

Endurance



SUMMARY	Two players compete to see who can bounce a ball on a paddle longer
SUPPLIES	<ul style="list-style-type: none">• 2 balls• 2 paddles <p>You can use a variety of items depending on what you have available. You can use anything from ping-pong balls, tennis balls, or even wadded paper for the ball. As for the paddle you can use tennis rackets, ping-pong paddles, or a clipboard.</p>
SET UP	<ul style="list-style-type: none">• Select a player from each team• Give each player a ball and a paddle
GAMEPLAY	<ol style="list-style-type: none">1. When you say "GO!" the players bounce their ball on their paddle.2. The player who can bounce their ball longest wins!
VARIATION	<ul style="list-style-type: none">• Have the players go one at a time and let the class count out loud how many times they can bounce the ball. The player who bounces the ball the most times wins.

VERSION DATE: August 2019