

Go Play Ball!

Beat the Ball



What's Needed

- 5+ players, ages 6 – 8
- 1 large ball
- an open area

How to Play

- Players stand in a circle.
- 1 player rolls or passes the ball to the player next to him and then runs in the opposite direction around the outside of circle. The ball continues to be rolled or passed around the circle as the runner races back to his spot trying to beat the ball.
- Each player takes a turn running around the circle.

Variations

- Continue rolling the ball. Have runners start to run around the circle as soon as the player to their right returns to base.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to pass/number of times ball passes.
 2. Equipment – ball (type/size).
 3. Pace of travel.



Go Play Ball!

Circle Pinball



What's Needed

- 8+ players, ages 8 – 12
- 1 large bouncy ball
- an open area

How to Play

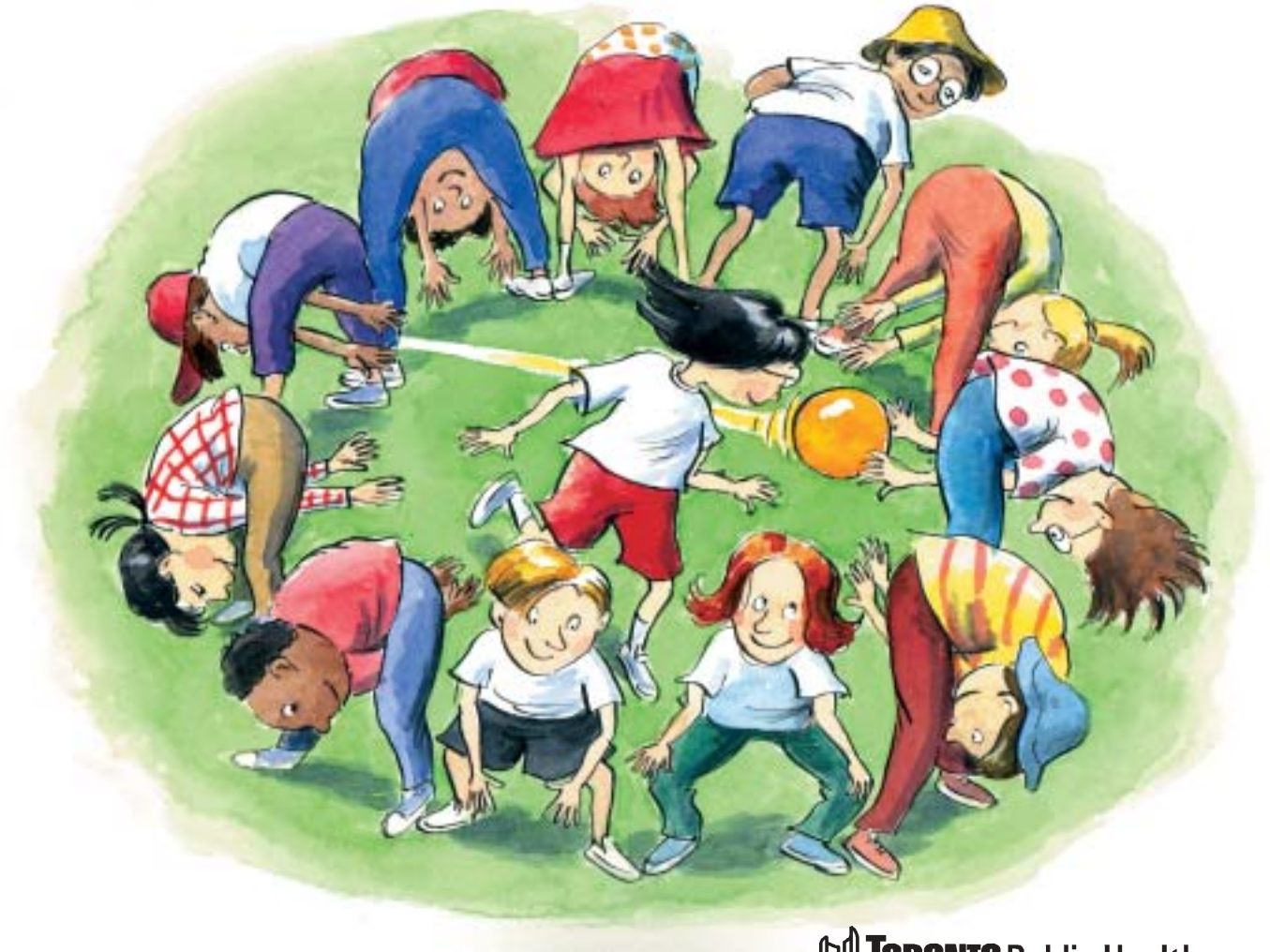
- Players called Flippers stand in a circle facing outward with their feet wide apart and touching a foot of the players on each side. 1 player stands in the middle as the Moving Target. 1 Flipper holds the ball.
- Flippers bend down and swing their arms between their legs like flippers on a pinball machine. They try to hit the Moving Target with the ball. Flippers can hit, catch or throw the ball. The Moving Target avoids getting hit.
- If the Moving Target is hit, she changes places with the Flipper who threw the ball.

