



Human Shuffleboard

Materials: Roller skates, gym floor

Basic Strategy: To push your partner into the three point arc of the opposing basketball court

Game Play:

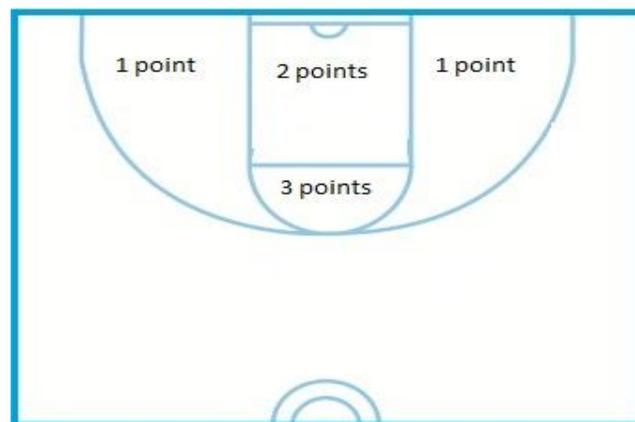
- Team will start on opposing baseline with one partner standing; the other partner is crouched with their hands around their knees
- The standing partner pushes the crouched partner, getting a moving start; the push must end before the free throw line
- The crouched partner will coast to the other side of the court and stop where their momentum ends

Scoring System:

- Anything inside the three point line is 1 point, inside the lane is worth 2 points and inside the free throw arc is worth 3 points
- Opposing teams will cancel out points, for instance, if Team A has two people in the three point arc and Team B has only 1. Team A will get 1 point.
- If the coasting player loses their balance and any part of their body other than their skates touches the ground, the player will not count
- If the coasting player pushes off and gains speed the point also will not count

Skills Learned:

- Balance of both team members
- Strengthening the skating start for the pushing player
- Integrated upper and lower body movements

