

Desire, Time, Effort

7. Ring Challenge

Spatial Requirements: Gym/outdoor space required

Activity Type: Movement/group

Grades: 5-12

Group Size: 8-24

Time: 30-50 minutes

Introduction: To overcome challenges, solve problems, reach goals, and accomplish anything worthwhile, you must apply the principles of desire, time, and effort. This activity teaches that it is only through these three principles that we can achieve our life's dreams.

Materials:

- 1 throwing ring (this can be substituted with Frisbees that participants would catch)
- 10 cones (to set up playing field boundaries)
- 1 colored vest for each member of Team 1 (or some other way to differentiate the two teams, such as headbands, wristbands, or blue masking tape around the wrists of one team)

Activity:

The Desire-Time-Effort Ring Challenge is a game played between two evenly divided teams. To set up the teams, have all participants line up from tallest to shortest in a straight line. Count off one, two down the line. Have Team 1 come together and put on the colored vests and have Team 2 gather at a designated location. Use the cones to set up the playing field for the game. The size of the teams will determine how large the boundaries are. (For example, two teams of ten would require a field 50 yards long and 30 yards wide.)

Each team is assigned a specific end zone for the game, about 15 yards beyond the goal line on either end. Start the game by having the teams meet at the center of the field for the ring toss. The ring is thrown straight up about 10 to 15 feet in the air, and the team that catches or picks the ring up has first possession.

The goal of the game is to complete six passes (the ring must be passed, not handed off) without the ring hitting the ground. If the ring is dropped, intercepted, or knocked down, the possession of the ring goes over to the other team. When you pass the ring to a teammate, he or she cannot pass it directly back to you. If this occurs, possession of the ring goes back to the other team. The ring has to exchange hands with at least two other players before you can catch it again. The defensive team cannot touch, tackle, or push any member of the offense team, but they can guard, defend, and try to block or intercept the ring.

Once six passes have been completed in a row, the team with the ring runs to their end zone. The person who caught the sixth pass, without crossing into the end zone, must try to complete the seventh pass to a team member in the end zone. This pass must be caught with the hand and fingers pointed upward, allowing the ring to slide over the hand and hook on the arm. If a Frisbee is used, it may be simply caught. A point is scored for each end zone catch. After the teams have played for 15 to 20 minutes and have a good feel for the game, introduce an additional ring. All the rules apply to the additional rings. After about 30 minutes, check the energy level of the players. When the energy level starts to drop, say the next point wins.

Processing the Experience:

- What were the positive traits of your team?
- Did your team demonstrate desire? Why or why not?
- How is desire the key in overcoming challenges and problems?
- Did you have to put time and effort into this activity?

- How is your time being spent?
- Are there some important priorities in your life that need more of your time? What are they?
- How does putting forth more effort give you more control in your life?
- How can applying effort to a challenge lower your anxiety and frustration?
- Can you achieve something great without desire, time, and effort?
- How could you use desire, time, and effort to improve your home life, school life, and future?