Castle Ball

Divide the gym down the center into two sides. Divide the students into two teams. Place one team on each side. Using Styrofoam bowling pins, each team will build a castle on their side of the gym with the rule that no one may throw at a castle while it is being built. On the signal, the students throw balls at the other team's castle. The first team to knock down the other team's castle is the winner.

Variation: Allow the students to set up their pins individually, instead of in a castle wall.

Variation: Have the losing team do 25 jumping jacks and then rebuild the castle wall.

Variation: Allow players to catch a ball and replace 1 pin.

Variation: Allow players to catch a ball with one hand and replace 2 pins.

Variation: Allow players to capture other players by catching the ball that a player from the other team in the air. Any captured players will stand near the wall on the side of the opposing team. Captured players can be saved by catching a ball thrown by their own team in the air or by throwing a ball to their team and having a teammate catch the ball in the air.

Another variation of the game is Castles and the Gold. You add a box of beanbags as the gold at each end-line and the object then is to get more gold than the other team. Allow the teams to set up the pins individually, instead of in a wall. The only way you can get a piece of gold is to knock down one of the castles. If you do, you can cross the line and pick up one piece at a time and bring it back to your own side. You continue doing this until the castle is rebuilt. If you are on the opponent's side when the castle gets rebuilt you may be tagged. If you get tagged, you freeze until a castle is knocked down and then you can go back to your own side. You can have an empty box for the retrieved beanbags and play until one side does not have any left or just replenish the only box you have and the game goes on continuously. If you have people that are throwing too hard, change to yarn balls or Gator skin balls or move the castles further away.