

Title of the activity : Games with balls

For who : 6+
Duration : 30-40 mn
Number of players : min 8
Place : outside

Characteristic :
-cheap
-transportable

Type of game : basic juggling

Educational interest :
-juggling, movement coordination, rhythmic

Materials :
- small balls

Goal : linking the entire group, movement coordination, rhythmic passing balls, foundations awarding rules, throwing-catching, game focused on the importance of the individual person in the whole group. Final massage with balls.

Method :...

Sending

Each participant has a ball in his left hand. In the first step he ahead passes on into his right hand, in a second step sends it - passes on to a neighbor on his right side into his left hand. This is repeated over and over with different variations - speed, over one, behind the back, with eyes closed...

Accept and send

Each participant has one ball in one hand. Second empty open palm has also set ahead himself at waist level. The lector has more balls. Lector in the beginning throws one ball to anybody - into his empty palm. Person grabs the ball and the second ball from the second hand, which he was holding, next throws to somebody - into his empty palm. Next person again grabs the ball and throws the ball which he already held. Thus ball circulates among all participants. The rules are: throwing only into empty palms, throwing only to the person who is watching - that I can throw to him. The lector gradually adds and in the end takes back next balls.

Massage balls

Participants will stand into the tight little circle, hips inward. In front of each person is back of neighbor. For massage of back, neck, etc. they use the ball. Then they turn to 180o and massage the person who had just massaged them.

Link or picture :

