

# Lifetime Leisure Activities

## Adapted Physical Education Health Education



### Kim Catalfamo

#### *Adapted PE & Health– 1<sup>st</sup> CP of NJ*

*Head of School Athletics & Special Olympics Area 9 Track & Field  
Scoutmaster Troop 5795-Special Needs Unit  
Bloomfield Special Olympics Area 9 Coaching Staff Bowling & Bocce  
Bloomfield Little League Challenger Baseball Area 8  
MATP Advisory Board – NJ Special Olympics*

**1<sup>st</sup> Cerebral Palsy of NJ School**  
**7 Sanford Avenue Belleville, NJ 07109**  
**973-751-0200 (ext. 239)**  
**[kcatalfamo@cerebralpalsycenter.org](mailto:kcatalfamo@cerebralpalsycenter.org)**



### JOSEPH CATALFAMO

#### **1<sup>ST</sup> CP OF NJ HIGH SCHOOL STUDENT**

Athlete in 5 intramural sports  
Special Olympics Track & Field Area 9  
Interscholastic Basketball Travel Team  
Boy Scouts Special Needs Troop 5795  
Outside School:  
Area 9 Bloomfield Special Olympics—Bocce & Bowling  
Bloomfield Challenger Baseball Little League

**2015 Eastern District SHAPE America Adapted PE Teacher of the Year (APE TOY)**  
**2014 NJAHPERD Adapted PE Teacher of the Year (APE TOY)**  
**1997 Hudson County Teacher Recognition Award**  
**1997 State of NJ Governor's Teacher Recognition Award**

**1990-1998 PE & APE Bayonne Public School – Dr Walter F Robinson Elementary K-8**  
**1990 East Stroudsburg University – B.S. PE Major (student teaching APE & PE)**  
**1990 NASPE – Outstanding PE Major of the Year**  
**1990 PAHPERD Outstanding Senior Award**

#### RESOURCES:

[www.disabledsportsusa.org](http://www.disabledsportsusa.org)  
[www.sonj.org](http://www.sonj.org)  
[wheelchairsportsfederation.org/](http://wheelchairsportsfederation.org/)

### **BETH RUETER—HEALTH & ADAPTED PHYSICAL EDUCATION**

#### **Horizon High School—Cerebral Palsy of North Jersey**

71-77 Okner Parkway Livingston, NJ 07039

**Phone:** (973) 535-1999 **Fax:** (973) 535-1268 **[brueter@cpnj.org](mailto:brueter@cpnj.org)**

Head Coach of Athletics & Special Olympics Track & Field

Head Coach Interscholastic Basketball Travel Team

MATP Advisory Board—NJ Special Olympics



# Lifetime Activities

## Water Cooler Chit Chat

Discussion questions to ask around the water cooler while getting drinks

## Grab a Card Laps

Grab a card from the poles as you finish a lap, discuss

Lifetime activities are activities that can be -----.

- A. enjoyed for many years or decades
- B. enjoyed by people within a wide age range
- C. enjoyed by people of varying athletic abilities
- D. all of the above

\*Ryan has never been very competitive, and he prefers to go on leisurely backpacking trips. Which of the following factors is influencing his activity selection?

- A. cost
- B. personality
- C. environment

TRUE OR FALSE

All types of exercise are appropriate at any age.

TRUE OR FALSE

\*The leading causes of death in the United States can be prevented or greatly reduced by maintaining proper fitness levels.

The components of lifetime fitness include all of the following components EXCEPT:

- A. regular exercise
- B. proper nutrition
- C. healthy lifestyle choices
- D. weekly acupuncture sessions

\*Which of the following activities requires special equipment all the time?

- A. calisthenics
- B. walking
- C. surfing
- D. yoga

Exercise is something that should be -----.

- A. painful
- B. inconvenient
- C. enjoyable
- D. exhausting

TRUE OR FALSE

Experiencing success, makes it easier to remain motivated in an activity.