Variations

- Team Stride Ball (for younger children): Players stand facing inward. The player in the centre holds the ball and tries to roll it outwards between the legs of the players. The players in the circle try to stop the ball by using only their hands. If the ball rolls through a player's legs, she changes places with the centre player.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to catch/hit/throw the ball.
 2. Equipment – ball (size/softness).
 3. Safe hitting/hit spot.



Go Play Ball!

Crocodile Island



What's Needed

- 6 – 12 players, ages 6 – 10
- 1 ball (soft)
- chalk/hula-hoops/long skipping rope/tape
- an open area

How to Play

- Make 3 islands (circles) on the ground with chalk, hula-hoops, rope or tape. 1 player stands on each island. They are the Castaways. Other players are Crocodiles and stand around the islands.
- The Castaways throw the ball to each other without stepping off their island. The Crocodiles try to get the ball.
- If a Crocodile gets the ball they change places with the Castaway who threw the ball.

Variations

- Change number of players, size of circles, size of balls.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to catch/pass.
 2. Equipment – ball (type/size).
 3. Safety – accessible circles.



Go Play Ball!

Four Square



What's Needed

- 4+ players, ages 8 – 12
- 1 large bouncy ball
- a hard surfaced area and sidewalk chalk

How to Play

- Draw a large square and divide it into 4 equal squares about 3 m x 3 m (9 feet x 9 feet). Number squares 1 to 4 clockwise.
- A player stands in each square. The player in square 1 is the Captain.
- The Captain starts by dropping the ball. When it bounces back, she hits the ball underhanded with an open palm into another square.
- The player receiving the ball lets the ball bounce once before hitting it into another player's square.
- The game continues until a player fails to return the ball or commits a fault. A fault occurs when a player:
 - a) Fails to hit the ball after it lands in her square
 - b) Hits the ball with a fist or hits it overhand
 - c) Causes the ball to land on a line
 - d) Allows the ball to touch any part of the body other than the hands
 - e) Catches or carries the ball
 - f) Does not follow the Captain's variations (see Variations)
- The player who commits a fault is out and other players move up to the next square. A new player enters the game by going into square 4. If there are no other players, then the player who committed a fault moves to square 4.
- The Captain then starts the game again.

Variations

- The Captain decides the variation before play starts.
 - Highsies: Bounce above waist.
 - Lowsies: Bounce below waist.
 - Other hand: Bounce with the other hand.
- Captain chooses a letter. Players call out a word that starts with that letter as they hit the ball.
- Players catch the ball before bouncing/throwing it into another player's square.
- Change type or size of ball.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to pass/return ball. What is a fault?



Go Play Ball!

High-Low Bounce



What's Needed

- 4 players, ages 6 – 8
- 1 large bouncy ball and 1 long rope
- a hard surfaced area

How to Play

- 2 players hold the ends of the rope in a tight straight line close to the ground. The other 2 players stand facing each other on opposite sides of the rope. 1 of them holds the ball.
- To begin the game, the player with the ball bounces it over the rope to the other player who tries to catch the ball.
- The players continue to bounce the ball back and forth over the rope.
- After each successful catch, the rope is raised slightly higher.
- The players change places when a catcher misses the ball or the rope has been held as high as possible.

