION

Grass, blacktop

EQUIPMENT

Six cones, 16 soft
foam balls

Tip

Remind your students that this is not a dodgeball game; they should avoid aiming directly at another student.

Tip

Give your students a 10-second countdown before you call out “Stop” to end the round.

Split the class into two teams. The teams stand on opposite sides of a line marked by cones. The students throw the balls over the line, trying to keep as few balls as possible on their side.

- 1 Set up the cones in a straight line. Split your class into two teams. Each team gathers on opposite sides of the line. Distribute the balls equally to both sides.
- 2 Give the signal to begin by saying “Ready, go.” At the signal, the two teams start throwing the balls over the line as quickly as possible.
- 3 After three minutes, call out “Stop.” The teams must stop throwing balls immediately. Each team collects the balls on their side into a pile and counts them. The team with the fewest balls wins the round.

