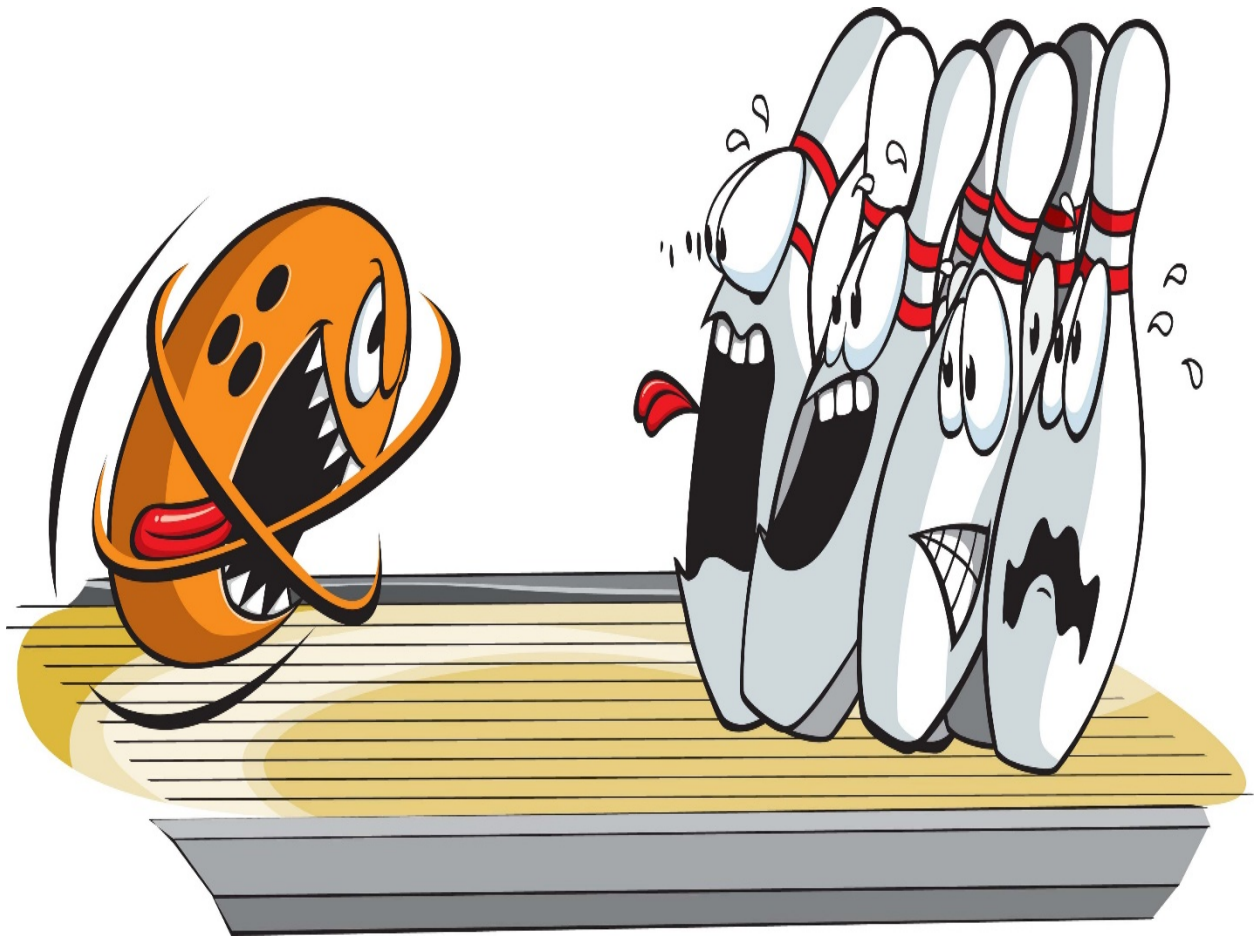


Underhanded Releasing / Throwing and Bowling



Dale H. Sarratt

SarrattsystemsPE.com

Introduction:

Welcome to underhanded releasing, throwing skills, games and bowling! Over the years I've found that some teachers are quite strong in this area; in fact, I've known teachers who used bowling as their main unit in gaining NBCT. However, a few teachers are like me, waited too long, to fully appreciate bowling. Once I started teaching the unit the students and I really enjoyed it. I was wrong to think it was going to be boring.

The goal here is not to provide a comprehensive review of all the tricks, skills and games of underhanded throwing and bowling. There are complete books and workshops on the matter. However, the included information may enhance your program with couple activities you've never been seen before. I'm hopeful you'll find some gems.

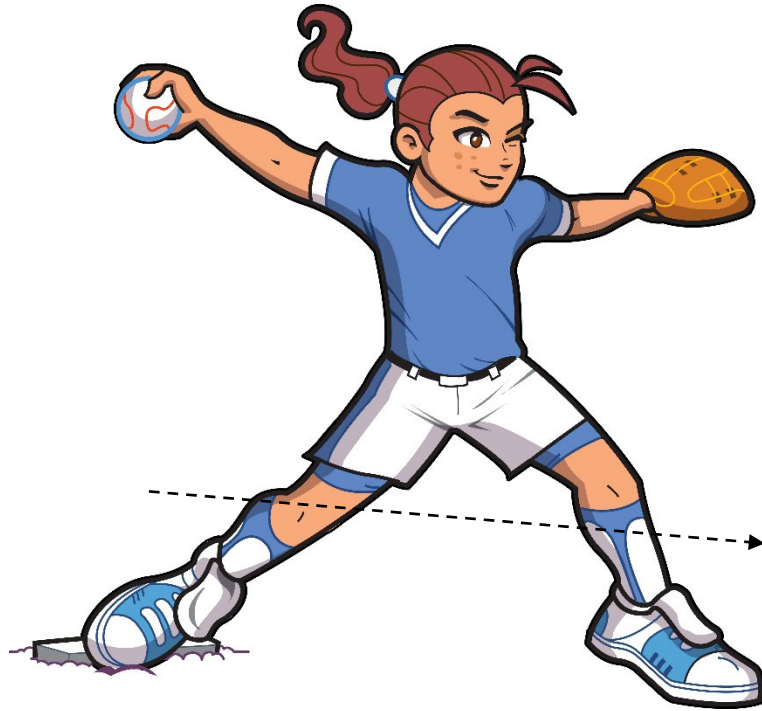
The purpose is clear; the underhanded (UH) motion of throwing and striking skill is needed in many sports and games. It's important to teach and practice the UH skill and use it in games so youngsters have the foundation. A few of the most common activities that use the UH motion of throwing /releasing and striking are bowling, softball, volleyball, cornhole, horseshoes, badminton, bocce and others.

