

Gym Games UNIT PLAN

Bomb the Pins	Grade Level
Length of unit: 2-3 days Written By:	<input type="checkbox"/> 7 th Graders <input type="checkbox"/> 8 th Graders <input type="checkbox"/> 9 th Graders

Educational Objectives & Standards	
Unit Objectives	State Standards
1. Introduce students to a variety of activities to stimulate personal interest	3PA-E2, PO1
2. To execute game specific ball skills	1PA-E1 PO1
3. To demonstrate understanding of rules of game	5PA-E3PO1, 5PA-E4PO1
4. To demonstrate effective offensive strategy	1PA-E2PO1
5. To demonstrate effective defensive strategy	1PA-E2PO1
6. To demonstrate ability to work as an effective team member within a game situation	1PA-E2PO1, 3PA-E2PO1, 5PA-E4PO1, 1PA-E4PO1, 6PA-E2PO2
7. To perform several muscular strength exercises correctly	4PA-E1PO1, 4PA-E2PO1
8. To perform several flexibility exercises correctly	4PA-E1PO1, 4PA-E2PO1

Mastery Elements		
* Rules of play/Court boundaries * Throwing * Catching * Pin Guarding * Offensive Strategy	* Defensive Strategy * Teamwork * * *	* * * * * *

Daily Overview

Week 1

Day 1

Mat Ball
Rules of Play
Practice Game

Day 2

Mat Ball
Review
Questions/Answers
Regulation Game

Day 3

Fitness Testing

Day 4

Mat Ball
Review
Questions/Answers
Regulation Game

Day 5

Bomb the Pins
Introduction
Rules of Play
Practice Game

Week 2

Day 6

Bomb the Pins
Review
Question/Answer
Regulation Game

Day 7

Team Handball
Introduction
Practice Game

Day 8

Fitness Testing

Day 9

Team Handball
Review
Regulation Game

Day 10

Team Handball
Review
Regulation Game

DATE: _____ **EQUIPMENT:**
UNIT: Bomb the Pins **Day:** 1 of 2 **LOCATION:** Gym

STANDARDS: 4PA-E1PO1 AND 5PA-E3P01

OBJECTIVE: Today we will learn a fun new game called Bomb the Pins. Students will be given an introduction and playtime for this new game.

ACTIVITIES	CUE PHRASES/INSTRUCTIONS
Intro: 2 Minute slow jog around outside lines of gym.	Do not bump into anyone, tie shoelaces, line up behind squad leaders after 2 minutes.
Fitness: 1. Jumping Jacks 2. Leg stretches, rt. Over left, quad stretch, groin stretch, etc. 3. Push-ups 4. Crunches 5. Arm Circles	Do not bounce when stretching Hold for ten count Back straight, head up, 90 degree bend in arms Arms folded across chest isolated abdominal muscles
Lesson Focus: Introduction and Game Play A. Quick Introduction of Rules of Play B. Divide into two even teams C. If mistakes are made, allow for clarification D. Use opportunity to instruct if errors occur. Assist in the application of game strategy	Talk about basic rules first. Cover specialty situations Line teams up Umpire and assist in learning
Closure: Provide opportunity for questions about anything learned today. Dismiss to dress out.	

DATE: _____ **EQUIPMENT:** _____
UNIT: Day: 2 2 **LOCATION:** Gymnasium

STANDARDS: 4PA-E1P01 AND 5PA-E3P01

OBJECTIVE: Today we will play a regulation game of Bomb the Pins. Students will be given time for this new game.

ACTIVITIES	CUE PHRASES/INSTRUCTIONS
<p>Intro: 2 Minute slow jog around outside lines of gym.</p>	<p>Do not bump into anyone, tie shoelaces, line up behind squad leaders after 2 minutes.</p>
<p>Fitness: 1. Jumping Jacks 2. Leg stretches, rt. Over left, quad stretch, groin stretch, etc. 3. Push-ups 4. Crunches 5. Arm Circles</p>	<p>Do not bounce when stretching Hold for ten count Back straight, head up, 90 degree bend in arms Arms folded across chest isolated abdominal muscles</p>
<p>Lesson Focus: Regulation game play</p> <ul style="list-style-type: none"> A. Review basic rules of play B. Ask if anything happened in yesterday's game that needs clarification. C. Divide into two new teams. D. Play regulation game 	<p>Demonstrate sportsmanship by shaking hands with five members of the opposite team when game is over.</p>
<p>Closure: Provide opportunity for questions about anything they learned today. Dismiss to dress out.</p>	

BOMB THE PINS

Equipment and Setup:

Bomb the pins is played with plastic bowling pins and foam soccer balls. The game is played in the gym using the main basketball court as the boundaries. Five bowling pins are set up on each court. Patterns can vary as long as it is a consistent set up for both courts. A standard arrangement would be one pin at each corner of the volleyball court, one pin on volleyball line middle of key, and 2 pins on the three point line even with lines of key. Ten foam soccer balls are also needed so that each starts with five foam balls.

The Game:

The objective of the game is to knock down the opposing team's pins before your pins are knocked down. Players must throw the ball behind the half court line, if they cross the line, they are out for that game. Students will attempt to protect their pins from being knocked down, if the thrown ball hits the student, they will be out. If the student catches a thrown foam ball, the student that threw the ball will be out. The game is won when all of one team's pins are knocked down.

Rules of Play:

- Player are not allowed to throw at opposing team's heads
- Player struck by opposing team's thrown ball is out
- Once a pin is knocked down it stays down – whether knocked over by own or opposing team .
- Strategy – care should be taken while guarding pin that you don't kick over your own pin
- Once a ball makes contact with object, floor, pin, other ball, player, etc., it becomes dead and will not remove a player. i.e. after ball hits floor, a player will not be out if ball hits him.
- Player can guard pin by holding a ball in his hands and deflecting incoming balls off held ball – again ball is dead after it makes contact with held ball
- Players can not cross half court line, if they do, they are out

Special Situation:

Occasionally a team (Team B) will have all players out before all of that teams pins have knocked down, in this situation Team A will have two throws per remaining pin to knock them down. For instance if team B has two pins left, Team A would have four throws to knock down those pins. If Team A is unable to knock down both pins, ALL players from Team B would return to the court. Pins would remain in same order, and no player from Team A would return. Play would resume until all pins are knocked down.