Which of the following statements about unstructured play time for kids is TRUE:

- A. Unstructured play time can both involve parents or not involve parents.
- B. Unstructured play time can still teach kids to win and lose gracefully.
- C. Unstructured play time is fun, so it doesn't feel like exercise.
- D. Unstructured play time benefits kids who are not interested in organized sports.
- E. All of the Above

## Lifetime Activities

**promotes cardiovascular fitness; increases flexibility; builds strong bones and muscles**

*Other ways to include activity in lifestyle:*

*Do activities of daily living together, such as household chores—cleaning the house or raking leaves*

*Enjoy free-time on the playground. Go to the park and throw a Frisbee around*

### **Walking**

<http://www.traillink.com/stateactivity/nj-wheelchair-accessible-trails.aspx>

You can walk anywhere, at any stage in your life. It doesn't cost anything, and the only piece of equipment you need is a good pair of walking shoes. Walking burns calories and improves flexibility in your legs and hips. Walking a brisk pace of 3.5 miles in an hour burns over 300 calories if you weigh 160 pounds. At a weight of 125 pounds, walking 3.5 miles in an hour burns approximately 240 calories

- 1—Walking Clubs before or afterschool
- 2— Treadmill Fitness Group—come right off bus until breakfast starts; approx. 30 min
- 3— Group Activities in class to promote wellness walking like Feet Across America

### **Jump Roping**

- 1—Jump Rope Clubs before or afterschool
- 2— bringing in Jump Rope Teams for demonstrations
- 3— incorporating jump ropes of all kinds into lessons single; double dutch; Chinese jump rope; trick jumping
- 4— wheelchair jump rope manual chair propelled by self see youtube.com Rope Skipping / Jump Rope with Wheel Chair - Speed 30 seconds by ProJumpEric 0:36
- 5— Jump Rope for Heart Activities



### **Tennis**

Tennis is a great way for you and your partner to stay in shape. Involve the whole family by playing a doubles match with a couple of your grandchildren. Many apartment complexes, gyms and senior living facilities provide tennis courts. All you need is a racket, tennis balls, a partner and a supportive pair of shoes. In a 30-minute singles match, you expend nearly 300 calories, at a weight of 160 pounds. If you weigh closer to 125 pounds, you'll burn around 210 calories in a 30-minute singles match. **Adaptations:** short nets, oversized rackets; foam bounce balls w/bells

[https://www.usta.com/Youth-Tennis/Schools/tennis\\_in\\_pe/](https://www.usta.com/Youth-Tennis/Schools/tennis_in_pe/)

**register your PE program today to receive:** Kids' Tennis Club playbook (organizer's edition) ; Registration incentive gift ; Recognition letter and certificate for offering tennis; For additional assistance on equipment, training and curriculum designed for physical education classes, visit our [Resources](#) page.; school and after-school lesson plans

**NEW JERSEY SPECIAL OLYMPICS TENNIS TEAMS THROUGHOUT THE STATE** [www.sonj.com](http://www.sonj.com)



# Bowling

Bowling is an enjoyable activity at any age and is another way to stay in shape. Whether you join a league or gather the family several times a week for bowling nights, you'll get your heart rate up. If you weigh around 160 pounds, you burn more than 200 calories in a one-hour bowling match, or 180 calories at a weight of 125 pounds. Bowling can be strenuous on your body, since you have to lift a heavy ball. For those who need modifications due to the ball is too heavy to lift or cannot lift it, many bowling alleys provide a bowling ball ramp. All you have to do is position the ramp in the direction you want the ball to go, have someone place the ball at the top and push the ball down the ramp.

**Resource: Bowlers Ed In-School Bowling Program** <http://bpaa.com/youth-resource-center/Bowlers-Ed>

**Educator how-to guide** A guide for teachers who want to begin the Bowler's Ed program.

**Bowler's Ed Program Overview** Learn how Bowler's Ed can help create a partnership between the bowling industry and local schools.