For underhand tossing and sliding/catching, etc. There are lots of balls that work wonders. However, bean bags (BB) are one of the PE teacher's best friends for many reasons. BB's are safe, inexpensive, easy to toss and fairly easy to catch and best yet, they don't roll away, but slide when needed. *Koosh/Smoosh Balls rubber band balls* (Great Lakes Sports # 11701 & 11702) are great too, kids really like them. They don't roll away, but they don't slide when needed. So they are great for some of the following tossing and catching skills used below. Stick with BB for the sliding skills and games.

Moving on: Every PE text book has the basic tricks of UH tossing and catching. So I'm passing (pun intended) on these tricks and skills, and moving onto a few key activities, games and concepts you may find helpful in your program.

#1 Hand? Each time we work with young learners, we need to discover their #1 hand and #2 hand? Which is their dominant hand? #1 hand. And that learner knows which hand is their dominate hand. Sometimes you have to ask a youngster to show you which hand they write with, brush their teeth with, eat with, hit, strike, etc. It's a good idea to write down every student #1 hand in your grade book. Are they a righty or lefty?

What are the UH opposition skills? Eyes on the target. Tick tock, tick tock! Scissors position. Opposite foot forward. With a nice straight arm. Bean bag or ball comfortably in #1 hand, palm up. Students must learn and constantly practice this. (See below)



Cooperative UH Pass and Catch: Eyes on target. Tick tock, tick tock! Scissors position. Opposite foot forward. Set-up a pair of poly spots (front and back foot) and pairs to toss BB/Koosh balls back and forth cooperative catching. Back and forth catching cooperative catching. Remember my simple teaching progression of skills: cooperatives>>challenges>>competition.

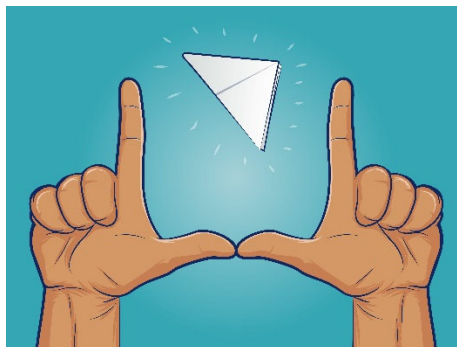
Target Toss Challenge: Set-up partner pairs of poly spots (front and back foot) and buckets to toss Koosh or yarn balls into buckets. Students can work in pairs. Keep count of score. (Collective Score) Back up when they reach a ____# for further challenge.



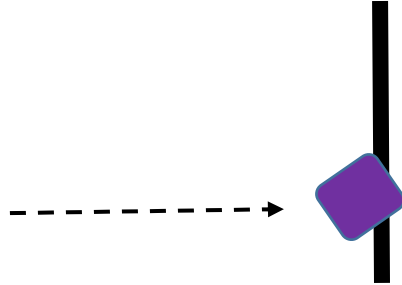
V-Feet Challenge: One partner creates a big **V shape** with their feet, toes out wide, heels together. The other buddy then is challenged to slide the BB inside buddies' feet! Use a bean bag to slide inside V feet. Partners can count how many they get. (Collective Score) Once they get to a cooperative total, like five or so, they can take a step back for a further challenge.

Note: When first gripping a bean bag, very young learners should grip in the palm of the hand, and not the finger tips. With fingertips there's no control, only with the palms. This may seem overly simple, many of us overlook this, and the BB end up flying everywhere. Also, larger high quality more expensive BB's perform very well and are well worth the investment.

Paper Football Challenge: (grades 3-5) (Sarratt) I recommend demonstrating how this game is played before sending the partners out to play it. Using bean bags, partners spread out in the gym with the BB's, and slide it back and forth across squares, basketball lanes, and four square boxes. The goal is for the slider to get the BB to stop on the opposite line, kind of like in paper football on top of the desk (edge); if so, he/she scores a touchdown!



Any part of the BB on top of line would count as a score.



Players must step with opposition, and not over the boundary line. Players are honest referees for their buddies helping them know if they scored a touchdown. Each partner can keep their own score. Switch to new partners after a few minutes for new games and challenges. Super cute lead-up game, learning the skill!

- **Variation/modification:** play teams/partners! They love it!

Slippery Slider: (grades k-5 Larry Gordan and Dale Sarratt)

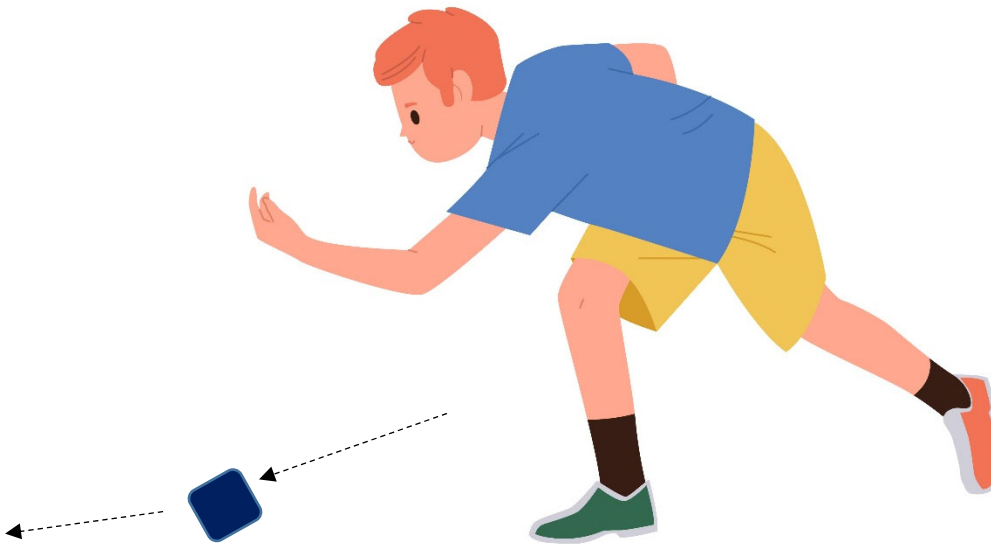


Introduction:

Now we are getting somewhere. Welcome to Slippery Slider! Are you ready to challenge your students a tad more with a bit of fitness to mix! This game was invented by my buddy Larry Gordan, and I just slid in some new material to gamify it, to give it spark. My guess, you'll be playing it tomorrow!

