

# Movement Challenges & Games

## MOON BALL

- The aim is for the group to keep the ball in the air by hitting it with an open palm.
- The ball cannot be hit twice in a row by the same person.
- Each hit counts as one point but if the ball hits the ground the counting restarts.
- Set point goals for the students to achieve and encourage counting of the score out loud.

**Equipment:** Gatorskin Ball or equivalent, Beach Balls are great!

**Area Required:** Any area indoors or out.

### Benefits

- Cooperation and communication.
- Hand-eye coordination.
- Initiative.
- Group cohesiveness.

### How to explain the activity

- Use as much freedom (allowing) or control (structure and rules) as you need to with the group you have and in line with your intentions for the activity.
- Guide the reflection/discussion, be careful not to control it.

### Cues for debrief / reflection

- How can we do this differently/more effectively?
- What needs to happen?

### How to vary the activity

- Allow the ball to have one bounce, counting restarts only after the ball has bounced twice.
- Allow individual students to touch the ball two or three times in a row before passing to someone else, this is handy for younger students as it allows them to gain some control over the ball.
- Allow other parts of the body to be used to keep the ball off the ground, not just palms.
- Measure time rather than 'hits'.
- Try smaller and /or larger groups.
- Extra 'points' for using a head or a knee to keep the ball up.
- Indoors have the students sitting or kneeling rather than standing.