**Proprietor Manual** A guide to help proprietors connect with schools, promote Bowler's Ed and implement the program.

**Resource Opportunities** A list of Bowler's Ed resources available to you along with a request form for materials

**Introduction** Bowler's Ed In-School Bowling teacher's introduction.

**Quick Reference guide** A reference guide to In-School Bowling fundamentals.

**Fundamentals** Bowler's Ed In-School Bowling teacher's curriculum for fundamentals.

**Fitness & Fun** Bowler's Ed In-School Bowling teacher's curriculum for fitness.

**Academics** Bowler's Ed In-School Bowling teacher's curriculum for academics.

**Adaptive Needs** Bowler's Ed In-School Bowling teacher's curriculum for teaching adaptive needs students.

**STEM** Bowler's Ed In-School Bowling teacher's curriculum for science, technology, engineering and mathematics.

## **Certificates & Recognition**

## **Grant Applications**

### **Adaptations:**

**Ramps**



**switches**



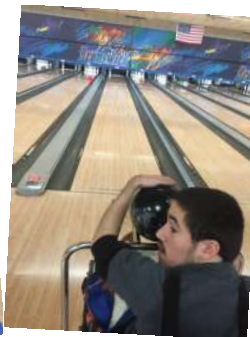
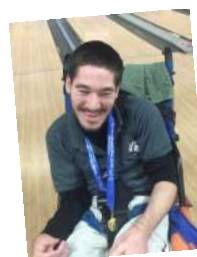
**ball pusher**



**ball gripper**



**Alley Bumpers**



**NEW JERSEY SPECIAL OLYMPICS BOWLING TEAMS  
THROUGHOUT THE STATE**

[www.sonj.com](http://www.sonj.com)



# Golf

## Lifetime Activities

Golfing is a low-impact fitness activity you can do at any point in your life. If you weigh 160 pounds, carry your clubs and walk the entire course, you burn about 315 calories per hour playing golf. At 125 pounds, you'll burn roughly 230 calories per hour. During your golden years, if you have trouble walking long distances, use a golf cart to lug around your clubs, rather than carrying them and walking the course. You won't burn as many calories, but you'll still get lots of physical activity swinging on the putting green. Golfing with a cart burns 260 calories in an hour, at a weight of 160 pounds, or 210 calories if you weigh 120 pounds.

RESOURCE: <http://www.thefirsttee.org/> The First Tee National School Program introduces the game of golf and The First Tee Nine Core Values and Nine Healthy Habits to elementary students during physical education classes. Currently introduced to more than 7,000 elementary schools, this school golf program creates an environment where young people are introduced to the life-long sport while learning the basic golf motor skills and the inherent values of the game. LESSON PLANS.

RESOURCE: [snaggolf.com](http://snaggolf.com)



## NEW JERSEY SPECIAL OLYMPICS GOLF TEAMS THROUGHOUT THE STATE

[www.sonj.com](http://www.sonj.com)

equipment for Young Athletes Program [flaghouse.com](http://flaghouse.com)



Putting sets



Buckets in a semi-circle for putting skills



Oversized clubs



Carpet green squares



Velcro balls/mat



Using oversize club and big wiffle balls



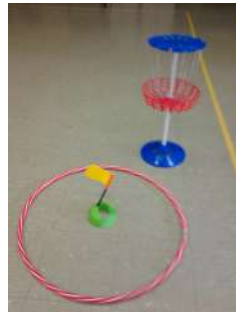
# Frisbee Golf

## Lifetime Activities

Good life time activities to get the family active at the park.



Use various size Frisbee  
mini party favor size; mini, regular, rings, cloth, foam, plastic



Use various targets

Hoops , flags mini table sets



For non-ambulatory adoptions:

Create a circle, each student gets a turn to get mini Frisbee in target



Placing 12 Frisbees on wheelchair tray. Student attempts 9 hole (target on ground is a hoop). 3 extra Frisbees .



Many ways to teach it in the schools.



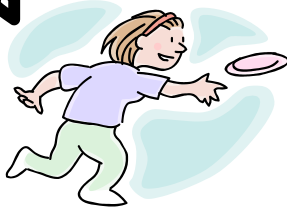
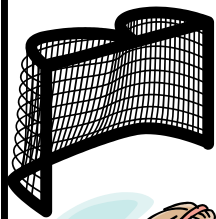
If nets are a hinder then only put up a hoop attached to a standard pole. Use cloth Frisbees for easier grip & release



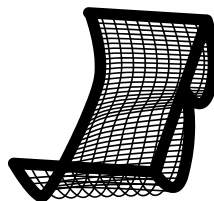
The open hoop also allows for it to go over wheelchair trays



Various different ways to make targets



Ultimate  
Frisbee  
Game





## Swimming

## Lifetime Activities

Swimming is low-impact, so you won't have to worry about aggravating or damaging your joints as you age. Go swimming at the local public pool and swim laps or join a water aerobics class. Swimming laps burns over 180 calories at a weight of 125 pounds. Water activities not only increase your heart rate, they also help tone muscles. Kids with disabilities can do things in the water more easily than on land making it great for therapy,

You may not be able to teach this if a pool is not available but can introduce the concepts and activity to spark an interest or curiosity to attempt the activity that may stretch out to the family

Develops a knowledge base and basic swimming skills for the weak swimmer and non-swimmer, and make them water safe. These skills include, but are not limited to, locomotion and propulsive movements in a prone and supine position, breath control, rhythmic breathing, beginning diving techniques, personal safety, and rescue skills to maintain a water-safe environment.