Why are we playing Slippery Slider?

- ✓ To super challenge to UH motion, starting position, scissor position and even provide a fun little fitness activity.



Equipment and facility: (See diagram below)

Each player with bean bag. Create three lines/areas. One line is in the center of the two; this is target area. The lines out wide are the start lines. The distance of the start line depends on the age/ability of the students, closer for grades like K-1 and much further out for grades 4-5.

Organization: (see diagram below)

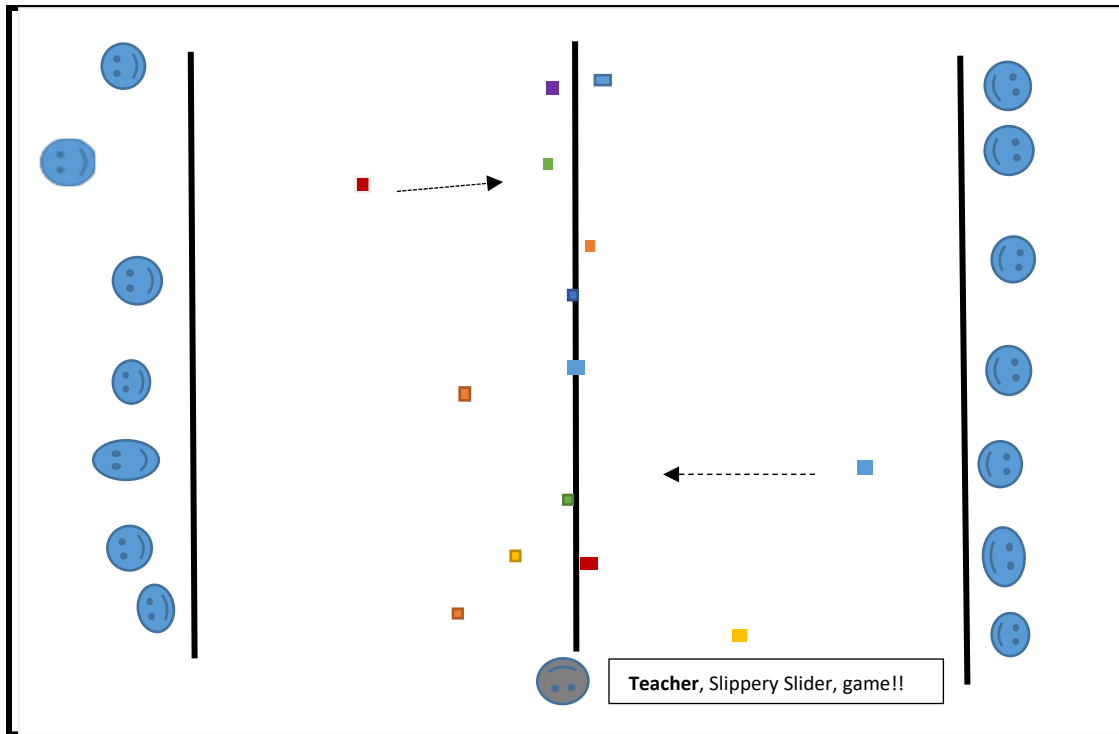
Students will be behind both outer lines/start lines facing each other and looking at center line/area/target. It may (most likely) be necessary to tape either the center line(s) or the starting lines. Use your judgement on the distance/grade/level. You will get this!

How we play Slippery Slider:

Each player will have her/his own bean bag. Please note, this is not a team game, but an individual challenge, learning opportunity. However, kids will desire to get a win.

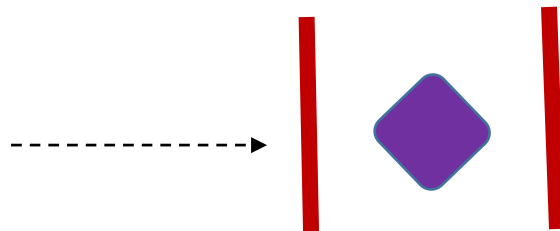
- It's best to role model/demo the following procedure and play a few rounds with students until they have it down cold.
- Before each round motivate/challenge all players to quickly get in their starting position as fast possible. Each side will get in opposition/scissor foot position as discussed above. (And practiced in previous activities)
- Look at the center line.
- Hold BB in dominate/#1 hand. Palm of hand.
- Feet behind the end lines/starting lines.
- Swinging their arm back and forth, tick-tock, tick tock. Thinking, *"How hard do I need to swing and release this bean bag?"* **Effort quality.**
- On start signal (*Game one, go!*) All players UH slide BB toward the center line!
- Teacher is staring straight down the center line and can see if any BB is on top of the line.
- No knee slides/falling down. Play on feet.
- After sliding, no student is allowed to touch (or move) his BB to create a winning score. (Honesty)
- **Winner!** If a BB is on top of the center line, (honesty policy) player just stands and points at it. Don't pick it up quite yet.
- **Did not win:** All the other students, who did not win, pick theirs up, and run back, to the starting position, tick-tock, tick-tock getting ready for the next game which is going to happen in a flash!
- **Teacher walks up the line.** Winner gets to pick his/hers up, AFTER, they get a high five from the teacher! Then winner run back and join the rest. Tick-tock, tick-tock.
- **Wait:** Don't start each flight if a player is not in proper opposition position; swing back and forth, tick-tock, tick-tock, or foot over the line. A gentle little reminder is all that needed. "Tommy, your foot is over the line." "Sally, switch your feet."
- **Faster and closer:** After a few games/challenges, you will be able to speed the process up, and the kids will have the routine down cold, and they will start getting the BB closer and closer to the center line. And games played faster and faster. The kids will just love it!

