

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Bounce Ball

Game Description:

Great partner game that is an awesome lead up to 4-Square!

Objective:

Try to bounce the ball so your opponent can't catch it!

Game Rules:

Pair children off, each partnership needs one hoop and one ball. Opponents stand on opposite sides of the hoop. One partner starts by bouncing the ball in the hoop, they are trying to make it difficult for their partner to catch. You score points if your opponent misses the ball after you have bounced it in the hoop. Play multiple rounds.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Catch
Coordination
Run
Throw
Track