

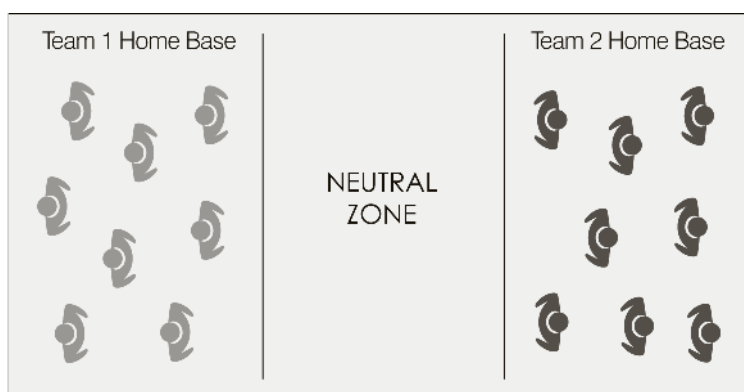
# Movement Challenges & Games

## STAR WARS

- Create two teams who start at each end of a netball court.
- The court is divided into thirds, each team has a home third and the centre third is neutral where anyone can go.
- Teams are trying to throw Gator Skin balls at each other to hit players on the other team.
- Once hit a player must squat down and wait to be freed.
- Each team has two Jedi's who can free those who have been hit and get them back in the game.
- Players have the option to dodge balls or catch them .

**Equipment:** 2- 6 Gator Skins or other soft balls.

**Area Required:** Approximately a netball court with a team at each end.



### Benefits

- Throwing.
- Catching.
- Agility.
- Dodging and cooperation.

### How to explain the activity

- Each team has a designated area at each end and a neutral zone in the middle. When the game starts any player can move around the court in their area or neutral zone but not in the other team's area.
- Each team chooses two secret Jedi's who have the power to free team mates.
- Each team is trying to throw the Gator Skin or soft ball at the other team to hit them below the shoulders.
- When hit a player must Squat down and is frozen.
- If the Jedi is hit they lose their power to free.
- If a player catches a throw from the other team then that thrower must squat down and wait to be freed by a Jedi.
- When all players in one team are squatting then the game ends.
- The aim is to keep the identity of the Jedi's hidden for as long as possible.

### Cues for debrief / reflection

- What strategies did you use to keep the identity of the Jedi hidden?
- What did you notice about the game?
- What areas can we improve on?

### How to vary the activity

- More than two Jedi's.
- Players can only hold a ball for 5 seconds.
- Jedi's can use a tennis ball or bean bag to roll or throw to team members to free them. The player with the tennis ball or bean bag is the new Jedi.
- Ask the group how rules and intentions for this activity can be improved.