

## **Innovative, Modified, and Fun Sports for Anybody in a Small Setting** (also called Modified Sports or Low Organized Games)

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### **New Jersey Student Learning Standards for Comprehensive Health and Physical Education**

- 2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
  - A. Movement Skills and Concepts
- 2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
  - B. Strategy
- 2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
  - C. Sportsmanship, Rules, and Safety

### **National Physical Education Standards**

- **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

### **Lesson 1: Sportsmanship and Teams**

#### **1. Objectives**

- Understand Sportsmanship expectations
- Make even teams
- Pick a Team Name

#### **2. Sportsmanship**

Teacher explains Sportsmanship expectations and how teams can earn points by following them, besides getting points from winning games.

- a. Fairness:
  - i. Abide by the rules and play fair

- b. Respect:
  - i. Talk and act politely with teammates, opponents, referees, teachers, coaches ...
- c. Teamwork:
  1. Do your hardest
  2. Avoid arguments
  3. Share the responsibilities of the team
  4. Encourage and support teammates
- d. Graciousness:
  1. In winning or losing shake hands

**EXAMPLE OF POSTER WHERE TO KEEP ALL THE SCORES:**

	Team Name	Poster	Ultimate Ball	Cheer	Subtotal Points	Sportsmanship	Volleyball Blanket	Flickerball	Sportsmanship	TOTAL POINTS
Team A										
Team B										
Team C										

**3. Teams**

- If you are not familiar with the students, on the first day make teams and let them play volleyball so you can observe and find 4 or 6 students that display excellent Sportsmanship qualities.
- 4 or 6 responsible captains (picked by teacher) will make 4 or 6 balanced teams without knowing which team they will receive
- The teacher randomly assigns the captains to a team
- When playing the games, if a team has more players than the other, the team with more members take turns substituting

## **5. Teams pick a name**

Teacher will ask other teachers to rate the team names chosen by the class from 4 to 1 points (if only four teams)

The score will go onto the poster

## **Lesson 2: Ultimate Ball and Poster**

### **Teams make a poster to get points**

1. Teacher provides paper and markers
2. Department teachers rate them from 1 to 4 points

### **Ultimate Ball**

1. Use a supersized, lightweight, soft foam football (Biggie football by Gopher) or a beach ball or an Omnik volleyball
2. Captains play "rock, paper, scissor" to decide who starts the game with possession of the ball
3. 5 seconds to pass
4. No walking when in possession of the ball
5. Loss of possession (when falls on the ground), ball for the other team
6. Coverage cannot be more than man to man. 3 steps penalty for the other team.
7. Touch down (point) only when the throw is coming from the field into the end zone, and it is caught in between the cones.
8. Team with most points, wins. They will get 1 point per game won to add to the Score board
9. If the game is a tie = 1/2 point per each team

## EXAMPLE OF TEAM ROTATIONS AND POINTS SHEET:

GAME: \_\_\_\_\_

Liz's Lilac Lizards	vs	OG Green Machine
Rojo Flames	vs	Sizzling Sunshine Sisters
Liz's Lilac Lizards	vs	Sizzling Sunshine Sisters
OG Green Machine	vs	Rojo Flames
Liz's Lilac Lizards	vs	Rojo Flames
Sizzling Sunshine Sisters	vs	OG Green Machine
Liz's Lilac Lizards	vs	OG Green Machine
Rojo Flames	vs	Sizzling Sunshine Sisters
Liz's Lilac Lizards	vs	Sizzling Sunshine Sisters
OG Green Machine	vs	Rojo Flames
Liz's Lilac Lizards	vs	Rojo Flames
Sizzling Sunshine Sisters	vs	OG Green Machine

TEAMS	GAME POINTS	SPORTSMANSHIP POINTS
Sizzling Sunshine Sisters		
Liz's Lilac Lizards		
Rojo Flames		
OG Green Machine		

### **Lesson 3: Cheer and Siamese Soccer**

#### **Teams make a Cheer**

Teacher assign points to the best cheer from 1 to 4 points.

