

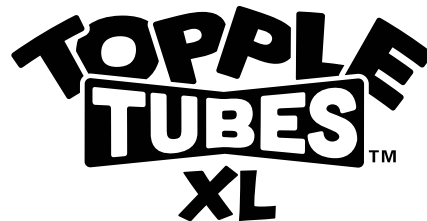
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Activity Instructions

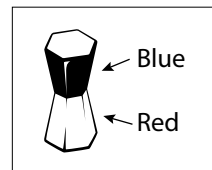
Equipment

- 24 ToppleTubes™ XL

1. Topsy-Turvy ToppleTubes™ XL

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

Number of Players. Up to 36.



Setup.

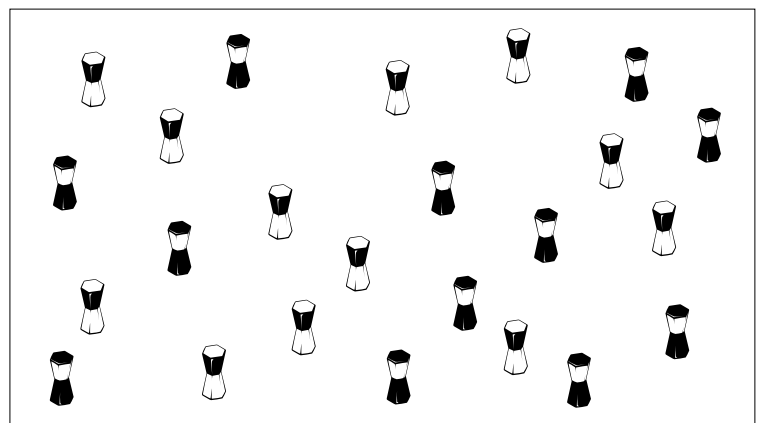
- Use the play area available; a basketball court indoors or outdoors is recommended. A flat surface playing area is necessary for the functionality of the ToppleTubes™ XL. Adjust the boundaries and size of playing area according to the age/ability of students.
- Place the tubes on end around the playing area. Be sure that 12 tubes have the blue end up, and the other 12 tubes have the red end up. See diagram below:
- Divide the class into 2 equal teams and designate each team a color, blue or red. Blue and Red pinnies (not included) can be used to differentiate players.

Game Play.

- All players start at any place in the playing area.
- At the signal, players run from tube to tube flipping them so their team's color is to the top.
- Players are not allowed to slide on their knees or crawl from tube to tube.
- At 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, Red end of the tube upright = 1 point. Blue end of the tube upright = 1 point.
- Tubes that are lying on their side do not count for points.
- The team with the most points, wins.



Options.

- Add exercises. After a player flips a tube, they must perform an exercise such as jumping jacks, windmills, etc.
- Players must skip, hop, jump, etc., to each tube.
- Place 2 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™ XL Relay

Objective. Be the team to complete the relay first.

Number of Players. Up to 24.

Setup.

- Use the play area available; a basketball court indoors or outdoors is recommended. A flat surface playing area is necessary for the functionality of the ToppleTubes™ XL. Adjust the boundaries and size of playing area according to the age/ability of the students.
- Divide the playing area into 6 lanes.
- Divide the class into 6 equal teams.
- Place 4 tubes in a row in each team's lane.
- Designate a starting point for each team. Floor tape (not included) can be used for this. The distance from the starting point to the tubes is determined by the age/ability of the students.

Game Play.

- Teams line up behind the starting point.
- At the signal, the first player from each team runs to the end of their lane and flips the ToppleTube™ XL to the opposite color.
- After the first player flips a tube, they return to the team's starting point. Then, the second player may run to flip the next tube.
- Play continues until all 4 tubes have been flipped and all players have returned to the team's starting point.

Options.

- Increase difficulty by adding obstacles to the course such as hoops to step through, jump rope 10x, weave through cones, etc.
- Students must 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.

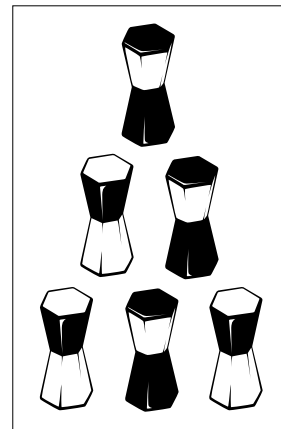
3. Target Practice ToppleTubes™ XL

Object. Knock over the tower of ToppleTubes™ XL in the fewest number of throws.

