Manipulation Games
MANIPULATION GAMES

SEMI CIRCLE SOCCER

Skills: Manipulative: Kicking, punting
Social: Co-operation, inclusiveness, follow rules

Organization: Set up participants in 2 semi-circles of 4-5 players facing each other.
Use 2 or 3 balls.

Activity: Participants try to kick the ball through the opposite semi-circle.
When on defence, ball is trapped with foot.

Variation: Punt the ball over opponents instead.
Strike an inflated ball with hand.
Strike a lightweight ball with a racket.

CIRCLE PASS

Equipment: Variety of balls or other objects that can be thrown (beanbags, tolled up socks)

Skills: Manipulative: Throwing, catching
Cognitive: Concentration
Social: Support, interaction, inclusiveness

Organization: Participants are placed in groups of 5, approximately 10 feet apart in circle formation.
Start with 1 ball for each group.

Activity: Ball is passed around the group in “star” pattern.
When they can pass, 1 ball comfortably, add a second ball.
Participants can decide what type of throw to make: Roll, underhand/overhand, high/low.
Keep collective score for group – how many successes in time or consecutive.

Variation: If ball can be bounced and/or kicked, bounce passes or kicks can also be incorporated.
Increase distance or use 2 different types of balls at the same time.
Volley a ball or strike a lightweight ball with a racket.
FLOOR PING PONG

**Equipment:** 1 tennis or whiffle ball for every 2 participants  
**B, N, R**

**Skills:**
- **Movement:** Space awareness, effort awareness
- **Manipulative:** Hitting with hand or paddle
- **Social:** Accept rules, discipline, responsibility

**Organization:**
- Pairs – each pair has a tennis ball
- Mark off boundaries (approximately 8 feet x 4 feet), centre-line across middle for every pair

**Activity:**
- Ball is served or returned with open hand into opposition court
- 5 serves each
- Ball must stay within boundaries of court
- Points are scored if ball is out of bounds, is hit with fist, or not returned

**Variation:**
- Use paddles or rackets
- Play doubles with players required to alternate returns
- For beginners, use larger balls if necessary

HUSTLE BUSTLE

**Equipment:** 1 kickable ball for every 2 participants (could be rubber/tennis)  
**B, N, R**

**Skills:**
- Running, space awareness, foot dribbling, kicking/passing, co-operation, support, inclusiveness, accept rules, emotional control, respect

**Organization:**
- Group size should be no more than eight – each group awarded 15 points to start
- Mark off boundaries for group

**Activity:**
- Objective is to keep the balls moving and from leaving the marked off boundaries
- Players pass the ball to each other randomly
- As a group they lose 1 point every time a ball stops moving or leaves the play area
- Group tries to keep score at 15
ROTTEN EGGS

**Equipment:** 2 balls or bean bags

**Skills:**
- Locomotion: Running, jumping, hopping
- Movement: Space awareness
- Manipulative: Throwing, catching
- Social: Listening, interaction, inclusiveness

**Organization:**
- Best if played outdoors where there is a lot of room
- Divide group so there is no more than 6 to a group
- 1 player from each group stands in middle, with ball, while the others form a circle around
- The middle player throws the ball high in the air while calling out the name of a player
- The player called moves to catch the ball, while the rest scatter
- When player catches or retrieves ball and calls, “rotten eggs”, all must stand still
- The ball is then thrown to the FARTHEST AWAY
- Points are scored for each player who throws the ball and who catches it

**Variation:**
- If players are getting too far away for points to be scored with catches, change the method of locomotion

KEEP ‘EM MOVING

**Equipment:** More inflatable balls than number of participants

**Skills:**
- Locomotion: Shuffling, running, cross-over
- Manipulative: Dribbling
- Social: Teamwork, co-operation, responsibility

**Organization:**
- Scatter formation.
- Scatter a few more balls around the play area than there are participants

**NOTE:** To reduce the number of balls required have 2-3 other groups doing a different activity

**Activity:**
- Let me see you work as a group to keep all the balls in motion only using your feet

**Variation:**
- Use an inflated ball or balloons, and keep them up using a volley
- Use lightweight balls and rackets or paddles
GUARD THE GATE

