

# Stinging Hornet

**Objective:** To focus on the javelin release



**Description:** Designate the playing area boundaries. Four to six athletes will be designated as “hornets.” Each hornet has a stinger (carries a pool noodle). The hornets will attempt to tag others by throwing the noodle at them using an overhand javelin throw to tag their opponent, hitting only below the waist. Once the “hornet” tags another person, they lose their stinger (just like a real hornet). The person tagged now becomes a “hornet.” If the stinger hits the ground without touching anyone, any player can pick it up and become the new “hornet”.

**Variations:** A tagged athlete leaves the playing areas and performs a physical activity before returning to the game.

**Equipment:** Pool noodles, cones to mark the playing area