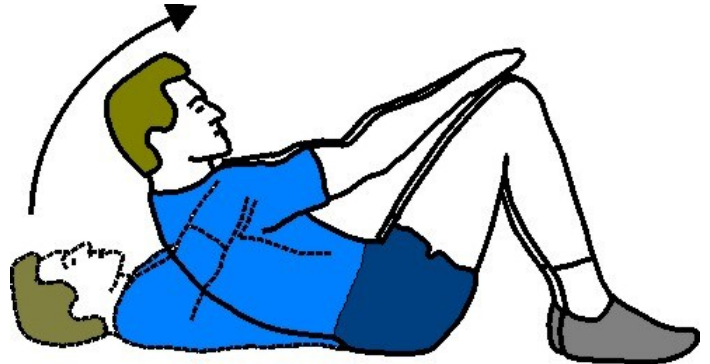


CURL-UP "BASKETBALL"

DIRECTIONS: Follow the form of the curl-up and continue to use proper form throughout the game. You may step on each other's feet if that makes it easier to curl-up.

CURL-UP FORM

1. Lay on your back with your knees bent at a 90-degree angle. Feet are 12 inches apart and flat on the ground.
2. Place your hands by your side, flat on the ground OR you can cross your arms across your chest.
3. Slowly lift your upper back and torso off of the ground by flexing your abs.
4. You should rise up so that your back is at a 45-degree angle with the ground.
5. Slowly lower yourself back down towards the ground back to starting position.
6. Repeat motion continuously until you complete the set.



RULES (Play to any score you want)

GOAL: MAKE THE BALL INTO A HOOP AS MANY TIMES AS POSSIBLE. PLAY AN OPPONENT TO COMPETE!

1. YOU MUST REMAIN IN CURL-UP POSITION THE ENTIRE TIME. (NO ELBOWS)
2. YOU CAN ONLY SHOOT THE BALL **ON THE WAY UP**.
3. **PERFORM A CURL-UP** WHILE SHOOTING THE BASKETBALL.
4. EACH PERSON GETS **ONE SHOT PER TURN**.
5. START WITH A GAME OF "**ROCK-PAPER-SCISSORS**" TO SEE WHO STARTS
6. **TAKE TURNS** SHOOTING.
7. THE DEFENSE **MUST** PERFORM A CURL-UP IN ORDER TO BLOCK.
8. BOTH PLAYERS MUST CURL-UP **AT THE SAME TIME**.
9. A PLAYER HAS **3 SECONDS** TO SHOOT THE BALL.
10. YOU MUST **MAKE IT INTO THE HOOP** FOR A POINT.

EQUIPMENT NEEDED



CRUMPLED PAPER BALL



BALL OF SOCK



SMALL BASKETBALL



TRASH CAN



HAMPER



ANY BIN