GREAT RESOURCE: local YMCAs for guest speakers, possible field trips to use facilities; school may own pool

**NEW JERSEY SPECIAL OLYMPICS WIM TEAMS THROUGHOUT THE STATE** [www.sonj.com](http://www.sonj.com)



## Yoga

yoga asanas (postures) and pranayama (breathing exercises) to enhance physical fitness and mental concentration and respiratory posture

Great Resource: videos if not a Yoga participator or instructor yourself

GREAT RESOURCE: local Yoga teachers



## Weight Training

overview of the various types of weight training but primarily emphasizes circuit weight training method to work on the five health-related components of physical fitness, nutrition, and weight management. In addition, learning how to use resistance and cardiovascular equipment, and how to design fitness programs.

## Marital Arts

Karate      Tae Kwon Do      Judo      So Many to Choose from. Reach out to the community for demonstrations

## Dance Your Heart Out

Turn on your favorite tunes and dance your heart out. Whether you dance in the privacy of your own home or you take lessons at the local studio, dance is an activity that is always available, regardless of your age or ability level. A wide variety of dance styles exists, including salsa, swing, jazz and hip-hop.

## Lifetime Activities

### Rock Out

Turn on your favorite tunes and grab a bunch of buckets and sticks and drum away. Grab some bells and a tambourine and bang away. Cruise the stage with the air guitar and jump to that guitar solo.



### Archery

**RESOURCE: ARCHERY IN SCHOOLS** <http://www.naspschools.org/>

Many towns have a place designated as an archery range. Call your town. Using rubber tip arrows and sheets hung for targets can make a great alternative for safety concerns. Archery is a precision sport in which participants aim and shoot at a target using a bow and arrow. Archery requires a steady hand, a good eye and the ability to control your nerves. Participating in archery can foster a sense of connection with an ancient tradition. Egyptians were fashioning bows with flint arrowheads as long ago as 3500 years B.C. Today, target archery -- the most popular form -- involves shooting arrows at a target from a set distance. The target has 10 concentric circles, with the score depending on where the arrow lands on the target. The innermost circle is worth 10 points; missing the target entirely yields a zero. To get started with this intriguing sport, you will need a bow and bow case, arrows and an arrow rest



### Fly Fishing

Fly fishing -- an activity that can be both relaxing and challenging -- involves the use of carefully crafted hand-tied artificial flies, which mimic the look of the fish's natural food. You can catch a variety of fish, including brook, brown and rainbow trout, sunfish, crappies, and even athletic and scrappy northern pike. It takes practice to master the skill of fly casting, which has been likened to trying to throw a leaf. The Fly Fishing Basics website recommends starting with a mid-weight fly rod, line and reel; some stores sell beginner's packages. Backward, forward and roll casts are important skills to learn for fly fishing.



**RESOURCE:** The Hooked on Fishing Not on Drugs (HOFNOD) program is the flagship youth education program of the Foundation <http://www.futurefisherman.org/> AND FOR NJ : <http://www.state.nj.us/dep/fgw/hofnodnj.htm> NJ Division for Fish & Wild Life "Hooked On Fishing - Not On Drugs" in New Jersey



## Kayaking

## Canoeing

You may not be able to teach about this physically, but can introduce the concepts and activity to spark an interest or curiosity to attempt the activity that may stretch out to the family

Introduction skills and information: paddle strokes and maneuvers, boat handling, basic terminology, equipment, proper clothing, kayak design, trip planning, river/lake/marine safety, self and group rescue techniques, water reading, waterways etiquette, and environmental ethics. A high priority is placed on emphasizing safety aspects

