Lesson 1

Super Team Ball

Game Description:

A great game that requires a team to cooperate and move as one unit. Cooperation bands, a Pilates ball and some mats for nets are needed.

Objective:

To score a goal on your opponents kick, throw, or push the Pilates ball into your opponents mat.

Game Rules:

Divide the group into teams of four or five. The entire team must go into and stay in their cooperation band. The teams can score goals by throwing, kicking or pushing the Pilates ball into their opponents net. Remind the participants that it does not work unless the whole team moves as one unit.

AGE:

7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Co-operative / Team Building / Ice Breaker
Multi-skill game

SPACE NEEDED:

Large Space (Gym, Multipurpose Room, Playroom)
Medium Space (Classroom, Empty Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Catch
Coordination
Dodge
Kick
Run
Strike
Throw
Track