

Activities and Games USING A BALL

Do you have a favourite game or activity using a ball? Try out some of the examples below and maybe one will become a new favourite!

ACTIVITIES FOR ONE

TARGET PRACTICE

Equipment: Ball, target

- Place a target on an outside wall (e.g. a happy face, a bright coloured circle)
- The goal of the activity is to throw or kick the ball to try to hit the target.
- The activity can be made harder or easier by moving closer (easier) or further (harder) away from the wall OR by making the target bigger (easier) or smaller (harder) OR by kicking with the dominant (easier) or non-dominant (harder) foot.

BOWLING

Equipment: Ball, plastic beverage containers (e.g. 2L “pop” bottles)

- Fill plastic beverage containers with sand or water and use them as “pins”.
- The activity can be made easier or harder depending on the amount of water in the bottles. The heavier the bottles (e.g. more sand or water), the harder it will be to knock the pins over.

SEVENS

Equipment: Ball

- Start by standing about five feet from a wall - if a wall is not available, the ball can be thrown into the air
- Each time the ball is thrown, a different number is called out and the ball is thrown and caught in a different way:
- “Onesies” - throw the ball against the wall and catch it (one time)
- “Twosies” - throw the ball against the wall, let it bounce once before catching it - repeat twice
- “Threesies” - throw the ball against the wall, clap before catching it - repeat three times
- “Foursies” - throw the ball against the wall, spin around and catch it after the first bounce - repeat four times
- “Fivesies” - throw the ball against the wall, clap twice behind the back and catch the ball - repeat five times
- “Sixies” - throw the ball against the wall, get down

in a push-up position, then jump up and catch the ball after it bounces once - repeat six times

- “Sevensies” - throw the ball against the wall, clap hands in front once and once behind the back before catching the ball - repeat seven times

Source: Ontario Health and Physical Education Curriculum Support Documents (K-Grade 10) - Grade 1 (page 343)

ACTIVITIES FOR TWO OR MORE

KEEP AWAY

Equipment: Ball, markers (e.g. pylons) to designate the playing area

- Three players are needed for this game that is also called “Monkey in the Middle”.
- Mark a playing area in which all players, as well as the ball, must remain.
- One player must stand in the middle and attempt to “intercept” the pass between the remaining two players.
- Players should be encouraged to try different types of passes (e.g. high, low, bounce) as well as use “fakes” to throw off the player in the middle.
- This game can also be adapted to use kicking instead of passing (e.g. like soccer).

Source: www.heartandstroke.ca (PowerSkills - HeartSmart™ Family Activities)

HEAD CATCH

Equipment: Ball

- Players line up against a wall.
- The first player in line shouts either “Head” or “Catch” while throwing the ball against the wall.
- The next player in line has to do the opposite; if “Head” is called, then the player must catch and if “Catch” is called, the player must head the ball.
- If the player performs the correct action, then they remain in the game and become the thrower. The thrower moves to the back of the line to wait their turn.
- If the player performs an incorrect action, they are “out” and the next thrower tries again.

Source: www.gameskidsplay.net/games/ball_games/head_catch.htm

MUMMY

Equipment: Ball

- Players spread out around playing area, not too far apart.
- One player starts by throwing to another player.
- If the thrower gives a bad throw, then they have to sit down and the catcher makes the next pass.
- If the catcher gets a good pass but is not able to catch the ball, then they sit down and give the ball to someone else.
- When the game gets down to only two players, the remaining players have to put one hand behind their back and toss the ball back and forth until one player either gives a bad throw or drops the pass.

Source: www.gameskidsplay.net/games/ball_games/mummy.htm

SPUD

Equipment: Ball

- One player has the ball and stands in the middle of the group.
- When everyone is ready, the player with the ball tosses the ball high into the air and shouts the name of one of the other players (e.g. Jack).
- “Jack” must catch the ball while all other players scatter around the playing area.
- Once “Jack” catches the ball, he yells “SPUD” and all other players must FREEZE and remain standing still.
- “Jack” can take five steps toward the nearest player and try to hit the player (below the waist, throwing gently) with the ball.
- If “Jack” is successful, the targeted player receives a letter in the word SPUD. If Jack misses, he takes the letter.
- “Jack” restarts the game and the game by throwing the ball in the air and calling out the name of another player. The game continues until one person has all four letters in the word SPUD.

Source: www.heartandstroke.ca (PowerSkills - HeartSmart™ Family Activities)

TEAM GAMES

FIVE DOLLARS

Equipment: Ball and bat

- One person is the designated hitter and the remaining players scatter throughout the outfield.
- The batter hits the ball after tossing it in the air.
- The outfield receives points as follows:
- One dollar for a fly catch (e.g. ball does not hit the ground)
- 50 cents for a one bounce catch
- 25 cents for a grounder
- The first person to receive five dollars (or other designated amount) becomes the batter.

Source: www.funattic.com/game_ball.htm#anchor2

FIVE PIN SOCCER

Equipment: Ball and five empty plastic beverage containers (e.g. 2L “pop” bottles) per team

- Note: Use the empty beverage containers as “pins”. Fill the containers with sand or water to make them more difficult to “knock” over.
- Teams line up on opposite sides of the playing area. Each team makes a line in their playing area for the “goal”. The pins are lined up behind the goal line.
- Each team takes turns trying to knock down the other team’s pins by kicking (or rolling) the ball.
- Teams score 1 point for each pin knocked down. The game continues until one team has scored a pre-set number of points (e.g. 10 points).

WALLYBALL

Equipment: Ball, masking tape

- A target area is marked on the wall.
- Two players stand in front of the wall and one player throws at the target area.
- The other player attempts to catch the ball.
- Points are scored by the thrower if the receiver does not catch the ball.
- Points are scored by the receiver if the thrower does not stay within the target area.
- Players should be encouraged to throw from different angles, heights or speeds to make it more difficult to catch the ball.

Source: www.heartandstroke.ca (PowerSkills - HeartSmart™ Family Activities)