GREAT RESOURCE: BOY SCOUTS OF AMERICA [www.meritbadge.org](http://www.meritbadge.org) look for merit badge; worksheets; manual

Equipment: we have brought in borrowed items and taught the kids the strokes, how to move and carry, care and safety use videos and guest demonstrations great resource for guest speakers from: CAMPMOR ; RAMSEY OUTDOORS; GREAT BASS SHOPS or any other specialized camping stores



## Outdoor Education Geocaching

You may not be able to teach about this physically, but can introduce the concepts and activity to spark an interest or curiosity to attempt the activity that may stretch out to the family

Focuses on developing skills of orienteering and geocaching using a map, compass, and GPS to navigate to a location. Can be done in own school setting or a field trip to a park.

GREAT RESOURCE: BOY SCOUTS OF AMERICA [www.meritbadge.org](http://www.meritbadge.org) look for merit badge; worksheets; manual

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RESOURCE: iTunes APP—Geocaching by Groundspeak, Inc free one is beginners but gets updated more often than the more advanced one that you pay for

RESOURCE: DON'T KNOW WHAT GEOCACHING IS? <https://www.geocaching.com/guide/> It is an outdoor recreational activity, in which participants use a Global Positioning System (GPS) receiver or mobile device and other navigational techniques to hide and seek containers, called "geocaches" or "caches", anywhere in the world. A typical cache is a small waterproof container containing a logbook (with a pen or pencil). The geocacher enters the date they found it and signs it with their established code name. After signing the log, the cache must be placed back exactly where the person found it. Larger containers such as plastic storage containers (Tupperware or similar) or ammunition boxes can also contain items for trading, such as toys or trinkets, usually of more sentimental worth than financial. Geocaching shares many aspects with benchmarking, trigpointing, orienteering, treasure-hunting, letterboxing, and waymarking.



<http://www.traillink.com/stateactivity/nj-wheelchair-accessible-trails.aspx>

## Outdoor Education Orienteering

You may not be able to teach about this physically, but can introduce the concepts and activity to spark an interest or curiosity to attempt the activity that may stretch out to the family

**Orienteering** is a sport in which orienteers use an accurate, detailed map and a compass to find points in the landscape. It can be enjoyed as a walk in the woods or as a competitive sport.

GREAT RESOURCE: BOY SCOUTS OF AMERICA [www.meritbadge.org](http://www.meritbadge.org) look for merit badge; worksheets; manual

Equipment: we have brought in borrowed items and taught the kids the strokes, how to move and carry, care and safety use videos and guest demonstrations great resource for guest speakers from: CAMPMOR ; RAMSEY OUTDOORS; GREAT BASS SHOPS or any other specialized camping stores



## Outdoor Education Rock Climbing

You may not be able to teach about this physically, but can introduce the concepts and activity to spark an interest or curiosity to attempt the activity that may stretch out to the family

Introduces equipment, techniques, safety, and planning related to basic rock climbing.

School may have indoor or outdoor rock climbing equipment; allow for field trips to rock climbing indoor facility; modify own

GREAT RESOURCE: BOY SCOUTS OF AMERICA [www.meritbadge.org](http://www.meritbadge.org) look for merit badge; worksheets; manual

Equipment: we have brought in borrowed items and taught the kids the strokes, how to move and carry, care and safety use videos and guest demonstrations great resource for guest speakers from: CAMPMOR ; RAMSEY OUTDOORS; GREAT BASS SHOPS or any other specialized camping stores

RESOURCE: <http://www.njrockgym.com/> LOCATED IN FAIRFIELD, NJ



INDOOR ROCK WALL



MOUNTAIN ROCK CLIMBING



OUTDOOR ROCK WALL

RESOURCE: <http://www.copecourse.com/>

## Outdoor Education Challenge Course Team Building

You may not be able to teach about this physically, but can introduce the concepts and activity to spark an interest or curiosity to attempt the activity that may stretch out to the family

**Introduces team building activities in your gym and/or on a designated and certified instructor Challenge Course, like COPE and Project Adventure Based Facilities**

School may have indoor or outdoor rock climbing equipment; allow for field trips to rock climbing indoor facility; modify own

