

Movement Challenges & Games

BOMBARDMENT

- Set up a square area with cones, about the size of half a basketball court.
- Place a gatorskin ball in the middle of the square (you may like to place it on a cone to stop it rolling away).
- Divide the class into four groups and stand them on each side of the square.
- Each student has a tennis ball.
- Groups throw the tennis balls at the gatorskin ball in the middle and try to knock it over the line opposite.
- Only tennis balls may touch the gatorskin ball.
- Any tennis ball coming out of the square may be used by the side it came out on.
- No-one is allowed into the middle of the square during the game. Anything in the square is stuck until the end of the game.
- Game ends when the gatorskin ball touches a line or rolls outside the square.

Equipment: Tennis balls (one per player), Cones, Gatorskin Ball.

Area Required: Half a Basketball Court or equivalent indoor or outdoor area.

Benefits

- Anticipation (Did I throw the tennis ball at the gatorskin ball? Or did I throw it to where I thought it would be?).
- Cooperation (How did I best work with my team to knock the ball over the line?).
- Hand Eye coordination (What was my most effective throw? Why?).
- Teamwork (Did my team workout a strategy for the game?).

How to explain the activity

- Our objective is to use our tennis balls to knock the centre ball over the opposite line.
- You may throw your ball at anytime once you hear the word “go”.
- Tennis balls may only be thrown.
- No one is allowed inside the square during the game. Anything that remains in the square is stuck there until the end.
- Any tennis ball that comes out of the square may be used by the team that is on the side that the ball came out on.
- The game ends when the ball touches a line, a person or rolls out of the square.

Cues for debrief / reflection

- Did I throw the tennis ball at the gatorskin ball?
- Did I throw the ball to where I thought the gatorskin ball would be?
- How did I best work with my team to knock the ball over the line?
- What was my most effective throw? Why?
- Did my team workout a strategy for the game?

How to vary the activity

- Make the centre ball heavier eg basketball.
- Make the centre ball smaller.
- Make the centre ball a football or other odd shaped ball.
- Give each team two deflectors. Cones that may be placed on the ground in front of the ball to stop it crossing the line. Each deflector may only be used once in the game.
- The team that knocks the ball over the line gets all the deflectors.
- Introduce the “money ball”. A heavier ball that can be rolled fast. Each team may only use the “money ball” once. Once used it is out of the game.
- Rotate teams around the square after each game.

