

## *All Hands On Deck*

**Recommended for:** Physical Education grades 2–8 and CrossFit kids.

**Skills developed:** Overhand throw, catching, rowing technique and use.

**Objective:** Knock down the other team's pins and protect your own.

**Suggested equipment:** One or more Concept2 Indoor Rowers, 8–12 Gator skin balls, 4 scooters, 4 gymnastics mats, 16 or more bowling pins.

**How to get started:** Divide the class into four teams. Each team has a gymnastics mat, which is their ship. They set their mat somewhere in the gym and place a pin on the floor on each end and side.

**How to play:** Students will attempt to throw gator skin balls at the pins of the other teams. Meanwhile they will protect their own pins without stepping off the mat into the "water." Lifeboat captains will "scoot" around and round up gator skin balls to supply their teams with balls to throw. If a team gets a pin knocked over they can send a player to the indoor rowers and row 200 meters for the right to put a pin back up again.

### **Miscellaneous rules:**

1. Lifeboat captains must be in contact with the scooter at all times.
2. When a boat is sunk (pins knocked over), they may send a rower and get back in the game. The team with the most pins upright at the end of the time frame can claim victory.
3. Players cannot stand near an indoor rower and wait for an empty indoor rower, they must run over when there is a vacancy.
4. Players must stay on the mat unless they are Lifeboat captains.
5. Lifeboat captains may change jobs when they are fatigued.

### **Notes:**

Contributed by physical educators Paul Buehler and Rebecca Lewis, Elizabethtown-Lewis Central School, NY, June 2010.

## **Contact Us!**

877.887.8014

[concept2cts.com/schools](http://concept2cts.com/schools)

[kidsrow@concept2cts.com](mailto:kidsrow@concept2cts.com)

Cheryl Hamilton ext. 3069