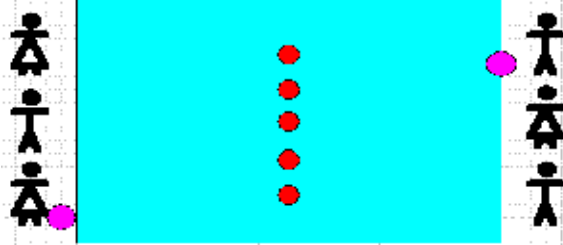

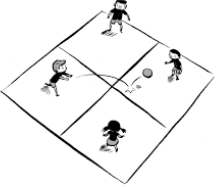





## Activity Plan for Group Ball Games

Week 1			
Activity	How many or how long	How many days	Instructions
“Five Pin Soccer”	15 mins	Total for the week	<p>Five Pin Soccer is a fun soccer game that can be played with your friends or family. Before you can play this game, you need 2 soccer balls and teams must be at opposite ends of a field. Place five 2-liter plastic soda bottles in the center of the field. A little gravel in the bottle helps it to stand up and creates more noise and excitement when hit. At the start signal, players kick balls from behind their line trying to knock down a pin. Once a pin is hit, all players must stop kicking the balls, while the player who knocks down the pin must run out and set the pin back up. Every time a pin is knocked over, 1 point is scored for that player’s team. The first team to get five points wins.</p>  <p>The diagram shows a top-down view of the game setup. A large cyan rectangle represents the field. In the center of the field, five red dots are arranged in a vertical line, representing the soda bottles. On the left side of the field, three black stick figures are standing in a vertical line, representing one team. On the right side, three more black stick figures are standing in a vertical line, representing the other team. A small pink dot is shown on the left side, near the first team, and another pink dot is shown on the right side, near the second team, representing soccer balls.</p>
Group Ball Games “SPUD”  <p>The image shows four children playing the game SPUD on a grassy field. One child is in the air, having just thrown a red ball. The other three children are on the ground, looking up at the ball. The background shows trees and a clear sky.</p>	20 mins	Total for the week	<p>SPUD is another group ball game that uses a soccer ball. To play SPUD, players are huddled around as one person throws the ball into the air. The person throwing the ball is to shout out someone’s name. The person that was called is to get the ball and yell “freeze” before the other players run away. The person with the ball is to gently try to hit any player by rolling the ball on the ground. If a person is hit they are assigned a letter starting with S from the word Spud. If the person throwing the ball misses then they are assigned a letter. The targeted player will be the one to throw the ball. Once a player has been given all the letters to spell SPUD, they are out of the game.</p>


## Activity Plan for Group Ball Games

Week 2			
Activity	How many or how long	How many days	Instructions
Group Ball Games “Four Square” 	15 mins	Total for the week	Have you ever tried playing Four Square before with your friends? To play Four Square, simply have an adult mark off a play area that is six-foot square (with chalk or tape), and then evenly divide that square into four squares. Have a player stand in each square with one player holding the ball. The one with the ball will bounce the ball once in his square then tap it into another player’s square. <b>The player in that square must tap the ball into another player’s square, after it bounced once into his square.</b> If the ball bounces more than once into someone’s square, they are out of the game and either the square is left empty or you rotate a new player. If your volley goes out of the play area before bouncing in the grid, you’re out. If your volley goes into a square where there is no player, you’re also out.
Group Ball Game “Galaxy Ball” 	15 mins	Total for the week	Galaxy Ball is another game that can be played with a small group of friends or family. It is ideal to use a soft soccer-size ball. Players form a large circle or square. Depending on the number of players, place 1-3 players in the centre. <b>Their objective is to avoid being hit by the ball.</b> Players on the perimeter roll balls along the ground, trying to hit the inner circle players (either their feet or lower legs). The player who hits someone, gets to take his or her place in the center.

## Activity Plan for Group Ball Games

Week 3			
Activity	How many or how long	How many days	Instructions
Group Ball Games “Crab Soccer” 	20 minutes	Total for the week	Crab soccer is a modified version of soccer that you can play with your friends or family. To play crab soccer, divide your group of players into two teams (it is ideal to have at least 4 people per team – if you have more players, you can simply make your field larger!). <b>You can apply all the same soccer rules to the game of crab soccer; however, instead of standing up, you can only move and kick the ball when in a crab position.</b> The object of the game is to score as many points as possible for your team.
Group Ball Game Blanket Volleyball 	15 mins	Total for the week	Blanket volleyball is a fun group game that can be played in your backyard. To play this game, set up two teams and each team should have four people on it, so that there will be one person holding each corner of a blanket. <b>Have one team serve the volleyball by placing the volleyball in the middle of the blanket.</b> They are to lower the blanket and then raise it quickly as a team, to allow the ball to become air borne. The opposing team must catch the volleyball in their blanket and toss it back again.

Week 4			
Activity	How many or how long	How many days	Instructions
Group Ball Games “Bridge Ball” 	20 mins	Total for the week	Bridge ball is a group ball game that is best played with 4 or 6 players and 2 soccer balls. To start this game, have players in a circle formation (facing inward). Each player is in wide straddle step with the side of the foot against the next players. Each player must keep their hands are on their knees to begin. <b>The object of the game is to throw one of the balls between the legs of any player before they can get their hands down and stop it.</b> Each time the ball goes between the legs of an individual, a point is scored against that individual. The players having the least points against them are the winners. Be sure the players catch and roll the ball rather than bat it. Players must keep their hands on their knees until a ball is thrown at them.