

1. Divided we stand!

6+

Co-ordination/speed

Equipment: Soft balls

- ◆ Split the children into two teams: A and B.
- ◆ Divide team A in half and stand them at either ends of the playing area with team B standing in the space between.
- ◆ The aim is for the players at the ends to hit those in the middle using the soft balls. The players in the middle must dodge any balls coming in their direction and avoid being hit. They must not catch/kick the balls.
- ◆ Any player taking a hit is out. The game finishes when all the players are out, or an allotted time has passed.
- ◆ After each game the teams swap roles.

Safety note: Set an acceptable target zone, such as below the knee. Keep the numbers of children in each team limited so there are not too many balls being thrown at any one time.