Number of Players. Up to 24.

Setup.

- Use the play area available; a basketball court indoors or outdoors is recommended. A flat surface playing area is necessary for the functionality of the ToppleTubes™ XL. Adjust the boundaries and size of playing area according to the age/ability of the students.
- Divide the class into 6 equal teams.
- Each team receives 6 tubes and 3 foam balls (not included).
- Stack tubes in a pyramid, as shown:
- Mark a throwing line 5'-15' from the pyramid of tubes.
 - Short distances for younger players
 - Longer distances for more advanced players



Game Play.

- Players take turns throwing the foam balls at the pyramid of tubes attempting to knock the whole pyramid over in 1 throw.

Options.

- Award point values to the sequence of throws
 - Pyramid knocked over with 1 throw = 3 points
 - Pyramid knocked over with 2 throws = 2 points
 - Pyramid knocked over with 3 throws = 1 point
- Try different arrangements of tubes such as 1 straight horizontal line, 1 straight single-file line, etc.
- Arrange the tubes like bowling pin placement. Players roll or throw foam balls to tip over the tubes.

Agility Activities

1. Partner shuffle

Objective. Flip your partner's ToppleTube™ XL before they flip yours.

Number of Players. Up to 24.

Setup.

- Use the play area available; a basketball court indoors or outdoors is recommended. A flat surface playing area is necessary for the functionality of the TobbleTubes™ XL. Adjust the boundaries and size of playing area according to the age/ability of the students.
- Divide the class into 12 partner teams.
- Each team receives 2 tubes.
- Place tubes 5'-15' apart.
 - Short distances for younger players
 - Longer distances for more advanced players

Game Play.

- Each player starts at one tube and shuffles toward their partner's tube.
- The first player to flip all the partner's tubes 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

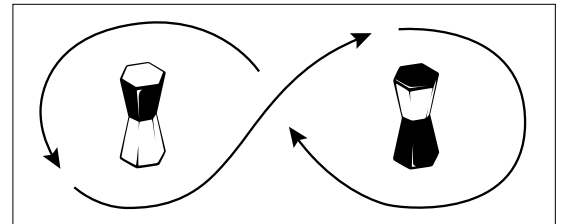
- Use the play area available; a basketball court indoors or outdoors is recommended. A flat surface playing area is necessary for the functionality of the TobbleTubes™ XL. Adjust the boundaries and size of playing area according to the age/ability of the students.

Objective. Practice sport skills and agility.

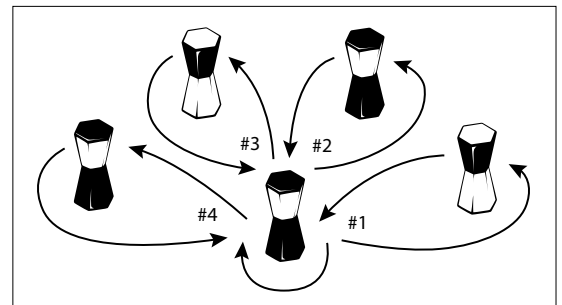
Setup. See diagrams and arrows below.

- Figure 8 — Players shuffle around 2 tubes in a Figure-8 pattern.
- 4-Leaf Clover — Players shuffle around 4 tubes in the direction indicated on the diagram.
- Weaves — Use tubes to replace cones in standard weaving exercises patterns. If a tube is knocked over, the player must repeat the course.

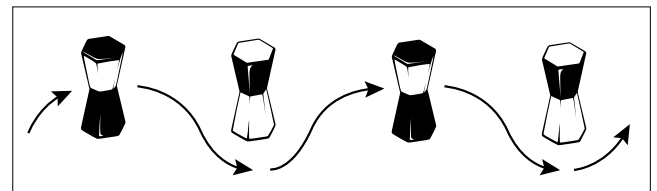
Figure 8



4-Leaf Clover



Weaves



Additional uses for ToppleTubes™ XL

- Place the tubes on their side and use for shuttle run blocks.
- Use as boundary markers instead of cones or other equipment.
- Use the tubes for stacking activities for younger students. Stack top to bottom, or on the sides.
 - Divide the class into teams. The team with the highest tube stack wins!
- Use color combinations for mathematic fractional learning. See diagrams below:

