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Activity Instructions

Equipment

- 36 Rainbow® ToppleTubes™

1. Topsy-Turvy ToppleTubes™

Objective. Be the team with the most points after a predetermined amount of time.

Number of Players. Up to 36 players.

Setup.

- Use the play area available; a basketball court indoors is recommended. A flat surface playing area is necessary for the functionality of the ToppleTubes™. Adjust the boundaries and size of the play area according to the age/ability of players.
- Place the tubes on end around the playing area.
- Divide the players into 6 equal teams. Designate each team a Rainbow® color.

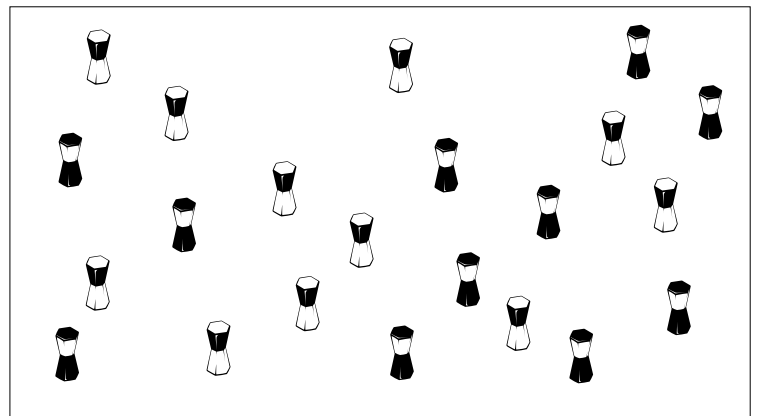
Game Play.

- All players start at any location in the play area.
- At the signal, players rush from tube to tube flipping the tubes so their team's color is the top color.
- Players are not allowed to slide on their knees or crawl from tube to tube.
- Upon hearing the end signal, players must freeze in their location.

Scoring.

- Points are awarded by the color of the top end of the tube.
 - For example, Yellow end upright = 1 point.
- Tubes not standing upright are not awarded points.
- The team with the most points, wins.

Diagram 1: Topsy-Turvy ToppleTubes™



Options.

- Add exercises. When a player flips a tube, he/she performs an exercise such as jumping jacks, windmills, etc.
- Players must skip, hop, jump, etc. to each tube.
- Place 4 hoops (not included) on the floor with 3 tubes inside each one. Award these tubes 2 additional points for the color that is upright after the time is up.

2. ToppleTubes™ Relay

Objective. Be the first team to complete the relay.

Number of Players. Up to 36 players.

Setup.

- Use the play area available; a basketball court indoors is recommended. A flat surface play area is necessary for the functionality of the tubes. Adjust the boundaries and size of the play area according to the age/ability of players.
- Divide the play area into 6 lanes.
- Divide the players into 6 equal teams. Designate each team a Rainbow® color.
- Designate each lane a Rainbow® color and divide the tubes so each lane has 6 tubes with the team's color. Place 6 tubes in each lane with the team's color down.
- Designate a starting point for each team. Floor tape (not included) can be used. The distance from the starting point to the tubes is determined by the age/ability of the players.

Game Play.

- Teams line up behind the starting point.
- At the signal, the first player from each team runs to the end of his or her lane and flips the tube so the team's color is at the top.
- When the first player flips the tube, he/she returns to the team's starting point. Then, the second player runs to flip the next tube.
- Play continues until all 6 tubes have been flipped, and all players have returned to the team's starting point.

Scoring.

- The first team to complete the relay race, wins.

Options.

- For added difficulty, add obstacles to the lanes such as hoops to step through, jump rope 10x, weave through cones, etc.
- Students perform an exercise to reach the tubes (i.e. skip, hop, jump, crab walk, etc.)
- Create 2 starting lines with 2 cones at the end of each lane.

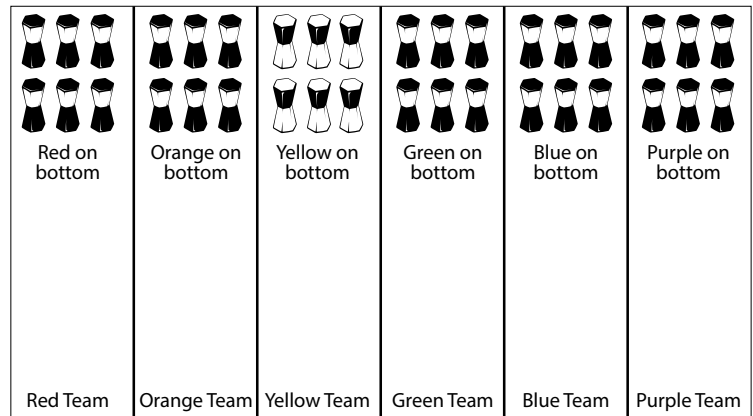
Small Sided Games

ToppleTubes™ Fast Flip

Objective. Be the team with the most points at the end of a predetermined amount of time.