GREAT RESOURCE: BOY SCOUTS OF AMERICA - COPE course

GREAT RESOURCE: PROJECT ADVENTURE activity books, training, courses, workshops

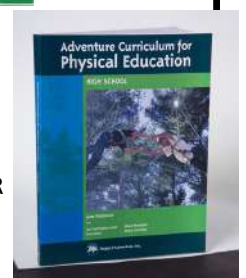
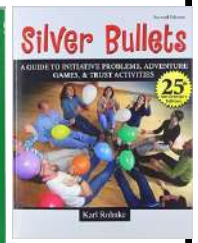
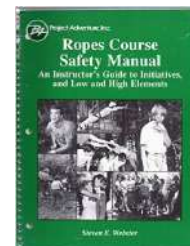
Low Ropes challenges <http://www.copecourse.com/lowropescourse.htm>

High Ropes challenges <http://www.copecourse.com/highropescourse.htm>

Climbing Towers <http://www.copecourse.com/climbingtowers.htm>

Climbing Walls <http://www.copecourse.com/climbingwalls.htm>

Find activities; Pinterest; YouTube; FaceBook; Equipment catalogs of SPARK/SPORTIME; FLAGHOUSE; GOPHER



## Backpacking

SOURCE: <http://www.disabledsportsusa.org/hiking/>

activities to teach students the basics of backpacking. Topics covered include equipment selection and use, map and compass skills, backcountry cooking, staying healthy in the outdoors, safety and emergency procedures, backcountry ethics (Leave No Trace), and natural history

GREAT RESOURCE: BOY SCOUTS OF AMERICA [www.meritbadge.org](http://www.meritbadge.org) look for merit badge; worksheets; manual

Invite Boy Scouts to teach lessons on how to pack a backpack; safety while backpacking-especially animal safety; map/compass skills; cooking

great resource for guest speakers : CAMPMOR ; RAMSEY OUTDOORS; GREAT BASS SHOPS or other specialized camping stores

FOR HIKING .....<http://www.trailink.com/stateactivity/nj-wheelchair-accessible-trails.aspx>



During our summer extended school year a Boy Scout Troop came to visit

1- backpacking

2- camping skills

3- Hiked to park as field trip

## Fencing

beginning student basic knowledge of the sport of fencing and teaches the fundamental movements required in the sport. Students should expect to learn some officiating and etiquette of the sport and acquire the ability to fence at the novice level. The instructor will use any combination of the following: instructional videos, written handouts, guest fencers for demonstrations, drills, and group and individual instruction.

GREAT RESOURCE: youtube videos on fencing skills; matches; competitions. Example-<https://www.youtube.com/watch?v=JGLb3sNQpow> for Olympics fencing coach.

Invite fencing clubs for demonstrations

Equipment Modifications for Safety: use noodles as swords

## Skating ice & In-line Special Olympics Winter Sport—Figure Skating SONJ.COM

You may not be able to teach about this physically, but can introduce the concepts and activity to spark an interest or curiosity to attempt the activity that may stretch out to the family



Not many PE programs have skates. Resource: <http://www.skateinschool.com/>

## Horsemanship

intermediate skills of horseback riding and horsemanship. Emphasizes technical riding and advancing basic horseback riding skills (e.g. figure 8's, serpentine, and change of direction). Focuses on how equitation affects the horse and horse behavior affects riding and safety.

GREAT RESOURCE: BOY SCOUTS OF AMERICA [www.meritbadge.org](http://www.meritbadge.org) look for merit badge; worksheets; manual

Invite guests from Equestrian teams; Hippotherapists video: all about horses (great kid dvd)

field trips to horse farms or guests visit THERAPY DEPT MAY HAVE HIPPO THERAPY AS A SERVICE





## Skiing & Snowboarding

You may not be able to teach about this physically, but can introduce the concepts and activity to spark an interest or curiosity to attempt the activity that may stretch out to the family

**Introduction** Basic skills and techniques of downhill and/or cross-country skiing; Includes becoming familiar with use of ski equipment, terminology, and safety rules. Can include a fieldtrip experience to learn skiing skills from a certified instructor. A high priority is placed on emphasizing safety aspects

**Introduction** Basic skills and techniques of snowboarding are taught and refined. Includes becoming familiar with use of equipment, terminology, and safety rules. Can include a fieldtrip experience to improve snowboarding skills from a certified instructor. A high priority is placed on emphasizing safety aspects

demonstrations, discussions, and videos.

