**Mushroom Ball**

**Supplies:**

* **Ball**
* **Open Field or gym**

**Directions:**

1. **The game starts with students scattered in the gym (or field) and a toss-in where any student is free to go after the ball.**
2. **The player who gets the ball becomes the thrower and will try to throw at any player (discuss safe areas to throw at – maybe from the knee down or below the shoulders).**
3. **The thrower may not take more than three steps before throwing the ball.**
4. **If a player gets hit he must sit down as a mushroom.**
5. **Watch out for the mushrooms because they are allowed to tag while sitting!**
6. **If a sitting player (mushroom) happens to get a hold of a loose ball, they must attempt to pass the ball to another mushroom until all of the mushrooms have touched the ball.**
7. **If all the mushrooms have touched the ball without an interception by the standing players, the mushrooms get to stand up.**
8. **A winner is declared if one player is left standing.**