**Equipment:** 1 softcore ball for every 2 players, 2 markers for each player.  

**Skills:**  
Locomotion: Shuffling, cross-over step  
Movement: Effort awareness, space awareness, body awareness, agility  
Manipulative: Rolling, bouncing, throwing, catching ground balls  
Social: Co-operation, support, positive attitude, accept feedback

**Organization:**  
1 ball for every 2 players – select partners  
Mark off a “gate” area for each player, about 10-20 feet opposite a partner  
Size of gate depends on age and ability of participants  
(up to 10 feet wide)

**Activity:**  
Players try to score a point by throwing a grounder past their partner guarding the “gate”  
Balls must hit the ground at least once  
Throwing players must wait for partner to get in “ready” position for fielding ground balls  
(monkey)

**Variation:**  
5 to 6 year old children may need an adult rolling the ball to them  
Kick the ball to practice soccer skills

SKY BALL

**Equipment:** 1 ball or bean bag for every player

**Skills:**  
Locomotion: Shuffling, cross-over step  
Movement: Body awareness, space awareness, agility  
Manipulative: Catching high balls  
Social: Accept feedback, listening, discipline

**Organization:**  
1 ball or beanbag for every 2 players  
For young children, an adult will be required to throw the ball up (child/adult ratio 2:1)

**Activity:**  
Adult or partner (if ability level indicates) throws the ball high in the air.  
Self-competition can be included by giving points for:  
1) Catch a ball thrown higher each time  
2) How many consecutive catches  
3) How far they can move to get underneath to make a catch  
4) Using correct technique even if ball is missed

**Variation:**  
Use various manipulative skills – volley, strike with racket
PIRATES

**Equipment:** 1 ball for every 3 players

**Skills:**
- Locomotion: Shuffle, running, cross-step
- Movement: Space awareness, agility
- Manipulative: Passing, catching, kicking, dribbling
- Social: Interaction, support, positive attitude, co-operation

**Organization:**
- Groups of 3 – 1 pirate; 2 deckhands
- Establish boundaries for each group with markers or lines.

**Activity:**
- The 2 deckhands try to keep the ball away from the pirate who is trying to steal it.
- If the pirate steals the ball, a deckhand goes into the middle.

**Variation:**
- Same game but use soccer kicking/dribbling skills, or basketball dribbling/passing skills.
- Add another pirate or make entire group larger.

HOT POTATO

**Equipment:** 1 ball or bean bag for every 3 children

**Skills:**
- Movement: Rotation, balance
- Manipulative: Throwing, catching
- Social: Support/respect for others, listening, accept feedback, emotional control

**Organization:**
- 1 ball for every 3 players
- Players lined up as shown

- Start 1

- 2

- 3

  ½ rotation

**Activity:**
- Groups of 3 - the ball is relayed from 1-2-3 and back.
- Go slowly at first to concentrate on proper turn of player in middle (for right handed people stand in ready position with **right** foot forward, make target with hands, catch, make half rotation to left to throw).
- Practice proper rotation with no ball, then slowly, then full speed.
- It can be made into a relay competition if skill level warrants.
- Ensure all players get opportunity to be middle player.

**Variation:**
- Play this game passing a kick ball instead of throwing – trap ball in middle, turn and kick.
- Volley an inflated ball.
WILD THING

**Skills:**
- Movement: Shuffle, cross-over step, agility
- Manipulative: Throwing, catching
- Social: Co-operation, inclusiveness, accept rules

**Organization:**
- Groups of 6 or 7
- 4 or 5 form a circle, with 2 players on the outside, without a ball

**Activity:**
- Start with 1 of the players in circle throwing ball to another in the circle. Ball can be passed around or thrown across circle.
- The 2 players on the outside try to tag a player while they have the ball.
- When the outside player is successful, they change places with tagged person.
- If ball is dropped, the player who dropped it becomes a tagger, and the tagger who has been out the longest takes their turn in the circle.

