



## Protect The Castle

### Description

### Supplies

- 10 Large soft balls (soccer balls, volleyballs)
- Cones/markers
- 5 Bowling pins/empty bottles

### Description

Students work together to protect their castle/ targets in this active ball game.

### How to Play

1. **Prep work:** Set up bowling pins/empty bottles in middle of space. Arrange cones/markers around the bowling pins/empty bottles around 10 feet away from the middle. Put balls around the outside of the cones.
2. Divide students into two teams.
3. Team 1 begins on the outside of the cones with the balls. Team 1's goal is to try to knock over the targets by underhand rolling the balls. Team 1 must only roll a ball when they are standing outside the cones. They can go inside the cones to retrieve a ball, but must go back outside before rolling again. If they successfully knock over a target they can collect it and that is 1 point for their team.
4. Team 2 begins in the middle of the cones by the bowling pins/ empty bottles and tries to protect the castle/targets by blocking the rolling balls.
5. Allow each team to get in position, and start the timer for 5 minutes. At the end of 5 minutes count how many targets they achieved.
6. Have teams switch roles and start the timer again.
7. The team with the most targets knocked over is the winner!

## Activity Prompts for Reflection

- What kind words did you use during this activity?
- What helped your team to work together?
- Is there anything that was a weakness of yours during this activity?
- How did you use one of your strengths during this activity?

## Other Ways to Play

- Move the cones further away from the targets to make this more difficult for the rollers.
- Use different types of throws/rolls to knock over the targets. For example: chest pass, underarm throw, overarm throw.
- Add in a rule that if the protectors of the castle catch the ball in the air the person who threw it has to stand on one leg.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

### Category

1. Activities
2. Relationship Skills

### Sel-competency

1. Relationship Skills

### Allotted-time

1. 20 minutes

### Themes

1. Ball Games