

ACTIVITY SHEETS

POGO BALL

Traditional Use:

Stand on platform and bounce up and down, trying to stay balanced.

Individual / Partner / Group Activities:

1. Individual -

Bounce while travelling forwards, backwards, side to side

Bounce and skip with rope forwards and other directions

Bounce in circular pattern

Bounce / skip at different tempos – perhaps with music

2. Partner

Hold hands and bounce (one pogo ball)

Holds hands and bounce each partner on a pogo ball

Throw and catch a ball while bouncing

3. Group

Relays

Tag (all students on a pogo ball, use flag belts)

Choreograph a bounce routine to music

Long rope skipping

Tabloid Sport Activities

1. Time / count partner for specified amount.

2. Bounce a circuit

3. Stationary bounce

4. Skip & bounce

Suggested Games

1. Tail Tag: Each player wears a flag belt and tries to tag each other whilst bouncing around in a designated area.

2. Pogo Theft: As in "Rob the Nest", divide group into four small teams who then sit in one of the four corners of a square playing area. Mark each area with a flat hoop of various different colours. One hoop is to be placed in the centre of the playing area. The aim of the game is for teams to 'steal' beanbags from the centre hoop (one at a time and return them to their team's hoop). Specify a time limit.

The only means of travel is by bouncing on a pogo ball. Only one person may move at any time.

Teams may choose to steal from on another if they wish.

Game variation 1: Use numbered beanbags, where the highest total of numbers (on beanbags) at the end is the winning team. (Numbers = points.)

Game variation 2: Use alphabet beanbags, where teams get bonus points for spelling out words with their beanbags. This is a great literacy game.