**Note:** If tags are made too easily use only 1 tagger.

**Teaching Cues:**
- Make sure everyone gets thrown the ball.
- Use various manipulative skills – volley, kick, strike with racket

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SPELL YOUR NAME

**Equipment:**
- 1 ball or bean bag for every 2 participants

**Skills:**
- Manipulative: Throwing, catching
- Social: Accept feedback, support

**Organization:**
- Pair children to match ability levels, if possible, and space for safety and success.
- Lower abilities may require an adult to throw the ball.

**Activity:**
- Partners throw the ball back and forth overhand.
- They get a letter in their name every time they make catch.
- When they spell their name they move back 2 giant steps and repeat.

**Variation:**
- Give letter to thrower for accuracy instead of receiver for catching.
- Make more challenging for higher skilled children by making the target more difficult.

**Example:**
- only receive a letter if partner can catch it by moving 1 foot, or not moving at all, or chest high.
Skills:
Movement: Effort awareness
Manipulative: Throwing, catching, kicking, punting
Social: Teamwork, support, positive attitude

Organization:
Groups of 4-6, each group with an adult and a target to throw at. Creative targets, like clown or happy faces make the game more fun for children.
For advanced groups traditional “dart board” type targets can be used for 2-3 point levels, including a bull’s eye.

Activity:
An adult from each team will throw either a fly ball or grounder to the first team player, who fields it and throws at the target.
After the throw, the player moves to the back of the line, and the next player takes a turn.
Score 1 point for fielding cleanly, and 1 point for hitting the target.
Competition can be to see which team reaches 10-15 first OR which team scores the most points in a given time limit.
Challenge teams to score to reach a higher score or maintain a high score.

Variation:
If targets are indoor on a wall, an adult will not be required to throw. The next child in line can field the ball bouncing off the wall.
Award points for correct fielding and/or throwing techniques, as well as, or in place of hitting targets.
Put targets lower and use kick balls to kick at target instead of throw.
Punt to targets
Shoot basketball at various sized baskets.
Volley an inflated ball to a target.
Use a lightweight ball and a racket.

BULL’S EYE

Equipment: Targets, 1 ball for every 4 participants

B, N, R
BEAT LIZZIE

**Skills:**
- Locomotion: Running
- Manipulative: Throwing, catching
- Social: Support, co-operation, accept rules

**Organization:** Groups of 3, with each group set up as shown.

```
A      throw      B
Lizzie X run
```

**Activity:**
- A and B stand at lines. B has the ball.
- Runner (X) starts on line, even with, but a safe distance from A.
- On “go” runner tries to run to the other line before B can throw the ball to A and receive it back.
- Rotate so each has a turn at each position.
- Change distance of lines or method of locomotion as necessary to make the result close.

**Equipment:** Targets, 1 ball for every 4 participants

B, N, R
**HOT STUFF**

**Equipment:** 1 ball for every 4 participants

**Skills:**
- Locomotion: Running
- Manipulative: Rolling a ball, catching
- Social: Support, interaction, teamwork, positive attitude

**Organization:** Groups of 4 in shuttle relay formation.

**Activity:**

1. X1 rolls or throws bouncer to X3, then goes to end of line behind X4.
2. X3 throws ball in air to X2, who has moved forward to vacant spot left by X1.
3. X3 then goes to end of opposite line behind X2.
4. Process is repeated until all are back to original position.
5. Player movement is to always follow throw and go to end of that line.
6. See how many times each team can do it in set time.

**Variation:**

- Use kick ball and kick instead of throw.
- Use basketball bounce pass instead of throw.
- Volley an inflated ball (beach ball, volleyball, balloon) ball back and forth.
- Use lightweight ball and a racket.
HIGH FLYERS  Not good outdoors unless very calm day

| Equipment: | At Least 1 balloon per player | B, N, R |

Skills:      Locomotion: Running, shuffle step, cross-over step  
Movement:    Agility, body awareness, effort awareness  
Manipulative: Striking, kicking  
Social:      Interaction, support, co-operation, sharing

Organization: Children scattered in play area – each with blown up balloon.