Slippery Slider Set-up



Variation:

Double center lines. Tape two lines side by side next to each other. This make a larger center target. About foot or so wide works well. Any bag in the middle, or line wins!



Slippery Slider 2: (Grades 4-5)

With this gamification challenge, one side / line of players will slide at a time and across the entire length of the floor to the other side where the other player's line is located. I stand on this far side and also ask these non-sliding players to take a step or two backwards or before other side slides. Of course, SS 2 is quite challenging so use your best judgment on dimensions.

Teaching Tips:

Teach learning progression for younger students, like K-1 graders. Have each side practice sliding one at a time, while the other side waits and watches. This structure is simpler to understand, and instructor can perform the drill with each side a few times with them before playing the game with both sides going at the same time.

Closure and reflection:

- How did the students perform using the UH motion with BB in these activities?
- Do they have UH motion down cold, opposition, and know their #1 hand?
- We now move into using larger balls and into bowling activities!
- Both SS 1 and 2 help reinforce line control, UH opposition honesty with efficacy and enticing fun. I thank Larry Gordan for his original game.

Bucket Ball: (Sarratt)

Target practice: With Bucket Ball we change the bean bag in for medium size ball. (Example 6" **Ultra Skin** Great Lakes Sports #G6SET). We are now learning and practicing rolling UH releasing skills that will lead into bowling and Guard Your Pin. Partners spread out and hold medium size bucket on its side. Open side to the bowler. Medium size dollar store buckets work well or use the very large cup stacking buckets. Tilt them on their side. The goal is to roll the ball toward the bucket and get it in. Great shot! Review the scissors position, opposite foot forward, and using the tick-tock, tick-tock arm swing. Kids can take turns holding the bucket, and rolling a few, then switching roles and rolls. They can keep scores and back up after ____# amount. Switch partners and try again.

Cooperative Speed Bowling (grades 3-5, adapt for younger students) (Sarratt)

Introduction:

Many years ago before I learned about bowling lanes, and acquired my own six lanes and pins, I created my own little bowling program, Cooperative Speed Bowling. So if you don't have access to an in-school bowling program and six indoor/carpet bowling lanes, this little game may help you. We just have to be a tad resourceful.

Why are we playing Cooperative Speed Bowling?

- ✓ To cooperative, be honest and use our bowling skills to the best of our abilities to score points as a team!
- ✓ To provide fast fun bowling experience
- ✓ To practice our bowling skills
- ✓ To cooperate with our teammates

Equipment and facility:

- Create six bowling lanes-age grade appropriate/distance
- Six light indoor bowling balls (borrow from local school)
- Bowling pins: three – six per lane (or more if you want)
- Pringle cans: if you don't have bowling pins don't worry, have kids bring in empty Pringle cans with lids and make your own pins. I did this for years. Three-six per lane. Place a tennis ball in the bottom (yes it fits!), newspaper to fill space, use colored floor tape to create one of the 6 colors on the Pringle cans, and tape and seal top. They will last for years/many activities.
- **Double sided Flip board scorers:** Example and good options are Gopher Sport: PointPro # GL11-005, Great Lakes Sports: GY153M & FAS10, Sportime: 91394127-545. Use can use colored tape on the scores to match the color of the pin/ball/team color.

Organization:

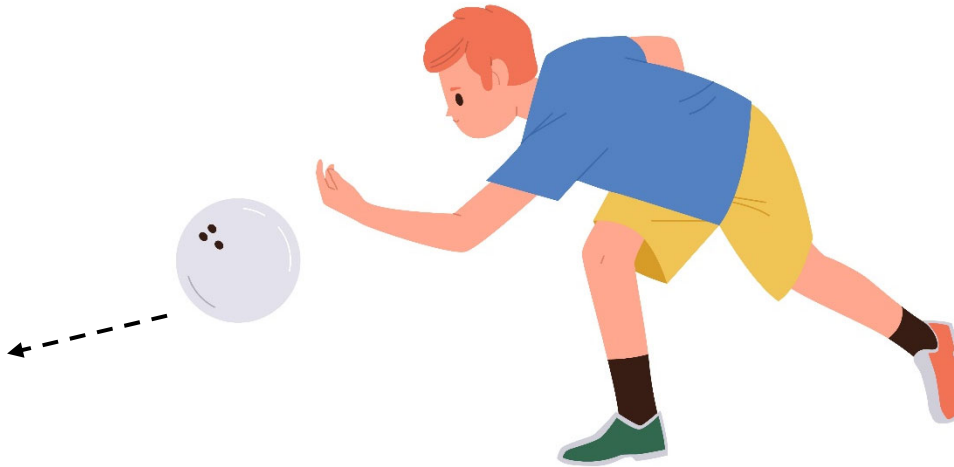
- Create 6 lanes for bowling and use between 3-6 marks where your pins will go. I taped my marks with a small X on the floor. You will need to tape where starting start/ bowling line. Tip: Use different color tape for different grades.
- Three double sided flip board scorers go between the six lanes so that each team on each side of the scorer will be able to flip a score after bowling and making points.
- Play for time. Like 10 minutes game or so. How many points can your team cooperatively and honestly earn? (Cooperative Score)
 - Positions each team will cooperatively rotate.
 - Each player will bowl one or two rolls (your choice)
 - Rotate to Pin Setter/Ball Returner
 - Rotate to Pin Setter/Ball Returner
 - Score Board Operator (does the math) back of the line
 - Fitness/exercises while waiting in line (if there is a line)

Variations:

- How did they do? Unpack? And try again, do they need more work with skills, communication, cooperation the different jobs?

Teaching Tips:

- Keep it simple with the younger grades, and challenge the older grades with this fun activity. Hopefully you'll get your bowling lanes soon.



Trophy Bowling! (Grades 2-5) (Vernon Brumfield)



Introduction:

Welcome to **Trophy Bowling!** I've seen and read some good bowling activities, but wow, my buddy Vernon Brumfield invented Trophy Bowling. I only added a bit - it is Vernon's! I am so excited to share Vernon's game with you. My guess, you will play **Trophy Bowling** after reading about it. It's a wonderful way to excite the kids for sure, and you will see more strikes than ever before, guaranteed. In addition, you may find this is a positive, motivating and unit social closing activity.