Number of Players. Up to 36 players.

Diagram 2: ToppleTubes™ Relay



Note: Top color of tube is irrelevant for play.

Setup.

- Use the play area available; a basketball court indoors is recommended. A flat surface playing area is necessary for the functionality of the TopplesTubes™. Adjust the boundaries and size of the play area according to the age/ability of players.
- Divide the play area into 6 sections.
- Divide the players into twelve equal teams. Designate each team a Rainbow® color.
- Assign 2 team to a section, ensuring teams of different colors are playing in each section.
- Divide the tubes so each section has 3 tubes with the teams' colors with 6 tubes total per section.

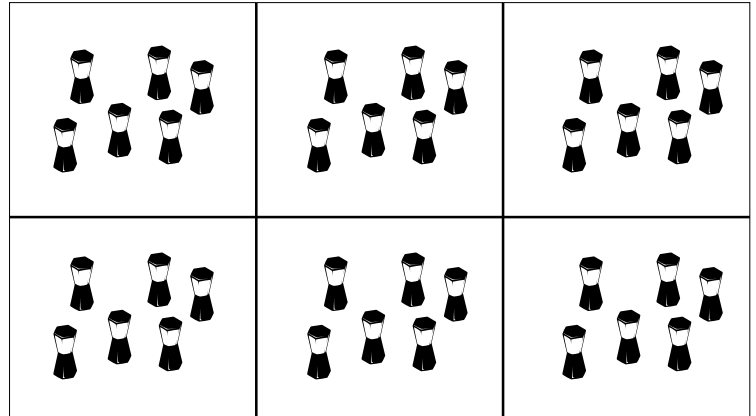
Game Play.

- All players start at any location in their play area.
- At the signal, players rush from tube to tube flipping the tubes so their team's color is to the top
- Players are not allowed to slide on their knees or crawl from tube to tube.
- Upon hearing the end signal, players must freeze in their location.

Scoring.

- Points are awarded by the color of the top end of the tube.
 - For example, Yellow end of the tube upright = 1 point.
- Tubes not standing upright are not awarded points.
- Tubes with a non-team color up in their sections do not count for points.
- The team with the most points, wins.

Diagram 3: TopplesTubes™ Fast Flip



Options.

- Add exercises. Once a player flips a tube, he/she performs an exercise such as jumping jacks, windmills, etc.
- Players must skip, hop, jump, etc. to each tube.
- Place 4 hoops (not included) on the floor with 3 tubes inside each one. Award these tubes 2 additional points for the color that is upright after the time is up.

Agility Activities

1. Partner Shuffle

Objective. Flip your partner's tube before he/she flips yours.

Number of Players. Up to 36 players.

Setup.

- Divide players into 18 teams.
- Each team receives 2 tubes.
- Place tubes 5' to 15' apart.
 - Shorter distances for younger players.
 - Longer distances for more advanced players.

Game Play.

- Each player starts at one tube and shuffles toward his/her partner's tube.
- The first player to flip the partner's tube wins.

Options.

- Hop, skip, jump, etc., to move toward the tubes.
- Dribble a basketball or soccer ball while moving toward the tubes.

2. Individual shuffling exercises

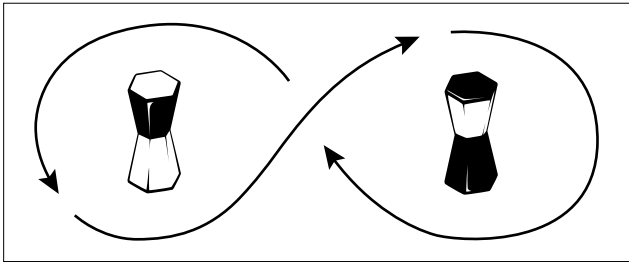
Objective. Practice sports skills and agility.

Number of Players. Up to 36 players.

Setup. See diagrams and arrows below.

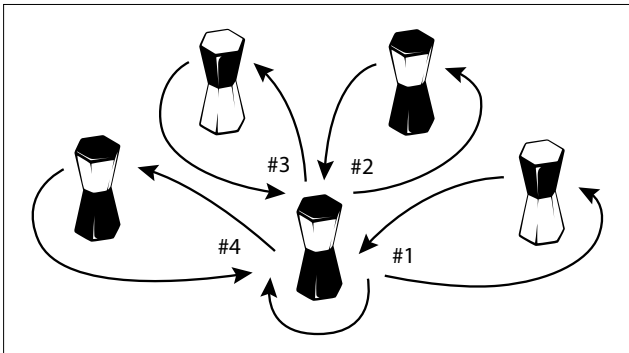
Figure 8— Players shuffle around 2 tubes in a Figure-8 pattern.

Figure 8



4-Leaf Clover— Players shuffle around 4 tubes in the direction indicated on the diagram.

4-Leaf Clover



Weaves— Use tubes to replace cones in standard weaving exercise patterns. If a tube is knocked over, the player repeats the course.

Weaves