Activity:    Co-operate to keep ALL the balloons in the air – not just own balloon.

Variation:   Use more balloons than participants for older groups  
• Use various body parts – head, feet, elbows, 1 finger, thumb, knee  
• Volley back and forth with partner using only hands or only feet or only head  
• Groups of 6-8 lie on back and keep balloons in air using only feet  
• Use rackets to strike upward
LINE BALL

**Equipment:** 1 ball for every 3 participants

**Skills:**
- Locomotion: Running
- Movement: Agility, reaction
- Manipulative: Catching, throwing, kicking, shooting, dribbling
- Social: Listening, support, positive attitude, discipline, accept rules

**Organization:**
Teams of 3 numbered 1, 2, 3
2 teams of 3 face each other from behind a line 10–15 metres apart
1 ball per team is placed an equal distance between line.

<table>
<thead>
<tr>
<th>Team A</th>
<th>1</th>
<th>O</th>
<th>1</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
<td>O</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Activity:**
When number is called, the player assigned that number runs out, grabs ball, and throws it back to person with next number (1 throw to 2; 2 to 3; 3 to 1)
Points scored each time ball is caught first – total team points.

**Variation:**
For younger players who don’t catch well, an adult leader can be used to catch or a target can be set up.
- Use kick balls and goals – run out dribble ball with feet to specified line then kick into goal.
- Play like basketball – run out, dribble and shoot into basket or to team mate sitting in a chair.
- Throw light weight ball in the air, number called runs out, and uses a paddle or racket to hit it back.
- Volley the ball back.
GUARD THE PIN

**Equipment:** Ball and pin or plastic jug for every 5-6 participants

**Skills:**
- Locomotion: Shuffle step, cross-over step
- Movement: Agility, reaction
- Manipulation: Rolling, kicking, catching rolling ball, blocking kicked ball
- Social: Teamwork, co-operation

**Organization:**
- Players in groups of 5-6 form a circle around a cone with ball on top (or pin, or plastic jug)
- Size of circle depends on group’s ability level
- 2 players selected as defenders

**Activity:**
- Players in outside of circle try to knock the ball off the cone by rolling the ball at it.
- They are encouraged to pass the ball quickly to a teammate for a better shot.
- Defenders try to keep the ball from hitting the cone.
- Total team points.

**Variation:**
- If too easy to defend or to make more challenging for defender, use just 1 defender or add another ball.
- Kick the ball instead of rolling it to turn it into an activity to practice soccer skills.

BULLS IN THE RING

**Equipment:** 1 ball for every 5-6 participants

**Skills:**
- Locomotion: Running, shuffle, cross-step
- Movement: Space awareness, agility, reaction, evading
- Manipulative: Throwing, catching, dribbling, kicking, passing
- Social: Interaction, support, co-operation

**Organization:**
- Groups of 5-6
  - 4 or 5 “matadors” form a circle around the “bull” in the centre
  - Size of circle depends on ability level

**Activity:**
- “Matadors” try to keep the ball away from the “bull” by passing it to each other.
- For scoring assign pairs or threes and total the time it takes them as “bulls” to get the ball away from the matadors. Lowest total time wins.

**Variation:**
- Larger groups add more matadors – 2 bulls – 2 balls
  - Use soccer, basketball, and volley skills instead of throwing skills.

**NOTE:** 5 to 6 year olds may find the throwing, catching skills too difficult if small ball is used.
HOME RUN

**Equipment:** 1 ball and target for every 3 participants

**Skills:**
- Movement: Effort awareness
- Manipulation: Throwing accuracy
- Cognitive: Decision making
- Social: Responsibility, positive attitude, support

**Organization:** Groups of 3
Each group has a target to throw at. Targets should be approximately 3 feet by 3 feet. Mark out 4 lines at various distances in front of each target. Distance depends on ability level. High success rates are the goal. Lines are named as follows:

<table>
<thead>
<tr>
<th>target</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td>single</td>
</tr>
</tbody>
</table>

**Activity:** Players choose which line to throw from.
Award points as follows:
Single – 1 point  Double – 2 points  Triple – 3 points  Home Run – 4 points
Players see if they can get more points on each consecutive throw or it can be made into a group competition by totalling each group’s points to see which group gets the most.