Why are we playing Trophy Bowling?

- ✓ To cooperate, practice being honest and use our bowling skills to the best of our abilities to score points as a team! To make strikes!
- ✓ To provide a fun bowling experience
- ✓ To practice our bowling skills
- ✓ To cooperate with our teammates

Equipment: (see photo below)

- 6 indoor bowling lanes
- 6 indoor bowling balls-rainbow set
- 12 larger cones top of the bowling lanes
- 2 smaller cones covered in aluminum heavy-duty foil/this creates the Trophies
- Six basket/tubs to place the trophies on (flip upside down)
- Two desks/seats to place the Trophies on and start the game.

Organization: (see photo below)

- Create 6 six teams or what number works best for your class.
- All your basic bowling rotation procedures are in the classic order. Bowler, pin setter, pin setter, ball returner, in line waiting to bowl. But no scoring is needed.
- Players on each group, rotate positions after a strike or after the bowler makes two bowls.

How we play Trophy Bowling:

- The goal now is to cooperate, and compete by bowling for strikes-getting a Trophy! And it's so much fun!
- Set-up your lanes in gym as you normally do.
- Place two desks in the back where the Trophies will go.
- Place six larger cones just behind where they bowl, not where the pins are.
- Get two small traffic cones out of your storage closet and wrap with aluminum foil many times.
- Hide it in your office/closet.
- Present the shiny ***Bowling Trophies*** and tell each class a fun story you have the world's most amazing and beautiful bowling trophies and they can win it! (You will get lots of laughs but they love to win it!) With just a single strike!
- Any team that bowls a strike may run over, and it take out of the ***Trophy Case***, (desk/blue foam chair) and place on their ***Trophy Case***. (See white basket.) Demo this. If another team bowls a strike, they may take it from that team. They are constantly switching. In fact, a team may have **two** at one time! **Wow!**
- Only the bowler who bowled the strike runs and gets the Trophy, it does not take the entire time (Players get very excited and all want to run over and grab it!) This happens all the time. So it is important to stress this at some moment.



Trophy Bowling!

“I got a trophy?”



Sample set up for 2nd grade entering.

Note the rainbow system in use: cones, bowling balls & pins.

Kids take the trophy (foil over mini cones) off the blue foam chairs place on their white basket!

The trophy is now in their trophy case!

Variations and Teaching Tips:

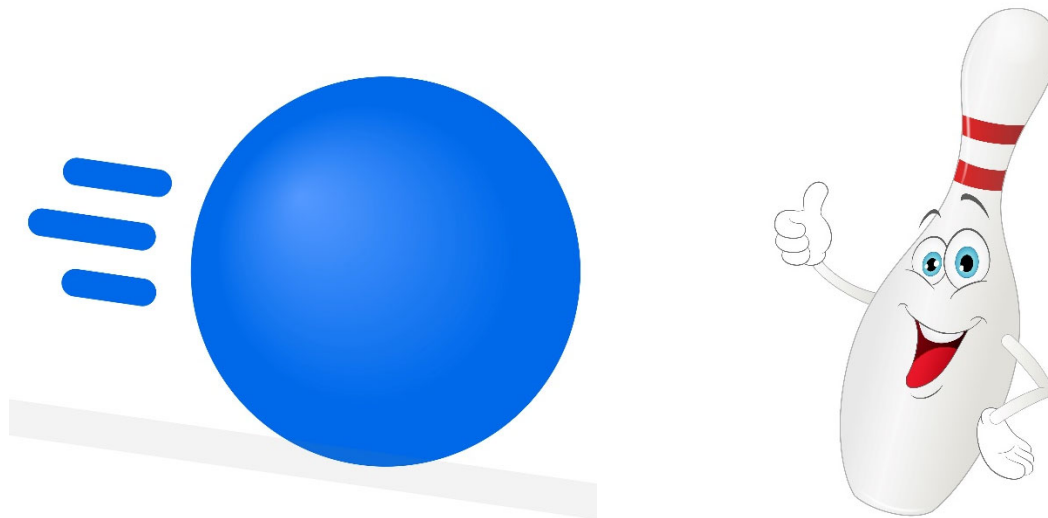
- Use your best creativity and modify, and progress with younger students. For example, younger players they can bowl closer up. Great idea to use two cones to make the line.

- Also for younger players, like grades K - 2nd who may not make a lot of strikes, they can play with only 6 pins. Also they can learn that they also get the Trophy with a ***Spare***.
- No bowling carpets/lanes, no problem. Vernon does not have them either, he tapes all the needed floor lines: start line(s), X marks for the pins.

Mr. Sarratt's Bowling Rhyme

*Tick tock
Tick tock
Arm like clock
Thumb on the top
Fingers down below
Tick tock
Tick tock
Arm like a clock
Thumb on the top
Fingers down below
And all the pins will **Go!***

Guard Your Pin (grades 3-5, grades 1-2 modify-Sarratt et al.)



Introduction:

Welcome to one students' favorite all time games, ***Guard Your Pin!*** It's so fun to play! In fact, it's one of the games the kids and classroom teachers look forward to joining each year. I generally save it until the end of the year when motivation is key.

The best way to describe the game is its combination of tag with each student using a bowling pin and underhanded (UH) action. It has the similar game characteristics - the beautiful simultaneous blend of offense and defense, tactical awareness, plus a few more things. Note: it is not one game, but a series of games. Are you ready to roll?

Why do we play Guard Your Pin?

- ✓ To practice being honest
- ✓ To practice the underhanded releasing bowling motion in a game
- ✓ To play offense and defense and in games
- ✓ To cooperate with our classmates
- ✓ To get some fitness and action in games

Equipment:

- 6 sets of bowling pins (or Pringle cans) in classic rainbow colors (see sample pins above)
- 6" Ultra Skin Softi Balls (vinyl coated foam) Great Lakes Sports #G6SET (6-8) depending on class size (use about 20-30% balls per player ratio or so) 25 students = 5 balls in play
- 6 rainbow colored storage bins or boxes (see diagram below)
- Rules and procedures and diagrams and posters, wall posters

Organization:

All games will be played in the gym from a scatter starting position. As mentioned, this is not one game, but seven progressive mini games, each with its own creative system, goal structure/personality. See each mini game below for clarity. A super-fast, description, and demo for new mini game is recommended for clarity and safety.