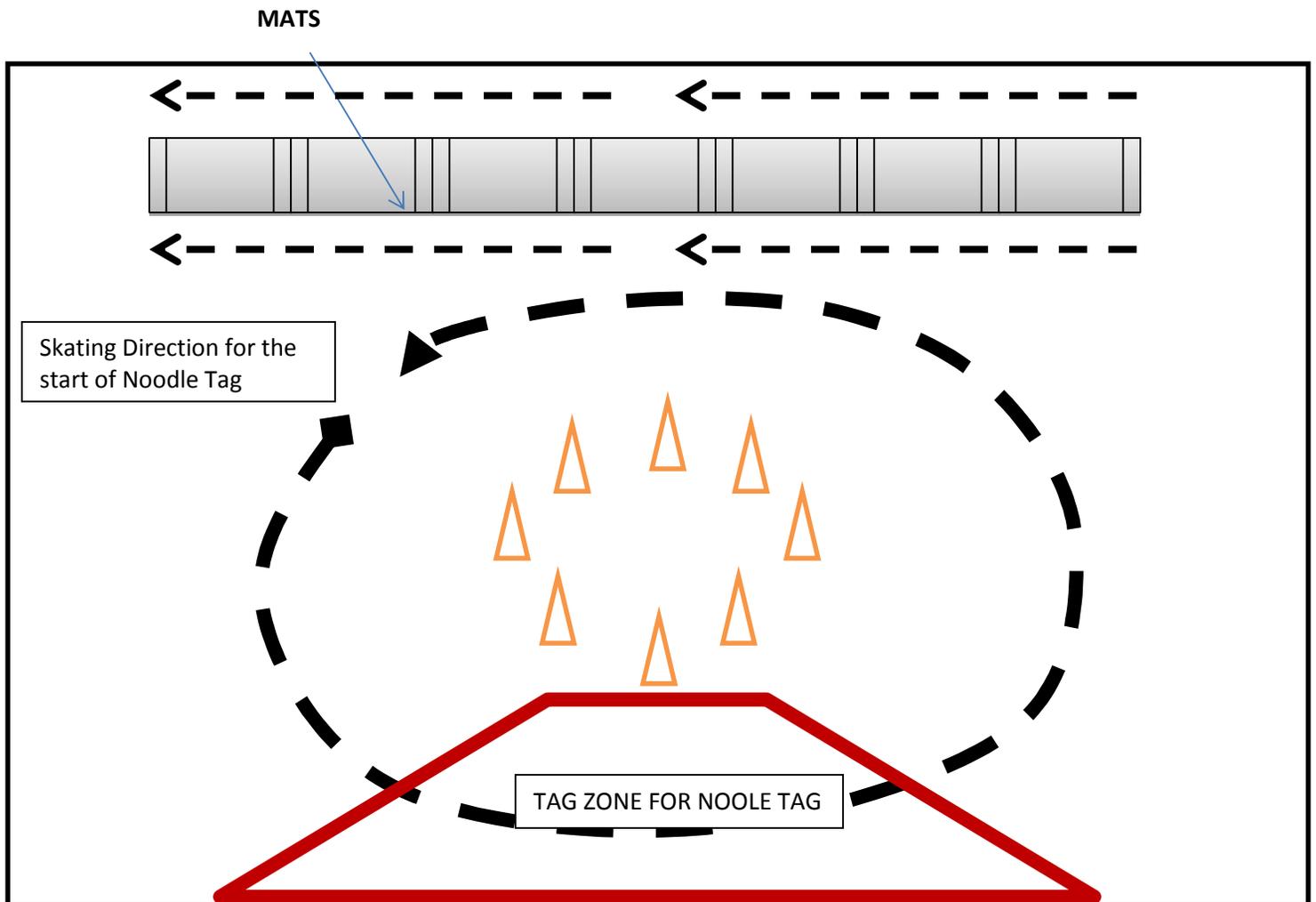




Skating Noodle Tag – contributed by Zach Kelley

Game Play:

- Give 3 students a Mini-Noodle... they will be taggers.
- All skaters must move in the same skating direction.
- Taggers will skate and tag non-taggers on the shoulders with a mini-noodle.
- Skaters can only be tagged when they are inside the “Tag Zone.” Place floor tape, cones, or poly spots, or poly line markers on the floor to mark the “Tag Zone.” Refer to the diagram.
- If a skater is tagged... he or she must go the side road and complete 5 exercise movements of the teacher’s choice (crunches, push-ups, etc...). After the student completes the exercise... he or she can stand and return to skating.
- As the activity continues, the teacher can add more noodles to the game...
- Safe skating will be enforced... skaters are not allowed to stop at any point... they must continue moving in a safe manner... any skater not demonstrating safe skating skills can be moved to the side road at any time.
- Add “Reverse” to the game once all skaters understand how the game is working.





Red Light/Green Light

Materials: Roller skates, gym floor

Game Play:

- Participants line up along a baseline, standing on their own, not touching anyone or anything
- Participants progress down the court by listening and following the commands of the teacher
 - They can only move forward when teacher says “Green Light Go”
 - They have to come to a stop when teacher says “Red Light Stop”
- Once participants have come to a stop, they are allowed to get in their T-stances (don’t have to act frozen) if not already, as long as they do not progress forward in the process.
- A participant completes the task (or wins, if declaring a winner) when they stop successfully ON (not past) the finish line (opposite baseline)

Fouls and Game Modifications:

Any foul results in that participant being sent back to the starting line and starting over.

Fouls:

- Skating forward without “Green Light Go” being said
- Not coming to a complete stop after “Red Light Stop” is said
- Falling
- Touching ground with hands
- Touching/grabbing another participant to come to a stop or prevent falling
- Running into object/wall
- Skating past finish line

Modification:

When first introducing the game, you can use a 1-3 second countdown after announcing “Red Light Stop” as they learn to stop better and more quickly.

Skills Learned:

- Students will demonstrate proper stopping technique
- Students will not to skate faster than their ability to stop under control
- Students will practice safety when moving around others
- Students will listen effectively to the teacher’s commands



Skatetime Basketball

Materials: Basketball, Skates, Safety Equipment, Basketball Court, Jerseys for Teams

Game Play:

- Students will participate in a 5v5 basketball game. Team sizes can be modified according to class size.
- Teams can be separated using teacher discretion
- Teams will play a full court 5v5 basketball game while the next two teams of 5 are waiting on the sideline keeping score for each basket made, and assisting their teammates on the court by passing them the ball after a made basket or rebound.
- After each change of possession (either a made basket or rebound) the player who gains control of the ball on the court **MUST** pass the ball to one of their teammates waiting on the sideline.
- After the ball is reentered into the playing court by one of the sideline players, the ball **MUST** be passed 3 times before a shot can be attempted.
- Teams will play for a 2 minute running clock time period trying to score as many points as possible during that time.
- After 2 minutes, the two teams of 5 playing will rotate with the next two teams of 5 who were waiting on the sideline
- The two new teams of 5 will then play a 5v5 game of basketball for a 2 minute time period before rotating again.

Modifications:

