**“Spikeball” Scoresheet**

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| --- | --- | --- | --- | --- |
| **Level** | **Number of Rallies** | | | |
| **1st Try** | **2nd Try** | **3rd Try** | **4th Try** |
| **Pattern 1** – Bounce, “pop”, catch using dominant/”pencil” hand OR both hands |  |  |  |  |
| **Pattern 2** – Bounce, “pop”, “pop”, catch combo (catch with 1 or 2 hands) |  |  |  |  |
| **Pattern 3** – Bounce, “pop”, “pop”, “slam”, catch combo |  |  |  |  |
| **Pattern 4** – Bounce, “pop”, “pop”, “slam”, combo (continuous) |  |  |  |  |
| **Pattern 5** – Bounce, “pop”, “pop”, “slam” combo, using a target or to a family member (continuous) |  |  |  |  |

**Directions:**

Perform each pattern for 1 minute. Set your timer or follow along with Miss H. to complete each pattern! Be sure to write down the number of rallies you completed after each minute. Use this sheet as your reference to try to beat your score the next time you tackle the “spikeball” challenge!

**Terminology:**

“Pop” = underhand hit so the ball goes upward in the air

“Slam” = overhand hit so the ball goes downward to the ground

Rally = a pattern that repeats itself over and over again with minimal errors

**Equipment Needed:**

Tennis ball or ball that will bounce

Open space ☺

Sidewalk chalk, paper plate, blanket (shaped like a circle), or any item that will form a circle

1-minute timer (optional)

“Spikeball” video:

Miss H.’s website: [www.misshpe.weebly.com](http://www.misshpe.weebly.com)