



# 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