How we play Guard Your Pin:

Every game has basic rules that are the same for every mini game. This is the basic system/structure. Then all we all we need to do is introduce and quickly explain the new challenge / rule change to the new mini game, a quick demo may be needed and then play it. The basic rules transfer from game to game in Guard Your Pin - GYP. This works wonders.

First Game: The very first game of many is **Honesty Guard Your Pin**. As mentioned, this is the foundation game. The test game. Every player gets a pin and spreads out on the play court. Every player is on offensive and defense at the same time. Kind of like **Honesty Tag**- (All It Tag). But when a player gets a ball, we now UH roll it towards another player's pin to get it down and them out! Pin down = out! Super fun!

Game goal: to be an honesty player, show your best Honesty Guard Your Pin playing- while we are guarding our pin, retrieving a ball and attacking everyone else's pin. Once out, sit for a few seconds until the teacher sees that a 25% or so of the students are out or only about 45 seconds of game play. Then the teacher calls a halt to action, everyone is up, new starting position, and restarts a new game in a flash.

Keep replaying Honesty Guard Your Pin games over and over until everyone is showing they understand the rules, honesty and excellent safety/responsibility/respect for the game.

Play lots of fast honesty games. You'll see it and feel the honesty and good play. Teachers, it's great to play the game with the kids and role model it. *Congratulations, you got me!* When they have it, move on to a few of the following game(s) (see below), your class is ready for a lot of great fun challenges ahead! No more outs!

Rules and Procedures of Honesty Guard Your Pin – the teaching game

1. Honesty - GYP (Demonstrate and role model with several students)

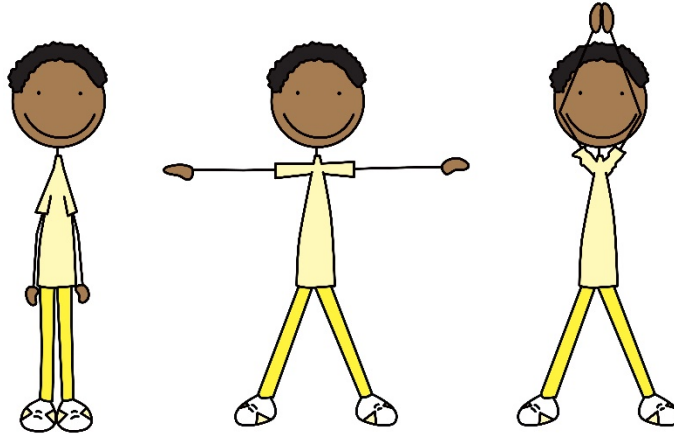
- Why do we play games? To practice being honest!
- You can guard your pin with your hands and feet, but can't use clothing, etc.
- When your pin is knocked over you are out (pause in the game) **two** ways out:
 - By a ball
 - By yourself (self-out/honesty)
- Oops, don't reset it and come back in the game.
- When out, drop and sit CCAS, lay pin **sideways** across lap.
- When out, don't shoot a ball that's in your hand at the pins. (Remember you are out) Set ball next to you for others to retrieve.
- Roll, underhanded, opposition, scissor/pendulum/bowling step and release.
 - 2 steps away from the pins or further, not too close.
 - You can't travel too far away from **your** pin; how will you know if it's down; guard your pin...
- Play on your feet. (No knee slides)
- No holding up the pin with your hands, feet, clothes etc.
- Two ball max rule=sharing is caring.
- Coveted corner: only one corner per class then must find another place to play.
- **“Shuffle the deck,”** new game and quickly find a new starting position near new people each new mini game.



Review: Honesty-GYP. Kids are playing offense, defense demonstrating the rules of the game by trying to be the most honest player in the class. We do this by guarding our pin, getting a ball and attacking everyone else's pin with the UH motion. Everyone is it, and sit when out. We play lots of honesty game to practice our honesty and basic skills before moving on to more difficult games. Then kids are both ready for more difficult challenges, and completely self-respectful, responsible game players and honor the games, teacher and program.

2. Fit @ Pin - GYP:

The next three games are fitness GYP games. They are simple, fast, fun and action! When a player gets out he/she will perform a simple act of fitness to get back in: This is called a **reentry method** of games. There are several types we use. In first fitness game, **Fit @ Pin**, when your pin is knocked down, fitness is performed next your knocked down pin, and back in the game.



Example of simple fitness could be: Jumping jacks, snow skiers, knees-ups, etc. Something simple and fun and only a few. (5-10X) Then boom, find a new spot, back in the action! Yes, a lot fitness and action in this one! Continuous fitness game.

Review: Kids are playing offense, defense getting out, fitness at the pin and then, boom, back in the game at a new spot. Very simple, very fun. Great for younger kids.

3. Bin Your Pin - GYP

This might be one of my most creative games ever, kids and CR teachers and PE teachers adore it! I collected all six colored of milk crates. I cleaned them up and made them ready at a moment's notice for just this game.



If you don't own them that's okay, any other regular buckets/boxes will be fine. You'll make it work. I've taught this one at many different schools.

Place your six color crates/boxes around the perimeter of the game, three on one side and three on the other side; spread them out. Make sure for safety, they are outside of the play area closer to the walls. (See diagram below) Place the fitness list on the walls above each crate. (See sample exercise list below)



Bin Your Pin diagram

When a player gets out now, she/he must ***“bin your pin!”*** But where? What color pin do you have? ROYGBV? Player looks for a matching color milk crate red looks for red, blue for blue, get it! When they arrive, place your pin, in that bin (bin your pin) and look at the mini wall fitness poster above it and the exercises list. Now, he/she perform that first exercise # _____ times (5-10X). When complete, grab your pin, from the bin, then back to game, find a new play space. When the player gets out again, repeat the process with the next exercise on the list. Kids are playing offense, defense, getting out, binning the pin, doing exercises and back in the game in a new spot! Over and over!

