

**Bored With Balls or Bean Bags,
Then Use Plastic Cups
Grades K-8
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Individual – one cup per student

1. Volleying cup

Keeping the cup up in the air at chest level using your fingers. Count how many times you can volley it before the cup hits the ground. Find a partner and have a contest on who can volley the cup the longest or the most.

2. Balancing the cup on different body parts

- a. head
- b. fore head
- c. ear
- d. shoulders
- e. elbow
- f. knee
- g. foot
- h. back of hand
- i. two fingers on bottom
- j. two fingers on open top

3. Self tossing & Catching

- a. toss the cup up and catch (standing, sitting, or laying down)
- b. toss, clap and catch
- c. toss, touch the ground, stand-up and catch
- d. toss and catch behind the back with your hand
- e. toss from the back and catch it in front
- f. toss, turn 360 and catch
- g. toss and catch under leg
- h. put the cup on your shoe, throw it up and catch
- i. how high can you throw it and catch

4. Locomotor

- a. jump forward & backward over cup (10x's)
- b. jump sideways over cup (10x's)
- c. hop forward over cup (10x's)
- d. make a bridge over cup and flip flop (10x's)
- e. get a partner and jump over two cups

5. Spin the cup on the floor like a top

6. Cup Knock off

Each student places a cup on the back of their hand (no holding the cup or putting your fist inside – you are not playing the game so you are out). Students try to knock off other peoples' cups. If it falls, just pick up and play again. You can only knock someone's cup off if you are balancing your own at that time. The purpose is for the students not to get mad if someone knocks the cup but to just pick the cup and get back in the game (just like real life). It also teaches offense and defense.

Individual – using two cups

1. balance one cup on the other and walk around

- a. open ends
- b. closed bottoms
- c. open side of one and the side of the other
- d. balance both cups on your head

2. Volley one cup with the other cup.

3. Toss one cup up and catch it inside the other.

4. Place one cup on the ground and try to drop the other into it while standing up.

5. Hold one cup upside down on the other, toss and flip the top cup in the air and catch it inside the other cup

6. Cups and tennis balls

- a. bounce ball on the ground and catch in the cup
- b. toss ball up (with hand or cup) and catch in the cup
- c. put ball inside one cup, flip both in the air & catch both the same time in the other cup.
- d. toss the ball up and let the ball hit the bottom of the cups before catching the ball in a cup. See how many times the ball can hit the bottom before catching.
- e. play catch with a partner using the cups as scoops.
- f. play wall ball
- g. bowl using 10 cups and a tennis ball

Group Activities

1. **Letters, Numbers, and Shapes** (in groups of 4 students, each student having two cups) Using the cups, have the students create a letter, number or shape. Give the students a math problem and they have to write the answer using the cups.
2. **Hand Cup Tower** (in groups of 3 students, each student having two cups). One student begins with one cup and continue to balance additional cups (one at a time) as long as balance is maintained. If it falls, the next student goes.
3. **Stacking Relays** (divide students into groups of 4-5)
 - a. Line each group behind a cone, one cone per group, and 15 cups per group. The first person from each group will take the 15 cups, walk about 10-15 feet away from their group, turn and face their group. This person will make a pyramid stacking the cups - 5, 4, 3, 2, 1. When the student is done with the pyramid, they will raise two hands. When the teacher saw the pyramid, the students will take it down, and touch the hand of the next person.
 - b. The teacher creates a new design.
 - c. Have students create their own design as a group.
4. **Cup Skyscraper** – (10-15 cups per group depending on grade). Construct a vertical cup tower. Each team member one at-a-time places a cup on the tower. First group that makes the tallest tower wins. If it falls they start again.
5. **Team Balancing Act** – (10-15 cups per group)

The team tries to balance as many cups as possible on one team member. That team member cannot be lying on the floor, all other positions are acceptable. Cups cannot be stacked inside each other.
6. **Top or Bottom** – In a big open area have the cups spread out. Divide the class into two equal teams. One team is the “Top” team and the other is the “Bottom” team. The “Top” team has to place the cup top side up and the “Bottom” team has to place the bottom side up. If you have enough room you can have both teams go the same time or one team at a time. After 2-3 minutes count the cups which are top up and bottom up. Students can do it standing up and bending down (flexibility), push-up or crab walk (upper body strength). Crawling on hands and knees is not recommended.