**Variation:** Change the name to STRIKER and use kicking skills instead or JORDAN and use basketball shooting skills.
ZIG ZAG ZALLY

**Equipment:** 1 ball for every 2 participants

**Skills:**
- Locomotion: Running
- Movement: Space awareness
- Manipulative: Passing, dribbling
- Social: Co-operation

**Organization:** Partners spaced 5-10 metres apart depending on skill level – 1 partner with ball.

**Activity:** Partners will move forward in the same direction as the ball is being passed back and forth between them. Since they are moving, they will have to “lead” their partner by throwing to a space ahead of them instead of directly at them.

**Variation:**
- Use soccer or basketball skills to dribble or pass.
- Set up cones and dribble through them.
- Volley or hit with racket back and forth.
**BUSY BEE**

**Equipment:** Markers, numerous small objects to throw

**Skills:**
- Locomotion: Running, shuffle, cross-step
- Movement: Effort awareness
- Manipulative: Throwing, catching
- Social: Co-operation, support, discipline

**Organization:**
- Groups of 6-8.
- Mark out boundaries for each group in circle formation – place a number of small objects in circle.
- 2 or 3 selected to be “busy bees” in centre of circle.
- Others are on outside of circle.

**Activity:**
- “Busy bees” try to get all objects out of the circle by throwing or kicking them out.
- Others try to catch them as they are being thrown out and throw them back in.
- Select different pair to be “busy bees”.
- Set time limit to see how many objects each pair of “busy bees” keep out in specified length of time.

**Variation:**
- Volley the ball out.
**ASTEROIDS**

**Skills:**
- Movement: Space awareness, effort awareness
- Manipulative: Throwing, kicking, catching, trapping
- Social: Support, positive attitude, discipline

**Organization:** Groups of 6
Mark off boundaries for each group – size depends on ability level.
3 players from group are standing outside the boundary and 3 inside the zone.

```
  x
  x  x
  x  x
```

**Activity:** Team from outside the zone score points by landing the ball (asteroid) into the zone before the defensive team can catch it.

**Variation:** Use soccer skills and kick ball offensively – trap defensively.
Use volleyball-like serve or strike a lightweight ball with a racket or paddle.

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**FIVE IN A ROW**

**Equipment:** 1 soft-core ball for every 5-8 participants

**Skills:**
- Locomotion: Running, shuffle, cross-step
- Movement: Space awareness, dodging
- Manipulative: Throwing, catching

**Organization:** Divide into teams of 3-6 – 1 team starts with a soft-core ball.
Mark off boundaries.

**Activity:**
- Team with the ball throws it amongst themselves, while the other team tries to intercept it.
- The other team gets the ball if it is dropped or intercepted.
- Players can take maximum of 3 steps before passing the ball to someone else.
- Ball must be passed within 5 seconds.
- Teams try to throw 5 consecutive passes.

**Variation:**
- Count to see how many consecutive catches each team can get without dropping the ball or having it intercepted. Set a maximum time limit for when ball will be turned over to opposition just in case the defensive team can’t get it away.
- Require that the receiver must be moving when receiving a pass.
- Use a kick ball instead and practice soccer kicking skills.
SQUARE SOCCER

**Equipment:** 1 kick ball for every 5-6 participants, markers  
**B, N, R**

**Skills:**  
Movement: agility, effort awareness  
Manipulative: kicking, controlling

**Organization:**  
Mark out boundaries for square play area.  
Divide group into 4 teams of 4-6. If fewer players make square smaller or use 2 sides.

![Diagram of square soccer field]

**Activity:**  
Players attempt to kick the ball past any opponent’s end line, while preventing opponents from scoring on them.  
Award a point for every ball that goes past the end line below the waist.  
Players can trap or block balls with any part of body except hands.  
Ball must be kicked from behind kicking line.

