

# ACTIVITY SHEETS

## SPYDA BALLS

### TRADITIONAL USE:

Ideal substitute for tennis balls in throwing and catching. They are great for younger aged children, as they are non-threatening. A huge advantage is that they don't roll away. Due to the different feel they are highly tactile and fun to use.

### OTHER APPLICATIONS:

Can be used as a replacement for juggling balls and bean bags.

Hackie Sac activities

Shot-put

### INDIVIDUAL, PARTNER OR GROUP ACTIVITIES:

General throwing and catching. (Refer to bean bag activity sheet)

### SUGGESTED ACTIVITIES AND GAMES:

#### Silent ball

Students stand in a classroom completely silent. They must throw the ball to one another attracting their attention by waving arms etc.

Any dropped catches or noise results in students having to sit down and they are eliminated from the game.

#### Spyda-Put

Twelve hoops on the ground with number marker flag in each. Two groups, one at either end. The aim is to shot-put the Spyda ball into the hoops. You score the points based on the number flag within the hoop.