

Meel Club Massacre

Equipment)

1. Volleyball net (bottom of net needs to be 3 ft. high)
2. Meel Clubs (10 for each team – 20 total)
3. Beanbags (10 for each team – 20 total)
4. Nerf balls (10 for each team – 20 total)

Game Procedure)

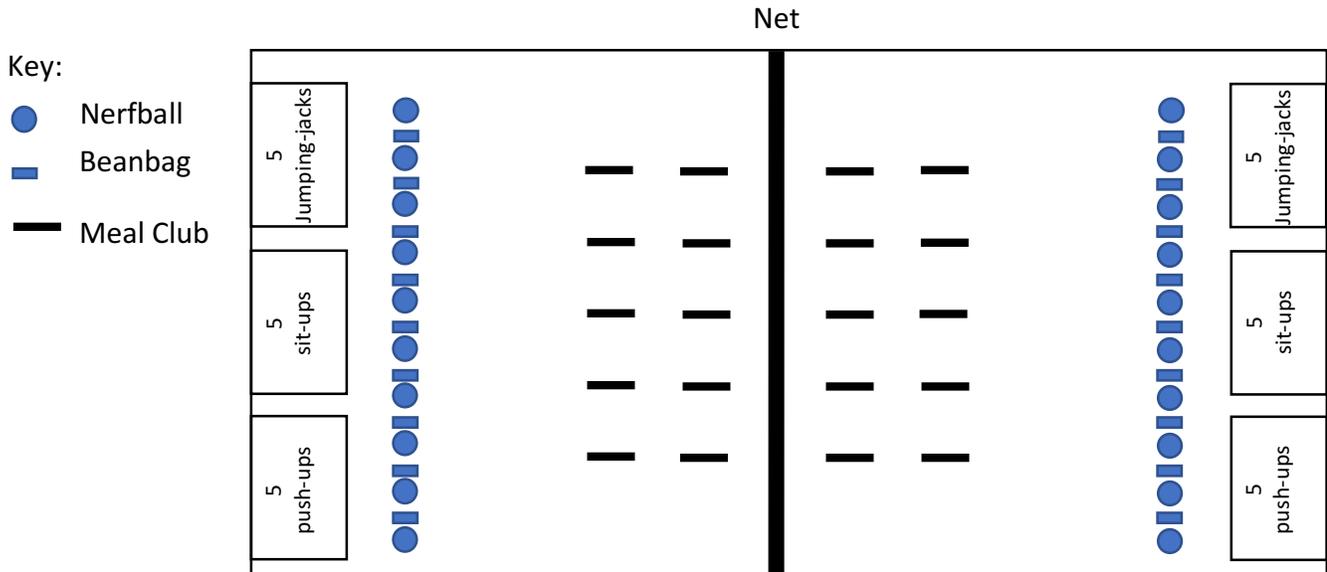
The class must be divided into 2 equal teams. At all times, beanbags must be thrown bowling style under the net. Nerf balls must be thrown over the net. The object of the game is to knock the opposing team's Meel Clubs over either with the beanbags or the balls. The first team to knock down the opponent's clubs is the winner.

Students may get out if the following occurs:

1. If foot is hit by moving beanbag (beanbags may be stopped with hand)
2. If hit by opponent's ball
3. If thrower's ball is caught
4. If any body part touches the net
5. If they throw the beanbag any way other than bowling style (beanbag must skid on the floor)

When a student gets out, they must go to the three mats set up at the end of each court. On the first mat, the students must do 5 push-ups. On the second mat, they must do 5 sit-ups, and then 5 jumping jacks on the third mat. Once these exercises have been completed, the student may return to play.

Students start the game with one foot on the mat.



We tried having the students do 10 push-ups, 15 sit-ups, and 20 jumping-jacks, but that took the students too long and since most of the them got out numerous times, it was too exhausting. We also tried having only one student on a mat at one time. This worked good for the first couple times through. Then we allowed as many students on the mat as possible, but they had to do the exercises in the same order. You may find that you don't have all the equipment needed to play the game like we have explained. You may want to use Pringles cans instead of Meel Clubs, etc.