

## BallsEye™ Activity Guide

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### Introduction

Congratulations on your **BallsEye** purchase. The **BallsEye** incorporates catching concepts like the “Soft Hands Trainer” for developing catching with 2 hands, plus a hook-and-loop target for the tennis hook-and-loop type ball to stick to.

**BallsEye** provides a natural transition from throwing and catching to other games with similar skills. A student becomes a fielder using the **BallsEye** as a glove substitute. There are 2, hook-and-loop thumbs in different colors beside the bulls eye so physical educators can give a right-hand or left-hand discrimination cue to students wearing the **BallsEye**. This allows a teacher to say, “To catch with your left hand, the yellow thumb should be on the left side.” There is an elastic inner band to keep the fingers and hand in place. An additional element of the **BallsEye** is the adjustable hook-and-loop wrist wrap strap, which keeps the pocket and sleeve securely in place.

The oversized pocket allows a larger target area. The bulls eye adds fun and incorporates hand-eye coordination in the throwing process. A teacher can also assign point values to the 2 target colors to challenge students to throw and catch their target. This device can be used with throwing and catching lessons, then advancing to other games.

The color selection was chosen to give visual tracking ability, even from several feet away from their partners. Students in Adapted PE classes can use the **BallsEye** to assist catching by providing the larger target area to catch with, and a better visual to throw to. The hook-and-loop feature creates a more stable way of securing the ball after the throw. This activity guide was written to help you and your students get the most benefits from **BallsEye**.



### Activities

#### GAME 1: BALLSEYE THE ELIMINATOR

**Equipment:** Volleyball net, 1 **BallsEye**/student, 1 hook-and-loop ball.

**Ages:** 3rd grade and up.

**Formation:** Volleyball net is set up in middle of gym. Students are divided into 2 teams.

**Procedure:** One student begins the game by throwing the ball in the air over the volleyball net, but not past the foul line. If the throw goes outside the volleyball boundary, then the student is eliminated. Student on other side attempts to catch the ball. After the throw, the student sprints to the opposite end and gets in line there. As students are eliminated, the running becomes faster and when the game gets down to the last player, he/she must catch his/her own throw to win the game.

#### GAME 2: FITNESS MATH

**Equipment:** 1 **BallsEye**/student, 1 hook-and-loop ball, math flash cards.

**Ages:** 1st through 5th grade.

**Formation:** Circle with 1 student in the center.

**Procedure:** Students are given assigned numbers. Teacher calls out math facts. Students compute answers in their heads. Center player throws the ball forcefully on the ground within the basketball-jumping circle. Student with the correct answer to the math question who has the assigned number attempts to catch the ball. If he/she misses the ball or the wrong person fields the ball, then that person would be eliminated briefly while he/she does a fitness activity, such as 10 jumping jacks, before returning to the game.

### **GAME 3: BALLSEYE BLAST**

**Equipment:** 1 BallsEye/student, 1 hook-and-loop ball, softball bases.

**Ages:** 3rd grade and up.

**Formation:** One team is scattered in outfield. One team is up and waiting in line.

**Procedure:** Thrower throws the ball toward the field. Student races around the bases. He/she scores 1 point for each base touched prior to the fielding team completing 4 consecutive passes. The passes may be varied by age group or skill level.

### **Game 4: BallsEye Ball**

**Equipment:** 1 BallsEye/student, 1 hook-and-loop ball.

**Ages:** 3rd grade and up.

**Formation:** Scattered for fielding team. Throwing team in line.

**Procedure:** Throwing team attempts to throw the ball against the wall and get past a specific line for a single, double, triple or home run. Thrower steps up to plate, but then turns his/her back to fielders as ball is thrown against wall behind home plate. The ball must land within the boundary lines of the basketball court. Court is divided as follows. First foul line is a single, half-court line is a double, other foul line is a triple. If the ball hits back wall and rolls past the triple line then it's a home run.

### **Game 5: Mat Ball**

**Equipment:** 4 tumbling mats, 1 BallsEye/student, 1 hook-and-loop ball.

**Ages:** Elementary.

**Formation:** Fielding team is scattered behind the half-court line, throwing team is behind home plate in line. Mats are at each base.

**Procedure:** Ball is thrown and the runner attempts to stay or advance at his/her own risk. If the player is between bases, he/she is out if the ball is placed on the floor inside the center circle. All runners off a base when the ball is touched are out.

### **GAME 6: ULTIMATE BALLSEYE**

**Equipment:** 1 BallsEye/student, 1 hook-and-loop ball.

**Ages:** 3rd grade and up.

**Formation:** Two teams in scattered formation on the field or gym floor.

**Procedure:** Each team must complete 5 passes to score a point. When in possession of the ball they must freeze. Any loss of control begins the count from 0. No personal contact is permitted to dislodge the ball. The opponents may intercept or block passes.



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