

# Lunch and Activity Period by Grade Hillside Middle School 2017-2018

## **Lunch Periods**

All students at the middle school have 42 minutes for lunch and activity period every day. Within these 42 minutes, one half is for lunch and the other half is for activity. One half of the student body eats lunch during the first 21 minutes (1st half) while the other half is in activity and vice versa for the second half of the period (2nd half lunch).

### Choices for 5th, 6th and 7th Graders

#### **Location: Media Center**

##### **Choices:**

Study Hall  
Board Games/Art  
Quiet Time

#### **Location: Gym/Outside**

##### **Choices:**

Knock Out Basketball (see below)  
Jump Rope  
Staff Supervised Kick Ball

**\*\*\* Knock Out Rules of the Game- 25 students stand in line, one behind the other. Two students go to the free-throw line. The first student throws the ball into the hoop. After his ball is launched the second student can then launch his ball into the hoop. The first one to get his ball into the hoop wins and goes to the end of the line (he is still in the game). The loser must sit down or move on to another station, he/she is out of the game. Once the first ball is launched from the free throw line, if neither of the two students make it, they are permitted to move to other spots on the court until one of them does make it. They shoot from various locations until one of them are able to get the ball in the hoop. There should be at least 4 basket ball hoops available daily for this game.**

## **Lunch Times**

### **5th period**

1st half: 11:09-11:30

2nd half: 11:30-11:51

### **6th period**

1st half: 11:55-12:16

2nd half: 12:16-12:37

### **7th period**

1st half: 12:41-1:02

2nd half: 1:02-1:23





