

ACTIVITY SHEETS

EZY FLING SET - ACTIVITY IDEAS

Great game for developing hand eye coordination. Simply pull each handle in an outwards direction to fling the ball to a partner or self.

TRADITIONAL USE

- Use to extend student's throwing, catching and co-ordination skills.
- Can be used individually, as a pair, or in groups.
- Foam golf balls are an excellent substitute in case the Ezy Fling ball is lost

TABLOID SPORT

- Use in pairs within the tabloid group. Count how many successful catches are completed.
- A variation would be to fling the ball into a target eg a chipping basket, hoop or bin.
- Measure the longest distance a student or group can fling.
- Use a different ball such as a foam tennis or gator ball.

EZY FLING VOLLEYBALL

Use 6 or 8 people per team and Volleyball / Newcombe rules.

Each team has 3 touches / catches to move ball over net.

If a team drops the ball or does not get the ball over the net with three throws the opposition get the serve.

You must serve to score a point.

EZY FLING

Employ basically same rules as Sofcrosse, except rather than shooting for goal you fling the ball to a teammate standing in a hoop.

Variation: Rather than 1 fling each, each pair has a fling and must co ordinate movement and technique in order to move and fling the ball effectively after taking a maximum of 10 steps before flinging.

FLING ACTIVITY CATCH

Using a single Ezy Fling and ball, throw the ball up and complete set activities and still catch the ball before it drops to the ground.

- Tuck jump 3 times
- Skip to touch a mark and back
- Put Ezy Fling down, clap you hands 3 times
- Put Ezy Fling down and spin around 3 times