**Variation:**  
Play in triangle instead of square.  
Add more balls.
PIN SOCCER

| Equipment: 8 pins; pinnies (2 colours - 1 for every player; inflatable ball for every 4 participants). |

Skills: Locomotion: Shuffle, cross-step  
Movement: Space awareness, faking, dodging  
Manipulative: Kicking, trapping, passing  
Social: Teamwork, inclusiveness, interaction, emotional control, accept rules

Organization: 2 teams – each team divided equally into goalkeepers (G), forwards (F), defensive backs (D).  
Mark out playing field into 2 halves, with 4 pins (P) set up in each half.  
Goalkeepers stand near pins in their half.  
Defensive backs stand near the midline on their defensive side.  
Forwards stand around the perimeter on their offensive side.

| Activity: Ball starts with a defensive back.  
Award a point each time a defensive back or forward knocks down a pin in the opponent’s zone. Pins are reset immediately. Encourage quick passes to catch goalkeepers off guard. |
POISON BALL

**Skills:**
- Locomotion: Running
- Movement: Agility
- Manipulative: Throwing, catching
- Social: Co-operation, positive attitude, accept rules

**Organization:**
- Mark of play area into 2 halves – with balls scattered throughout both halves.
- Designate a specific coloured ball as the “poison” ball.
- 2 equal teams – each defending one half of play area.
- Designate at time limit (1-3 minutes).

**Activity:**
- Neither team wants to end up with the poison ball in their end when time is up because it is worth 5 points against.
- Players throw yarn balls back and forth trying to end up with the fewest when time is called.
- Score 1 point against for each ball left in each team’s zone – 5 points against for “poison” ball.

**Variation:**
- Use more than 1 poison ball.

GRAND SLAM

**Equipment:** 1 ball / bat (or object to strike with) for every 4 participants

**Skills:**
- Manipulative: Catching, striking an object with a bat, throwing
- Social: Co-operation

**Organization:**
- Groups of 3 or 4 – each group separated from the others for safety.
- Each group requires a bat and ball that can be hit safely (whiffle ball, sponge ball).
- If T’s are available for beginners each group could hit off a T.

**Activity:**
- 1 batter hits to 2 or 3 fielders.
- If a fielder catches a fly ball OR fields or retrieves 3 grounders, they become the batter.
- Players can’t bat a second time until everyone has batted.
SNAP, CRACKLE, POP

Skills: Manipulative: throwing, fielding
       Social: sharing

Organization: Groups of 3 or 4
              Tape 5 or 6 balloons to the wall in front of each group to be used as targets

Activity: From behind a line, players from each group take turns throwing the ball at the balloon trying to break it. Distance of line depends on ability level of group.

Teaching Cues: “Blast” the ball at the balloon.

Variation: For older groups, if they field the ball as it rebounds, using correct technique, they get another turn – maximum 3 consecutive turns.

Equipment: Balloons, balls for throwing
FREEZE THE RUNNER

Skills:  
Locomotion: Running  
Movement: Space awareness, effort awareness  
Manipulative: Throwing, catching  
Social: Teamwork, co-operation, inclusiveness  

Organization:  
2 teams of 4-6 – 1 team on offence (O) and 1 on defence (D)  
Set up bases in square or diamond formation  

Activity:  
Offensive players take turns throwing the ball out into the play area and running around, touching the bases on the inside corner until “FREEZE” is called. This may mean more than once around.  
The ball is fielded then thrown to EVERY defensive player. The last player to catch the ball yells “FREEZE”.  
Offensive team scores points by counting the number of bases touched by the time freeze is called. If caught between bases, the last base touched counts.  
When everyone on offence has had a turn, switch offence and defence.  

NOTE:  
Very young players who have not mastered throwing with accuracy and whose catching skills are very weak may need an adult stationed in the defensive zone so the ball goes to the adult and back to each player instead of from player to player.  