#### **Siamese Soccer**

- Two players inside of one hula hoop
- Players keep hands on hoops (safety)
- Use big, soft dodgeballs or the like (safety)
- Small goals (around 5 feet width)
- Before attempting to score, players have to cross the halfway line

#### **OTHER GAMES:**

##### **Flickerball**

- Use a football and basketball baskets
- Start with a tip-off
- Player in possession of ball can walk 3 steps
- 3 seconds to pass, the other team will count loud “one-thousand...”
- Minimum 3 continuous passes (without bouncing and even after rebound) before throwing football inside the basket
- If ball touches the ground, whoever gets first to it gets possession
- If ball goes behind basket, the defending team of that basket gets the ball
- Win = 1 point

### **Blanket Volleyball (use smaller volleyball court)**

- Equipment needed: Indoor soccer balls and round table cloths
- Team players grab onto the cloth with hands making a round surface
- Before games, teams practice throwing the ball up in the air with the cloth and catching it with the table cloth without using hands or arms.
- Small courts and badminton nets (lower than volleyball)
- Ball can be passed over the net at the first, second, or third bounce from the cloth
- When the ball is on the cloth the team cannot move. Only walking when ball is in the air
- 11 points game

### **Noodle Polo**

- Equipment needed: beach ball and pool noodles for each player
- Only use noodle to hit ball (not carrying the ball or hitting other players)
- If feet are used to kick the ball, possession for the other team
- Goal is the width of the end wall
- Each score is one point and after scoring, start in the middle

### **Bucket Crosse**

- Each player has a small bucket
- One small foam ball (it bounces easily out and players have to use more skill)
- To throw the ball you can use your hands
- To receive the ball only use bucket. Hands hold bucket without touching the ball
- If ball bounces off, any player may pick it up only with bucket (after bouncing on the floor or scooping it up from the floor)
- A score happens when a player receives the ball in the bucket inside the end zone without the ball not bouncing at all. It has to be a clean throw and catch with bucket.
- If it bounces in the end zone, the defending team gets possession.
- No auto passes
- Win = 1 point

## **Big Ball Rugby**

- Equipment: Use one big Exercise ball (Swiss ball)
- Players can run with the ball or pass it
- Passes can only be sideways or back
- It can only go forward if kicked
- If a defender player tags offensive player holding the ball, the offensive player stops and makes a pass only sideways or back, or kick it forward.
- If ball touches ground, the other team gets possession
- First player starting the play after a foul or score CANNOT run with it, only pass or kick it.
- Score by running with the ball in the end zone or by catching a clean ball in the end zone after a kick. If it bounces in the end zone, the other team gets possession.
- If the other team makes an infraction (throwing it forward) the other team gets possession of the ball. The person starting the play has to pass it or kick it. (no running)
- No taking/hitting ball from other team hands
- After a team scores, the other starts in the middle of the field
- Win = 1 point

## **Defender of the cone**

- Equipment: 2 big cones with a bean bag resting on the top. Cone is surrounded by poly spots on the floor to mark an Off-limits Zone for both offensive and defensive players.
- The objective is to knock the bean bag from the top of the cone by throwing the Frisbee at it and without stepping inside the Non-circle
- 3 seconds to throw
- 3 passes before knocking
- If Frisbee touches the floor, other team gets possession. New team taps floor with Frisbee before throwing to a teammate.

## **Mobile Goals**

- Equipment: 2 ball carts (like the deep volleyball carts)
- Odd number of soft balls (7) like dodgeball
- Put a time limit 4'
- Start with balls on the middle of the court and both teams by the end lines
- Each team has a goalie pushing the cart away from the other team
- Players in possession of a ball can only walk 3 steps. They cannot auto pass or roll the ball. They have to pass to a teammate or throw ball inside the other team's cart.
- Goalies cannot deflect ball with hands, or covering the cart with hands or body
- The team with the most balls wins

## **Net less Volleyball**

- Equipment: Big exercise ball (Swiss ball)
- Use the volleyball court without nets
- The two 3-foot lines area is the imaginary net
- Start with an underhand serve or kicking the ball with the foot (serve has to have an arc)
- You can touch the ball using any body part
- A same player can have consecutive touches
- Any number of touches is allowed before hitting the ball to the opposite court
- If the ball falls inside the "net" or outside the court, point for the other team
- If the ball is going to fall inside the "net", a player can step inside and volley the ball back to her/his team
- 15 points