

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Wall Ball

Game Description:

A great game to improve hand-eye coordination!

Objective:

The goal is to see how many times you and your partner can hit the ball back and forth without dropping it!

Game Rules:

With a partner, throw the ball against the wall. You and your partner must use your hands to strike the ball back and forth!

AGE:

10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Skill instruction

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Pair

TYPES OF SKILLS PRACTICED:

Strike
Throw
Track