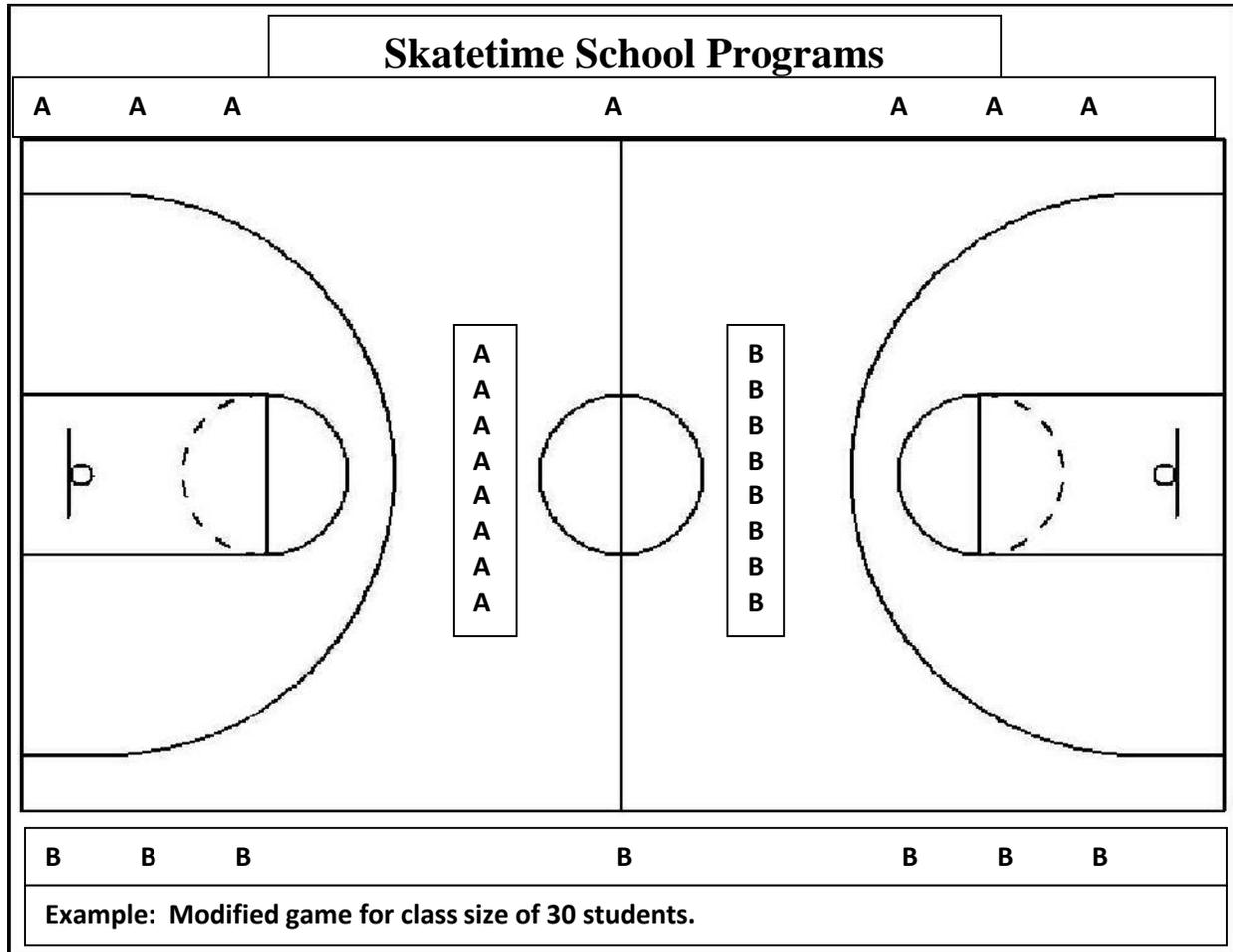
- Larger size rubber balls instead of basketballs
- Size of teams (5v5, 6v6)
- Period of time for game play
- Number of passes before a shot can be attempted

Skills Learned:

- Students will play the game of basketball using fundamental skills of the game (dribbling, passing, shooting) while skating.
- Students will demonstrate balance while in the field of play
- Students will demonstrate safe skating throughout the game



Skatetime Basketball



Team A skates and shoots to the right.

Team B skates and shoots to the left.

The other Team A & B team members wait on their respective sidelines keeping score. They are responsible for passing the basketball down to the frontcourt during change of possession.



Team Handball

Materials: Roller skates, handballs (gator balls), 2 goals, team jerseys

Game Play:

1. Two teams are spread throughout the gym and are working towards throwing the ball into the opponents goal using passing to advance the ball forward
 2. Goals can be hockey goals, marked areas on the wall, cones or basketball hoops
 3. Getting the ball into the designated goal area is worth 1 point
 4. Players are allowed to skate with the ball.
 5. Players may hold the ball for 3 seconds before passing.
 6. Only one goalie allowed
 7. A Player may not pass the ball to his/her self by throwing it into the air (air dribble is illegal).
 8. Players are not allowed to dive for a ball that is on the ground.
 9. Goalies may leave the goal area to play the ball but must then abide by all the court rules.
- Violations of above rules: Opponents receive a Free Throw On The Goal

Basic Strategy:

- Offense:
 - Attempt to out-maneuver your opponents with quick passing & deception
 - Take shots skating in from outside the goal area circle
 - Use set "plays" that employ quick passes and skating to beat the defense & goalie
- Defense:
 - Set up as a base on the perimeter of the goal area
 - Always make the offense shoot over defensive players
 - Never let an offensive player shoot uncontested at your goalie
 - Teams play both "Man-to-Man" and Zone defenses

Skills Learned

- Students will learn to pass and move without the ball
- Students will demonstrate stopping and changing directions
- Students can explain the basic ideas of team handball
- Students will demonstrate safety during all portions of the game