**GREAT RESOURCE:** guests from local ski lodge if near or available

great resource for guest speakers from: CAMPMOR ; RAMSEY OUTDOORS; GREAT BASS SHOPS or any other specialized camping stores

## Backyard Fun

**resource:** <http://krazybackyard.com/> and Pinterest

Grab the family and friends and have fun in the backyard setting up courses/nets/fields.

## Lawn Games



Lawn Dice



Ladder Toss



Jumbo Jan-ga



Tetherball



washers



Lawn Darts



Ball in Barrel



Frisbees



Can Jam



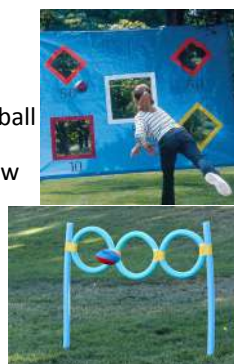
Individual miniature golf



Croquet



Football  
throw



Ogosport



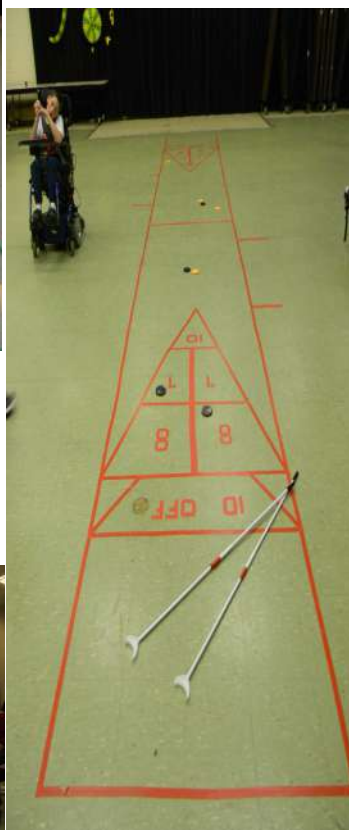
Ring Toss

## Backyard Fun or Indoors, too

Grab the family and friends and have fun in the backyard setting up courses/nets/fields.



**Horseshoes**—adapt distance



Oversized racket sports and **volleyball**

**Tennis Badminton**



Bocce



**Bocce** - use dryer tube for kids who need to drop ball in and roll that way.

**SPECIAL OLYMPICS SPORT—TEAMS IN NJ**

Shuffleboard - make larger board; use drain gate for kids who need to drop disc in and not push with stick; modify rules



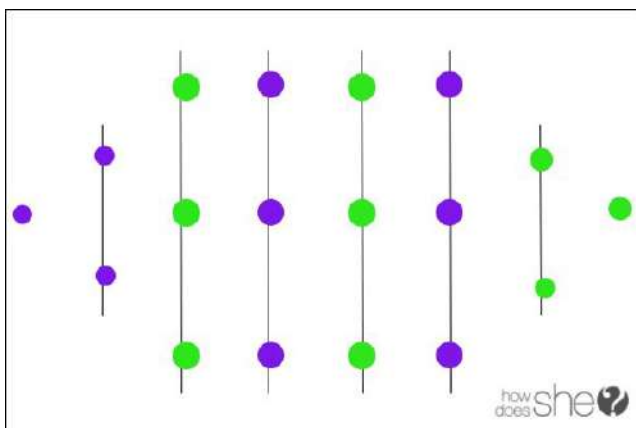
**Ping pong or table tennis**—Modify Rules (every successful hit across a pt; every successful return a point  
modify equipment: connect net to lunch table; no small ping pong too fast reaction time slower so use big softball plastic ball





**Backyard Fun** Grab the family and friends and have fun in the backyard setting up courses/nets/fields.

# Human Foosie Ball



Start by duct taping your piping or pool noodles together to make several long poles. (The length of your poles will depend on the size of the room you're playing in, and the number of people you're playing with) Evenly place the poles across your playing area. Then mark lines onto the floor on either side of each pole (approx. 1.5-2 feet wide) with masking tape or painter's tape. Players holding onto that pole cannot step outside of the marked area. At either end of the playing area, designate a goal. The goalies can use their hands. I've outlined what we used as our goal area. Each line represents a pole. Each dot is a person (green is one team & purple is the other). you have to have one hand on the pole at all times).