

WASPS

Best played using Gator Skin Playballs

Suitable for Grade Levels 2 to 6, this is a running/chasing activity with partners trying to tag others with a Gator Skin Ball. Partners, one with the target ball ("stinger") is the "Wasp". Start in home space with both partners sitting back to back. On signal "Wasps!" the chase is on. The wasp chases his/her partner trying to "sting" (tag) their partner with the ball. If successful, the ball is then given to the other player who becomes the new "wasp", must count to three and then the chase is on again. Continue in this way.

Variations 1: Wasp is allowed to throw the ball but can only hit the partner below the knees.

Variation 2: Wasp can only use non-dominant hand to "sting" their partner.

Variation 3: Wasp can only use non-dominant hand to throw the stinger at their partner

RUN AND CHASE

Suitable for Grades 1 to 3, this game is best played in a confined area indoors or out. The game has lots of movement and fitness and involves playing catch with a partner while on the move. Partners start in Home Space throwing a ball back and forth to each other. On signal "Run", partners jog about in free space throwing the ball back and forth to each other. On signal "Chase" the partner in possession of the ball tries to tag his/her partner with the ball and if successful the tagged partner becomes the tagger. On signal "Run", partners once again move in free space throwing the ball back and forth. Game continues in this way.

Variations:

Tagger is allowed to throw the ball and hit partner below the knees.

Partners must chest pass the ball back and forth as they jog along.

Partners must bounce pass the ball back and forth as they jog along.

Use other locomotor movements such as slide-stepping, power walking and skipping

Use music changes to indicate "jogging" music and "chasing" music.

CONSPIRACY

A progressive team activity where students that are hit join the other team. Play indoors or out, it needs a marked play area. Suitable for Year 3 to Year 12. Lots of team work tossing a ball at your opponents, running dodging and throwing skills. Mark off a large play area. In one corner have a set of colour bands. Designate one player to be "it" (holds the ball).

Everyone else scatters in free space. On signal "Conspiracy", "IT" gives chase to the other players trying to hit them below the shoulders with the ball. If successful, that hit player collects a colour bands and joins IT's team.

Now there are two IT players who may only pass the ball to each other and use pivot steps to try to hit another player. When hit, the third player puts on a colour band and joins the IT team. Gradually the IT team builds in numbers until there are several IT players against the free players. Insist that the IT player is a girl, then a boy, then a girl etc. Watch the dynamics of the game.

Variations:

Allow IT players to not take more than three steps.

IT players can only tag a free player with the ball, not throw the ball.

Add additional balls as needed

DODGEBALL GOTCHA

A whole class activity, suitable for Year 3 to Year 8. Works very well in the gym, but will also work outside with boundaries marked. Involves running, dodging and throwing skills.

Mark off a large rectangular or square play area using Cones or Spot Markers (use your basketball or netball markings). Everyone scatters inside the area. Toss out one large ball, then a second, then a third and even a fourth and watch the fun. The ball is up for grabs by anyone who can safely get to it. A player with the ball is allowed three travelling steps (at the most) as he/she tries to hit someone below the shoulders (without getting hit themselves). If successful he/she yells out "Gotcha". A hit player must then step outside one of the boundary sidelines, can field any loose ball and throw it back into play or to another player.

A sideline player can get back into play if the player who hit him/her is hit and must step outside. Remind players that they must pay attention to which player hit them. If a player catches a ball thrown at them, the thrower is out. Ball must hit a player on the full, not bounce off the floor, wall or another player, then hit a player. If too many players are on the sideline, allow some back in, in the order that they were hit out.

Variation:

Insist that a player who hits a girl out must get a boy out the next time.

SPACESHIPS

Played in the gym or outdoors, "Spaceships" is suitable for Year 2 to Year 8.

The aim of the game is to try to hit a passing spaceship (player) with your ball.

Mark off a large rectangular play area and space 3 large hoops through the middle.

One person (an "Alien" - holding a ball) stands in each hoop and tries to hit passing "Spaceships" with their balls.

Each alien must have one foot in the hoop when throwing the ball.

Spaceships start at one end of the play area and on signal "Blast Off" try to "fly" across the universe without getting hit. If hit, the spaceship fetches the ball and immediately changes places with the Alien.

Game continues in this way, with the challenge being to last the length of the game without getting hit.

Nominate several people to retrieve thrown balls which miss their spaceship targets.

Variations:

-Spaceships can fly from either end of the play area.

-Use five hoops scattered throughout the field.

-Aliens roll the ball instead of throwing it.

-Each alien has an option to have two balls, one in each hand, and rolls either at passing spaceships.

-A hit spaceship is "sunk" and must stay until it intercepts a ball and then is freed.

-Once hit the spaceship is out of the game.

TWO ON TWO CORNER TAG

A fun partner challenge that can keep a group of children active. Played indoors or out, It is suitable for Year 3 to Year 6.

One team "corners" members of the opposing team into a corner and tags them to score points.

Set up any number of square courts with boundaries. One team (two players per team) passes the ball to each other using a chest pass (and/or a bounce pass), to try to "corner" one of the opposition partners and tag them to score a point.

No travelling steps are allowed but a partner with the ball can use a pivot step.

After three minutes, one pair stays in home court, and the other pair rotates to a new court.

Variations:

- Allow players to take at most three travelling steps before passing or attempting to tag.
- Set up a 2-on2 corner tag tournament.
- Play game as a 3-on 3 game, 4-on 4 game.
- Use different ball movements.

MEATBALL

A combination kickball/softball-type game played either in the gym or outside, suitable for Year 3 to Year 8.

Arrange hoops as bases in standard baseball/softball fashion when playing outdoors. When playing indoors use rubber bases or spot markers.

Divide the group into two teams. One team is up to bat, the other team is scattered in the field.

The pitcher rolls the ball towards the home base and the batter kicks it. All kicks are considered fair balls unless the ball goes backward or is judged (by the teacher) to be an invalid kick.

Once the ball is kicked, the runner chooses either to: Run to first base (or further) or stay on the base at home and run after any of the following kicks.

To score a run, a runner must go around the bases two times. Any number of runners can be on a base at one time, but they must each keep at least one foot on the base. Once a runner leaves a base he/she cannot go back. A batter can be "put out" in two ways. The fielding team either catches the ball in the air off a wall, ceiling, basket or other obstacle, or tags the base by throwing the ball at the base the runner is running to. If the ball hits the runner instead of the base the runner is SAFE.

Double or triple plays are possible if the fielding team tags a base once for each runner running to that base. Example: Three runners are running to a base. Fielders tag the base two times. The two closest runners are out, the third runner is safe.

An innings consists of either three outs or a bat for each player on the team. If all players are to bat, have the last batter (and any base runners) run the bases once instead of twice. The fielders then attempt to tag home base once for each runner.

Variations:

- An "automatic home run" occurs when a kicked ball hits a wall above a designated line. In this instance, the batter is not considered "out" if a fielder catches the ball off the wall.
- A batter can be called "out" if the ball hits a light when kicked.
- Designate a line between home base and first base after which the kicker must continue running to first base and cannot return to home base.
- Adjust the ground rules to fit your facility or situation.