



# Hail Your Highness

Challenges

Selecting a  
“Highness”

Teamwork

Team  
Strategy

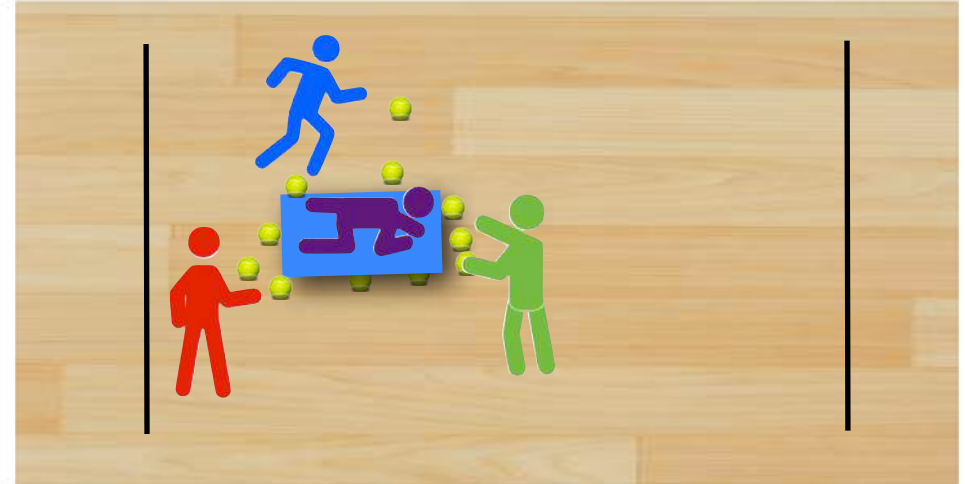


## Rules of Play

- The goal is to be the first team to quickly roll a folded mat (with tennis balls underneath) from a starting line to a finish line.
- Place the folded mats on the starting line and each team puts their tennis balls under their mat
- Designate one player per team as “the highness” and he or she lies on the mat
- On a go signal one player from each team pushes the mat with “your highness” on it toward the finish line while the rest of the team retrieves the tennis balls left behind as the mat moves forward.
- The players place the tennis balls under the front of the mat to allow it to continue rolling forward

## Variations and Progressions

- Add more people on the mat



## Game Info

### Equipment

40 Tennis balls per team, 1 Folded gymnastics mat per team

### Safety

Advise students to be careful when placing tennis balls under the mat

## Discussion

*Who should be the “highness” in your group and why?*

*Why is teamwork important in this game?*

*What is your team’s strategy for placing the tennis balls?*