

ACTIVITY SHEETS

VORTEX

FORCE 'EM BACKS

Played on a football field (or any open area) with 2 equal teams, the aim is to force the opposition to retreat by throwing the vortex over their heads. A catch of the vortex is rewarded by 2 free steps closer to the opposition's goal posts. Throw the vortex from where it is retrieved when not caught. Teams take alternate throws towards their goal posts. A throw over the goal posts is worth 2 points.

Variation: Use more than one vortex for increased class involvement

VORTEX NETBALL

Playing area may vary according to student numbers. Use a regular hoop fastened to court perimeter as goal. Normal netball rules apply.

VORTEX AUSSIE RULES

Playing area may vary according to student numbers. Normal Australian Rules Football rules apply except: tackling may be eliminated; limit running with vortex to 5 steps.

VORTEX CONTINUOUS CRICKET

Vortex may be 'bowled' underarm from any of the 4 witches' hats. Batter must catch vortex on the full to be granted a throw. Once thrown, batter must run around witches' hat to where the vortex was bowled from and back to wicket for 1 successful run. Vortex may be 'bowled' immediately upon return to any of the 4 witches hat (as per continuous cricket).

KEEPING BACK

Students throw vortex over 'no man's land', scoring a point each time the opposition drops the vortex. Eliminate players each time the vortex is dropped. Variation: Use more than one vortex for increased class involvement.

BACKBOARD VORTEX

Aim is to hit the backboard with the vortex. 3 points are scored for hitting the box. Teams must have a number of passes before taking a shot and/or must be inside the key before the shot.

BEAT THE BOMB

Students stand in a circle (make it as big as possible) and pass the vortex around the circle while one person runs around the outside to try and 'beat the bomb'. Class can be divided into two teams and score a point for each student who beats it.

TEAM CHALLENGE

Teams of even numbers set out a series of distances eg. 10m/20m/30m/40m etc. (depending on age and skill level) with correlating points eg. throw past 10m = 5 points, 20m = 10 points. Teams accumulate points.

VORTEX ROUNDEERS

Use a softball diamond.

Batter throws vortex into field as far as they can and runs the bases not stopping until the fielding team has fielded the vortex and each fielder has caught it on the full, passed it on and bobbed down. When all fielding team is bobbed down the runner stops.

Home run = 4 points and each leg of the diamond = 1. Batting team all bat and accumulate points then swap over.

VORTEX GOLF

Divide class into pairs and distribute 1 scorecard per pair. Teacher requires 1 x Hoop

Teacher nominates 'tee off' position and a distant object (eg tree) that students should head towards, taking alternate throws of the Vortex with their partner. Teacher walks with students towards nominated target and, once close enough throws Hoop near target to provide the 'hole' that students are required to land the Vortex inside..

VORTEX SOFTBALL

Set up bases (can be actual bases, or spot markers etc) and divide class into 2 'batting' and 'fielding' teams. Pitcher throws vortex to batter - a dropped catch is classed as a 'strike', a successful catch is classed as a 'hit', and the batter runs around the bases as per normal softball rules. Normal softball rules apply for 'ball', catching, base running etc.