Variation:  
Have the offensive team run in pairs  
Kick a ball or hit a ball off soft-toss, a T, use a racket, serve a rubber ball with hand (as a volleyball serve)  
Use a sponge, yarn or Nerf ball and try to toss it onto specified body part of partner (foot, knee, leg)  

Equipment:  
4 carpet bases; 1 ball  

B, N, R
### HOT SHOT

**Equipment:** Targets; shooting or throwing object

**Skills:**
- Locomotion: Running, jumping, hopping, shuffling, galloping
- Manipulative: Throwing, passing, shooting
- Social: Accept rules, discipline, positive attitude

**Organization:**
- Set up a target - baskets, wall targets; nets, etc.
- Mark out a spot to score from every 2 paces from the target.
- Can be done as individuals or as partners.

**Activity:**
- Try to score from closest line.
- Each time a score is made they move to the next starting spot further away.
- When a target is missed they start over at first spot.
- Objective is to see how many consecutive targets can be hit.

**Variation:**
- Set certain time limit at each target and see how many can be hit in time limit.

### BATTLE BALL

**Equipment:** Nets or something players can jump and throw over (sticks or ropes across pylons); ball for every 6 players (plastic, yarn, Nerf, volleyball, soccer)

**Skills:**
- Locomotion: Jumping
- Movement: Effort awareness; springs; landings
- Manipulative: Throwing and catching while feet are off surface
- Social: Teamwork

**Organization:**
- Teams of 3 – 1 team on each side of a barrier (net, rope or stick across pylons).
- Mark outside boundaries for each group of 6. Size will depend on space available and age.
- The objective is to throw the ball while jumping.
- Ball starts in the hands of 1 player on 1 of the teams.

**Activity:**
- Teams try to get the ball to touch the floor on the other side of the barrier, within the boundaries.
- At least 2 players on the team must touch the ball before throwing it over the barrier.
- The feet of the players **must be off the floor when it is thrown or caught.**
- Points are scored if the player’s feet are touching the surface when ball is thrown or caught; the ball hits the floor in-bounds; or the ball lands out-of-bounds.

**Variation:**
- Play co-operatively, totalling the number of times they can get it back and forth without breaking any rules.
- Volley or strike a lightweight ball with a racket.
HIT THE DECK

**Equipment:** 1 ball for every 4 participants  

**NOTE:** Prerequisite is that children have been taught to roll properly. This game is a practice activity.

**Skills:**  
Locomotion: Rolling  
Movement: Agility, effort awareness  
Manipulative: Throwing, catching  
Social: Co-operation, support, accept rules

**Organization:**  
Teams of 2 playing against other teams of 2.  
1 team starts on 1 side of a line and the other team starts on the other side

\[
\begin{array}{|c|}
\hline
\text{X} \\
\hline
\text{Y} \\
\hline
\end{array}
\]

**Activity:**  
Ball is thrown across line trying to make opposition catch it while off balance (in an open space).  
Person catching the ball must **roll immediately upon catching the ball**.  
Each group of 4 tries to see how long they can keep the ball going without it hitting the ground or someone fails to roll.

**Variation:**  
Add that the ball must be thrown to partner or opposition before roll is completed.
PUNT FOR POINTS

**Equipment:**  Ball that can be punted for every 4 players, markers  
**B, N, R**

**Skills:**  
Movement:  Space awareness  
Manipulative:  Punting, catching  
Social:  Teamwork

**Organization:** 2 versus 2  
Use markers or lines to mark out target zones for every 4 players.  
Each zone is approximately 10 feet long.

Punters (P)  Receivers (R)

<table>
<thead>
<tr>
<th>End Zone</th>
<th>6</th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
<th>End Zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>P</td>
<td>P</td>
<td>P</td>
<td>R</td>
<td>R</td>
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<td></td>
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</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td></td>
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</tr>
</tbody>
</table>

**Activity:**  
Objective is to punt the ball over opponents and into their end zone.  
If opponents catch the ball, they advance 1 zone before punting  
If they retrieve the ball before it gets to end zone, they punt from that point.  
Teams alternate punts.  
Points for getting it in the end zone correspond with zone from which it was punted.