Bin Your Pin sample fitness

Bin Your Pin Exercises

(A brief examples are)

Jumping Jacks

Snow Skier (side to side jumping)

Bell (front to back jumping)

Mixer (front to back & side to side jumping)

Knees-Up (In place Jogging)

Push-Ups

Curl-Ups

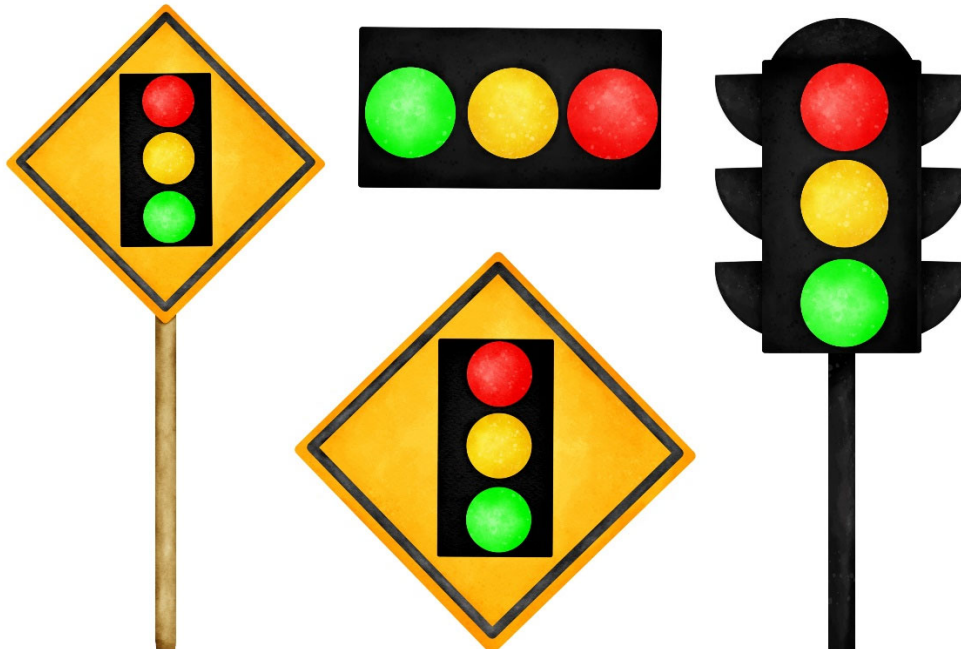
Mountain Climbers / Sprinters

Burpees / Squat Thrusts

(Add / modify your own exercises)

Review: Kids are playing offense, defense and getting out. When out they travel and find the bin color that matches their pin color, they bin their pin, they read the mini wall poster perform the first exercise (5-10X) and back in the game at a new spot. Over and over again. Super active and super fun!

4. Traffic Light – GYP

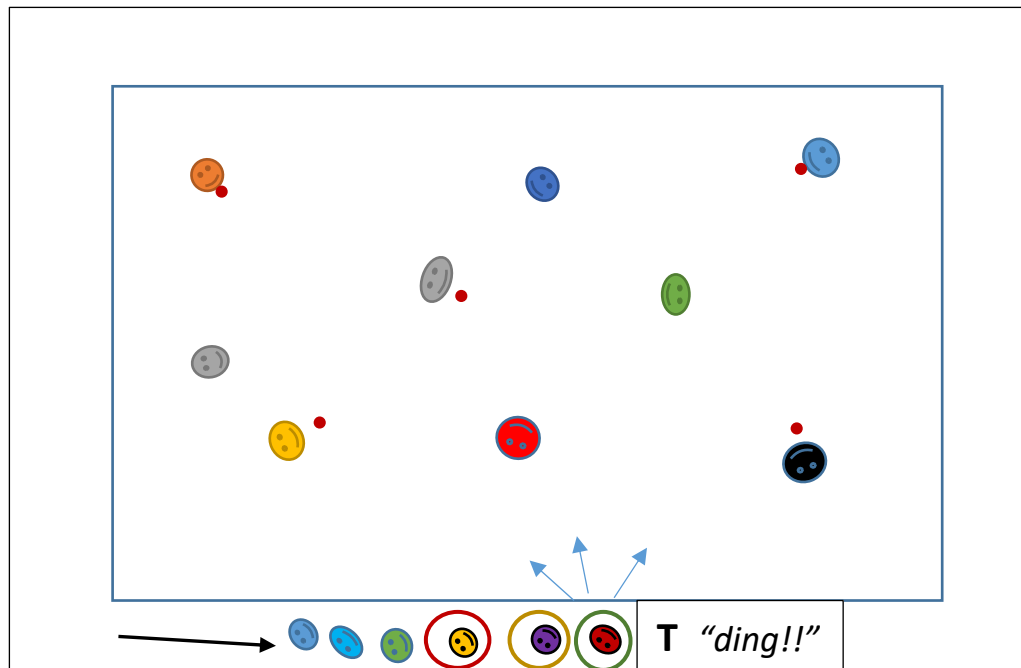


The next game is a favorite of the younger children. Grades (K-3) When they get out, they pick up their pin, have a pause, come out of the game and get in the Traffic line/light. Oh no, traffic! Yes, our gym is busy again with traffic, like in **Traffic Light Fitness** routine. In Traffic Light - GYP the players will hold their pins, tightly against their bodies like a football running back and not swing them around or bang them on the wall / floor. They come to the line traffic line. Each player is going to move up a spot in line. It goes fast.

There are three hula hoops taped to the floor, next to each other in this order: **red**, **yellow** and **green**. The teacher will be standing next to the **green** hoop, and is in charge of turning on the traffic light: “Ding!” **Green = go!**

On that teacher traffic light silly audible signal, that player is released to go back into the game and find a new play space, reset pin and rejoin the action. This is another example of a **reentry method** of game play- using a device/system; it doesn’t have to be fitness or cooperation even in a active style game.

Diagram of Traffic Light - GYP



Review: Players are spread out, playing offense and defense, when out they pick up their pin, tuck tight, jog to the Traffic line/ Traffic Light, move one spot at a time towards the green light, teacher calls out “ding” **green light=go** is turned on, player reenters the game finding a new big space.

