

















## Run the Rainbow Challenge: Meatball Hockey

To reinforce the concept that certain favorite dishes originated with immigrants and groups representing particular regional or ethnic heritage, allow students to play "Meatball Hockey." Begin by asking students to name a food they associate with Italy. When spaghetti has been named, ask the students to name the ingredients in spaghetti. Explain that the activity in which they are going to participate involves the meatball and the noodles found in spaghetti. For this activity, the meatball is going to be a Nerf ball and the noodles are going to be swim noodles. Before play begins, mark goal lines on each end of the play space. See Figure 1. In a large, open space, divide the class in half and form two lines facing one another. Have one line of students number up from right to left. Have the other line number down from right to left. Place the Nerf ball in the center of the court. Place a swim noodle on the floor on each side of the "Meatball." Play begins when the teacher calls a number. The teacher has a container with the numbers inside. Each time s/he draws and calls a number, s/he returns the number to the container, making it possible for the team members to have multiple turns. The student from each team with the given number races to the center, picks up a noodle, and tries to sweep the "Meatball" over their designated goal line. His/her opponent tries to keep him/her from scoring while trying to gain control of the "Meatball" and sweep it over the opposite goal. Play continues until all numbers have been called.

Figure 1.