Variations

- Use smaller balls as skills improve.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to bounce/catch the ball. What is a miss?
 2. Equipment – ball (type/size).



Go Play Ball!

Human Bowling



What's Needed

- 6+ players, ages 8 – 12
- 1 large ball
- a hard surfaced area and chalk/tape

How to Play

- 1 player is the Bowler and 1 is the Ball Return. The other 4+ players are Pins.
- Make a line a few metres away from where the Pins are standing in a cluster. The Bowler stands behind the line away from the Pins.
- Pins can pivot on 1 foot in order to avoid being hit, but must always keep the pivot foot on the ground.
- The Bowler has 3 rolls of the ball and tries to hit as many Pins as possible. He gets 1 point for each Pin hit.
- All Pins hit by the ball are out and move off the field until the next Bowler's turn.
- The Ball Return gets the ball and gives it back to the Bowler after each roll of the ball.
- After the Bowler finishes his turn (has rolled 3 balls), he becomes the Ball Return.
- The Ball Return becomes a Pin. The first Pin out becomes the Bowler.
- Play continues until all players have been a Bowler. The winner is the player with the most points.

Variations

- Change the number of Pins or number of rolls the Bowler is allowed.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to roll/what is a hit?
 2. Boundaries/space.
 3. Equipment – ball (type/size).
 4. Safe hitting/hit spot.



Go Play Ball!

One, Two, Three, O' Leary



What's Needed

- 1 player, ages 7 – 10
- 1 bouncy ball
- a hard surfaced area

How to Play

- The player bounces the ball on the ground and chants the following rhyme:

*One, two, three, O'Leary... Four, five, six, O'Leary...
seven, eight, nine, O'Leary... Ten, O'Leary, Catch me!*

- When the player says, "O'Leary" in the rhyme, he does one of the following:
bounces the ball under a lifted leg, claps his hands or twirls.

Variations

- Larger ball can be used for younger children.
- Games can be played alone or together in small groups.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to bounce/catch the ball/do other actions.
 2. Equipment – ball (type/size).



Go Play Ball!

Paper Tennis



What's Needed

- 2+ players, ages 8–12
- 1 coat-hanger racquet (see Get Set! Be Creative)
- 1 lightweight ball (sponge/crumpled paper)
- an open area
- a tensor bandage may be needed for ability adaptation

How to Play

- Each player has a racquet and ball.
- Players try striking the ball in different ways (overhand/underhand), trying to keep the ball up in the air.
- Players can hit the ball back and forth with a partner.

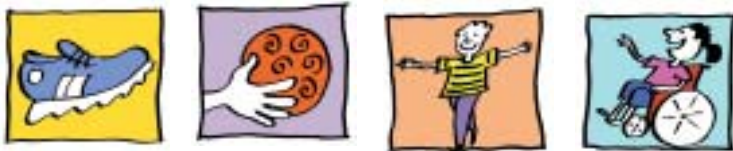
Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to hold/hit with the racquet.
 2. Equipment – ball (type/size).
 3. Pairing.



Go Play Ball!

Two Ball Wall Ball



What's Needed

- 1 player, ages 9 – 12
- 2 balls per player (tennis)
- a hard surfaced area with a wall

How to Play

- Each player has 2 tennis balls and holds 1 in each hand.
- The player tosses 1 ball against the wall. As it returns, she tosses the second ball against the wall and catches the first ball with the other hand. She continues this throw and catch until she misses a ball. The balls must not hit the ground.
- Players count the number of times they catch the balls.



Variations

- Change number of balls or hands used to throw or catch.
- Let the balls bounce once before catching and do an action (clap, twirl) before catching.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to catch/throw.
 2. Pairing.

Go Play Ball!

Wandering Ball



What's Needed

- 10+ players, ages 8 – 12
- 1+ balls
- an open area

How to Play

- Players form a circle with 2 players in the middle.
- Balls are thrown across the circle while the 2 players in the middle try to catch the ball.
- If the ball is caught by a player in the middle, she changes places with the player who threw the ball.
- If a player throws the ball and nobody catches it, that player joins the middle players.

Variations

- For a larger group have more players in the circle and use extra balls.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to throw/catch.
 2. Boundaries/space.
 3. Equipment – ball (type/size).