5. Character - GYP:



We need a hero! Someone to save us when we are out, so that we don't sit there waiting for the teacher to call a new game. (No fitness reentry) Character GYP is our first social game of three, and we are now going to save and have Heroes help our classmates when they are out. When their pin has been tipped over. All the basic rules and procedures stay the same, except, when a player see any classmate out. A player still in the game (not an out player) picks up her/his pin and tucks in like a football, (so they don't hit anyone with it), jogs over to the out player, stands in front of him/her, and switches pins (they may have different colors). They can shake hands. The Hero takes that new place, the **saved** player must go find a new open spot/space to place his/her pin down and continues the game. Both continue playing.

Character GYP is a continuous game, not nearly as many stops and starts like with Honesty GYP. When we play one game of Guard Your Pin, throughout the year. Character-GYP is the often the main game kids like play-its social, its cooperative. It's fun. It's active!

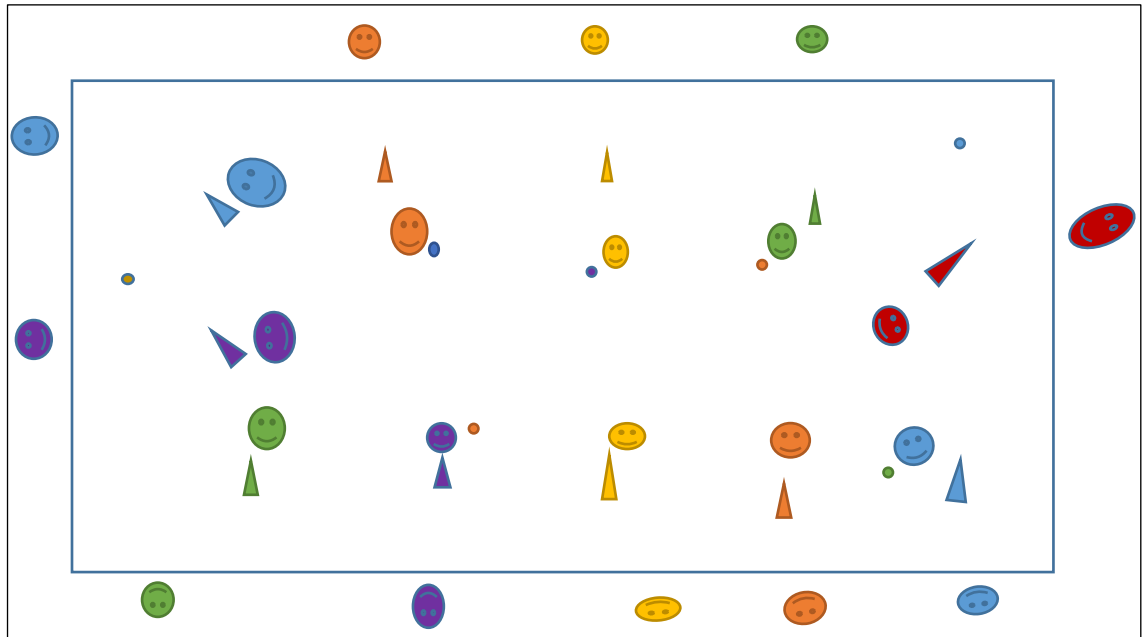
Review: *All players are on offense and defense, when out, a player can save you just like **Character Tag** by switching pins.*

6. Buddy – GYP



The beauty of this game and challenge is players are working cooperatively with a partner, their buddy. But they are not on the court at the same time. What! (See next game) With Buddy-GYP, the players are paired up. Teacher can play also. One partner will play first, out on the court with the pin, and the second partner / player is waiting his/her turn on the wall, no pin. The partner waiting is spread out standing with back against the wall watching and encouraging playing Buddy. **Only one pin per buddy pair.** When the Buddy gets out, the players switch roles. The teacher can call out reminder time/helping buddies to switch if needed. This is a good game for our older more mature students. Note: This game is a little more open, works good for large classes, smaller spaces. Make new buddies after a few rounds or so.

Buddy GYP Diagram



Review: All players form buddies, of two, one player is on the play court with the pin, the other player waiting and watching and encouraging, on the wall. When the player gets out, the Buddies switch roles. The teacher can also call for a switch at any time.

7. Twins/Triplets - GYP



The buddies now become Twins. The beauty of this game is that it's a tad more challenging, requiring the players to work cooperatively with the partner, together with their twin. One group may need to be a Triplet (better yet, play with the teacher).

Both twins each with a pin: Twins are going to be on the court at the same time and are paired up and each twin with pin and the same color pin. Have them choose one of the six rainbow colors: ROYGBV and place their pins, closer or maybe further away. All their creative choice.

Trust in twins: If one twin gets out, the other twin saves and gets him/her back in - saving their twin. Like in **Character - GYP** from above. They keep playing- all is good. No worries.

Trouble in Twin Town: If both Twins get out during the mini game, oh no, they both must stand up, exit the game like **Bin Your Pin - GYP** (from above), exercises, and return, find new play spaces to play back in game.

Review: *Twins are on the court together and form a partnership, if one gets out the other twin saves him/her. If both get out they **Bin Your Pin** and perform fitness and come back to play.*

Variation/Progression of Guard Your Pin Games:

There's no secret or magical set policy of which game to play first, and in what order, other than starting with **Honesty GYP**, after that, use your creative imagination and mix Character GYP mini games, or the fitness games, like Fit @ Pin, Bin Your Pin and Traffic Light games. Older students, as we know, like social games and may enjoy Character, Twins and Buddy games.

Teaching Tips:

Also as theme on this website, time is brief in the school year, and picking just a couple mini games per year is fine, I rarely, if ever played them all in one year. The key is playing Honesty GYP, mastering that game, and then moving on to just a few of the other challenging games.

Closer and comments to GYP:

- How did your student do with Guard Your Pin games?
- Were they able to play with honesty?
- Are your students able to understand the various games and challenges?
- What mini games met your goals?
- Can you use this structure and create fun new mini games?
- Have fun with it, let me know what worked best.

Closure to Underhanded Releasing Throwing and Bowling. I hope that a few of these gems assist your program. Let me know how they go, all the best! *Dale*