

# Movement Challenges & Games

## EXPLORER BALL

- Divide the group into four teams.
- Use half a basketball court and have one team on each side of the space.
- Give a piece of equipment to  $\frac{1}{4}$  of the students.
- Those with equipment run into the centre of the space and have to off load the equipment as quickly as possible to another student on the sidelines.
- After off loading equipment run back to sideline.
- Use whatever means possible to attract attention.

**Equipment:** Gator balls, bean bags, tennis balls etc.

**Area Required:** Square about half basketball court size.

### Benefits

- Awareness and attention.
- Control.
- Co-operation.
- Resilience.
- Accuracy.
- Anticipation.

### How to explain the activity

- Evenly distribute the group around the playing space.
- Get someone's attention, voice, eye contact etc prior to passing equipment.
- Try and off load equipment as quickly as possible with care.

### Cues for debrief / reflection

- How did it feel trying to get someone's attention?
- Did any equipment hit you when you weren't expecting it?
- Did you get a variety of equipment?
- How could we make this better?

### How to vary the activity

- Increase or decrease the playing space.
- Try it in silence.
- Use more equipment.