

GAME: Ball Pass Challenge



Option 2: Ball pass

Item needed: Ball (if a ball is not available, roll up a t-shirt or other piece of clothing and tie together into a ball shape)

Method 1:

Have students make groups of 10 or you may want to put them into two teams. Have each group form a circle and sit on the ground with legs and feet out straight. Then tell all the students to lie down on their backs with their feet up in the air. Give the first child in the group the ball in between their feet.

Tell the students that without using hands they are going to pass the ball around the circle using their feet until it reaches the place where it had started. If the ball falls on the ground or if it is touched by someone's hand the ball must start over. You may play to see which team passes the ball all the way around the quickest or you may see how far they can pass the ball without it falling.

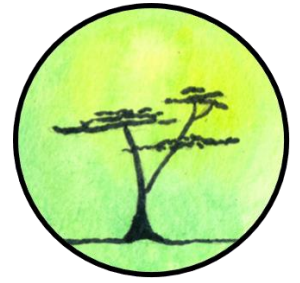
Method 2:

Have all kids form a circle, without using hands, grip the ball between two elbows and pass the ball around the circle only using elbows. Once the ball makes it around the circle one time, make the game more difficult. Tell the kids that they must keep one foot planted the entire time. it cannot move. If their foot moves they are out of the game



Have them pass the ball around in the same manner once more. When the ball makes it around the circle, have the kids take one step back and repeat the same process. Keep repeating until the ball can no longer be passed. If someone moves their foot or drops the ball they are out of the game. The goal is to get the ball around the circle as many times as possible.

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