



## Keep It Up

*Developed in the field by educators affiliated with NSRF.*

### **Task**

See how many times the group can hit the ball up in the air without it going out of bounds or touching the ground.

### **Materials**

Beach Ball or Earth Ball rope to mark playing area.  
Size of area is dependent upon group size and type of ball used.

### **Rules**

1. Ask all the participants to stand inside the roped off area. (20-30' sq.)
2. Let them know that the purpose of the game is to see how many times their group can hit the ball without dropping it or having it go out of bounds beyond the roped area.
3. A person can not hit the ball two times in a row.

### **Variation**

Each person must hit the ball once before anyone can hit it a second time.

### **Facilitation**

1. Encourage the group to count out loud together for each hit.
2. Let them try it five or six times and then ask if they want to do anything differently to improve their efforts as a team.
3. Note the number of hits they accrue after each try.
4. After 4-5 minutes ask: What's working well? Where is there difficulty? What could you do differently? How might you position yourselves differently?
5. After a few more attempts, encourage them to set a goal  
How many times do you think you can hit the ball, if you work together and everyone really tries?
6. After they set a goal, continue 4-6 more times.

### **Processing of Experience**

These questions can follow many group team-building activities. How did we do at the beginning? Did we do better after awhile? What changes did you see in how you worked together? What helped you to be successful as a group? How could you improve next time? How did setting a goal help or hurt your efforts? What can we learn from this that might help us in working together? in our classroom?