**Variation:**  
Hit a lightweight ball with a racket.
HIT AND RUN

**Equipment:** 1 ball/bat or other object to strike with for every 4 participants

**Skills:**
- Locomotion: Running
- Manipulative: Striking a stationary object with a bat, dropping bat and running, catching, throwing
- Social: Co-operation, discipline, support

**Organization:**
- Groups of 4 (1 batter; batter fielders; 1 batter on deck).
- 1 adult to throw ball to batter if Ts not used.
- Draw a circle or place carpet base where bat should placed after hitting.
- Place a carpet base 20-40 feet from batter.

**Activity:**
- First player hits off tossed ball or T, drops bat (not throw it) in marked area (circle or carpet base) then runs to the carpet base 20 – 40 feet away.
- When ball is fielded and throwing back to be returned to T or adult tossing ball, the batter returns be the next on deck batter.
- While the ball is being retrieved, the batter that was on deck prepares to hit.
- After specified number of hits, switch pairs from offence to defence.

**Variation:**
- Hit with a racket or paddle.
- Strike an inflated ball with arms or hand.

PENTATHLON

**Equipment:** Ball or other type of throwing object markers, stop watch

**Skills:**
- Locomotion: Jumping, running
- Manipulative: Catching, throwing
- Social: Support, listening, accept rules, positive attitude

**Organization:**
- Set up various skill stations around the play area – Example: targets, obstacles, various locomotion skills, number of passes, etc.
- Targets and passes can be set at different height, distances, size
- Partners
- Each pair starts at 1 of the stations

**Activity:**
- As the skill is completed, the children rotate through the stations.
- See which pair can complete the stations first.

**Variation:**
- Set a certain amount of time and see how many scores can be completed in the time. Total the scores at the end.
- Partners who finish first can go again to see if they can beat their best scores.
- Use various locomotion skills to move from station to station.
BEAT THE BALL

Skills:
- Locomotion: Running
- Movement: Space awareness, effort awareness
- Manipulative: Throwing, catching
- Social: Co-operation, support/respect of others, accept feedback

Organization:
- Divide participants into groups of 6
  - 5 form a circle large enough for them to be able to throw a ball around to each other
  - The 6th person is a runner starting beside the person with the ball

Activity:
- On “go” from instructor, the ball is thrown around the circle, while the runner races around the outside trying to beat the ball back to the start.
- Give 1 point to the runner for every player that is passed, before the ball gets back to the start point (maximum 5 points).

Variation:
- Use a kick ball and pass the ball around the circle with kicks.
- Assign teams of 2 or 3 and total points they receive when running as individuals.

Equipment: 1 ball or bean bag for every 6 participants

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WALL FRENZY

Skills:
- Movement: Shuffling, running
- Manipulative: Throwing, catching

Organization:
- Mark out a line 5 metres from the wall for each group of 4-5 – each group has a rubber ball
  - 1 player in the group is the thrower the others are catchers.

Activity:
- Thrower throws ball into wall so it bounces beyond the 5 meter line.
- Points awarded as follows: catch – 10; first bounce – 5; second bounce – 3; subtract for miss.
- First player to reach 100 becomes the thrower.

Equipment: Wall, tennis or rubber ball for every 4-5 players
WALL HANDBALL

**Equipment:** Wall, rubber or tennis ball for every pair  

**Skills:**  
Locomotion: Shuffling  
Manipulation: Striking

**Organization:** Measure off designated court area – flexible to ability of players  
Each pair has a rubber ball

![Wall, Box, Service line diagram]

**Activity:**  
Server stands behind service line, bounces ball once, and hits it with hand, underhand into wall.  
After it hits the wall, it bounces once into the box before opposing player hits it with hand, back into the wall.  
Play continues until 1 player misses, ball bounces twice, or bounces wide of the lines.  
Game is played to 15 points.

**Variation:**  
Very young players may have to catch rather than hit ball back into wall unless larger playground ball is used and distance shortened.  
Hit with non-dominant hand every other bounce or for entire game.