Name/Title: 100 BALLS

Purpose of Event: Many elementary schools celebrate the 100th day of school with various classroom activities. Physical education classes get involved by using locomotor skills and ball skills, and have students count to 100 using 100 balls. This includes a game called Hungry, Hungry Hippos to practice the throwing technique.

Prerequisites: Students should be able to: 1) count to 100, 2) move safely around objects on the floor without touching them or other students, 3) know the underhand tossing technique, and 4) shoot with two-hand imprinted basketballs.

Suggested Grade Level: K-2

Materials Needed: 100 Balls (50 small plastic balls from a ball pit), 25 playground/bumpy balls/imprinted basketballs, 25 soccer balls (This should total 16-17 balls of 6 different colors to equal 100.), 6 large plastic tubs or trash cans for targets

Description of Idea

100 balls are scattered around the gym before students enter the gym. To begin, a locomotor movement is called out and the students move around the balls to music. The challenge is to move without touching any ball. When the music stops, students are given an activity to do. For example: touch 10 different balls with your hand as you count to 10. The teacher directs another locomotor movement and the music begins. A second activity is given when the music stops. This could be toss and catch a ball as you count from 11-20.

Here are other possible activities:
21-30: Jump 10 times beside a ball
31-40: Dribble a ball 10 times with your non-dominant hand. Decide which ball bounces the best.
41-50: Toss and catch 10 times with a partner.
51-60: Toss, clap and catch.
61-70: Hop beside a ball.
71-80: Touch 10 different balls with your foot.
81-90: Dribble 10 times with your dominant hand.
91-100: Bounce and catch with a different partner.
When finished, students high-10 their partner and say “Happy 100th Day!” Continue to change locomotor movements: gallop, jump, walk, jog, crab walk, bear walk, etc.

Kindergarten students can count out loud during the locomotor movements to help them learn the numbers. Learning is enhanced when the numbers are repeated during the activity with the ball. For example, students count from 11-20 doing the locomotor movement and again as they toss the ball in the air.

HUNGRY, HUNGRY, HIPPO
Big plastic tubs are placed on the floor for targets when it is time to pick up. The tubs are labeled with colored paper and the word to help students learn colors. A line or mark is used as the throwing line. 6 colored teams are placed behind their colored cone. The class pretends the balls are meatballs and a hippo lives in each lake(tub). Each hippo likes a certain colored meatball and at this time of the day they are very hungry. On the signal HUNGRY, HUNGRY HIPPOS, the students run to one of their colored balls, take it to their line, and toss it to the hippo. If they miss, they try again.
I usually tell the students to toss the small meatballs underhand and shoot the bigger balls. Review throwing techniques before the start. When a team is finished students run behind their cone, sit down and say, "The yellow hippo is full!" While waiting they can count the balls in the tub.

Assessment Ideas:

Teacher observation on tossing, locomotor movements and ball skills.

Adaptations for Students with Disabilities:

Have 2-3 different tossing lines for success.

Submitted by **Bonnie Rodgers** who teaches at Crestview Elementary in Carlisle, PA. Thanks for contributing to PE Central! **Posted on PEC: 3/9/2008**.

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