

FOCUSED FITNESS

Activity Title: Accountaball

Grade: 4-12

Objective: To work together as a team to score points using your body and brain.

Explanation: Playing ultimate ball (same as ultimate Frisbee), students will work together to move the ball across the court and past the opponents end-line. If the ball touches the ground it is a turnover. When a team successfully passes the ball over the end-line the Accountaballers (one per team) run to the mid-court sideline. The teacher asks the Accountaballers a question (While this is happening, a new game starts on the court). The first person to answer correctly gets an additional point.

Modification: Accountaballers run to mid court and answer a pre-written question (short answer or multiple choice) on their teams Accountasheet and the answers are totaled as a group as a formative assessment at the end of the game.

Directions:

1. Make two teams (use flags, or pennies).
2. Pick one person to be the Accountaballer for each team.
3. On the teachers signal to start both teams begin passing the ball and trying to get it across the opponents end-line.
4. Students can only take 2 steps with the ball and hold it for 3 seconds.
5. Turnover if: take more than 2 steps with the ball, hold it for more than 3 seconds, it hits the ground, you score.
6. If a team scores by crossing the end-line the Accountaballers run to the sideline and get ready to answer a question.
7. The next game continues without the Accountaballers.
8. The teacher asks a question. Whichever Accountaballer answers correctly gets a point for their team.
9. After the question, the Accountaballers re-enter the game, give their 'Accountaballer jersey to a new student on their team and continue.
10. You can score points by working as a team to make the ball cross the end-line or by answering a question correctly as an Accountaballer.

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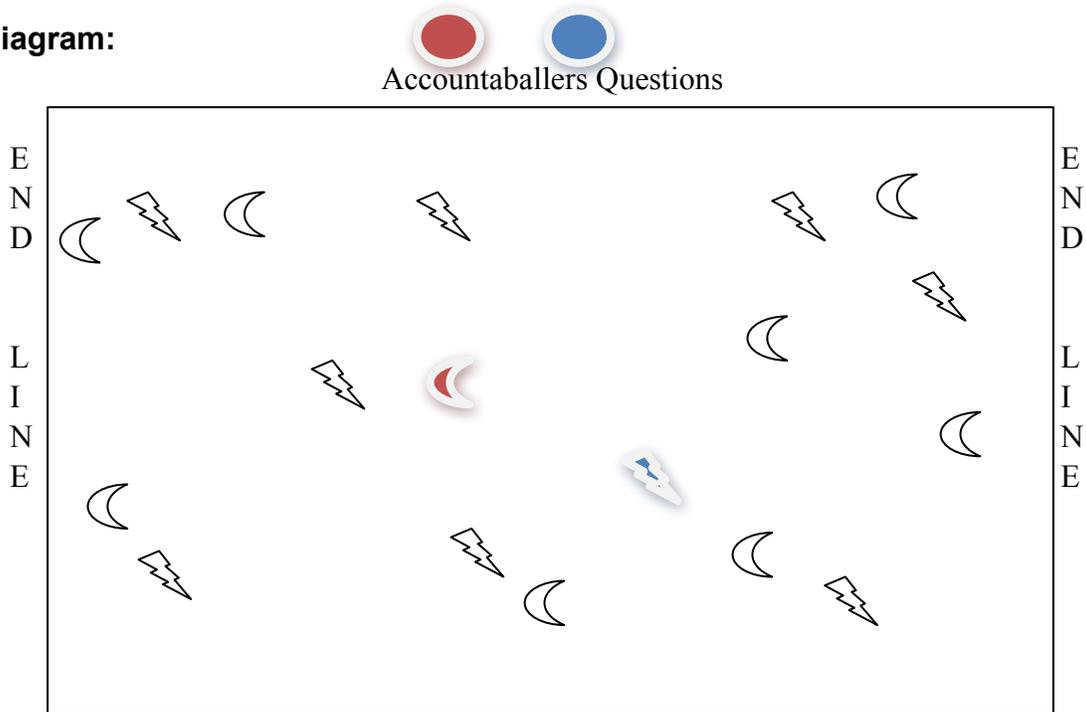
Assessment Ideas:

- ❖ Direct your questions to the Accountaballs that are specific to your big idea ie: SMART goals, FITT principle, components of fitness, nutrition
- ❖ Have Accountaballs write their answer and review all questions as a class at the end of the game.

Equipment:

Flags for each team, two pennies (one for each Accountaballer), ball or Frisbee, 2 hula hoops, questions for Accountaballs.

Diagram:



KEY:

Blue team-----		Accountaballs hula hoops-----		
Red team-----		Accountaballs-----		