

Balls, Hoops and Odds & Ends



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Suggestions

Balls and hoops provide the basis for many games, activities and relays in the Daily Exercise Programme.

Any of the following items can be successfully incorporated into relays and activities:

- | | |
|--|--------------------|
| Balls – all shapes and sizes, hard or soft | Batons |
| Hoop | Tenniquoits |
| Benches | Bean Bags |
| Frisbees | Padder tennis bats |
| Children’s shoes if all else fails | Skipping ropes |

Remember when using balls they can be thrown, rolled, kicked, bounced, dribbled with feet, carried, held between legs or under chin, batted along the ground.

Soft, spongy or ‘zot’ balls are safe to use in halls or in open spaces in the classroom.

All the equipment named above lends itself to relay work.

After working through the following ideas, teachers will be able to develop many additional relay sequences and challenge the children to devise their own relay sequences.

The Daily Exercise session is not a time to teach specific skills. Use skills the children have already been introduced to.

The Daily Exercise session does give another opportunity to practice skills taught during physical education lessons.

BALLS, HOOPS AND ODDS & ENDS

Cats and Pigeons

ALL AGES

EQUIPMENT

Hoops, chalk circles or skipping rope circles on the ground, 4-5 team bands.

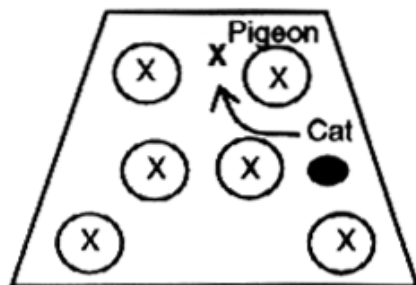
AREA

Hall, grass, hard surface.

FORMATION

This can either be a whole class activity or groups of 8-10 one child is the cat and has a band on, one child is the pigeon.

All other children collect a hoop or rope to form into a circle and place them somewhere in the area (these are the pigeons in their nests).



INSTRUCTIONS

- The cat chases the homeless pigeon who can escape being caught by stepping into another pigeon's nest – this forces the pigeon out of its nest to be chased by the cat.
- If the pigeon is caught he becomes the chaser and takes the cat's band.

VARIATION

Have 2 to 5 cats and pigeons.

TEACHING POINTS

- Teach the game initially with only one cat and one pigeon. Once the children are familiar with the game more cats and pigeons can be added to make a very fast game.

FOCUS ON

- Physical – Cardio-vascular effect. Quick reactions.
Other – Operating within rules.

“Geared Up” Relays

ALL AGES

EQUIPMENT

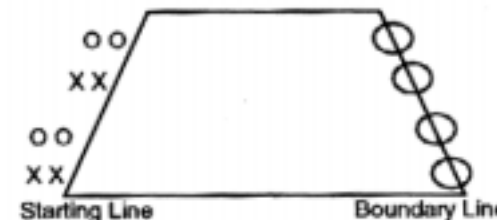
Each pair needs 1 hoop, 1 large ball, 1 small ball, 1 skipping rope, 1 padder tennis bat.

AREA

Grass, hard surface – lines or marker cones as shown in diagram.

FORMATION

Children in pairs, lined up one behind the other at a starting line facing a boundary line, 5-10 metres away.



INSTRUCTIONS

- One person from each team collects one hoop etc., and places these items at the back of the group.
- When teacher gives the instruction – first person does the activity then second.

ACTIVITY 1

- Hoop placed opposite the team on the boundary line. First person runs to hoop – jumps in and out 5 times – runs back.
- Second person repeats etc.

ACTIVITY 2

- First person runs to the hoop – jumps into it and lifts the hoop up and over her head, then places it back on the ground – runs back.
- Second person repeats etc.

ACTIVITY 3

- First person runs to hoop – lifts it over head – runs back and takes partner's hand – runs across to hoop – both jump inside it and lift hoop over their heads without dropping hands. If there is a third person – all 3 run to hoop and repeat the sequence.
- Second person repeats etc.

ACTIVITY 4

- First person runs to hoop – runs around it 3 times and runs back to partner – runs around her 3 times.
- Second person repeats etc.

BALLS, HOOPS AND ODDS & ENDS

Mix and match the following activities one from each column

On The Way There

At The Hoop

On The Way Back

EQUIPMENT – LARGE BALL AND HOOP

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> • Carry ball and run • Ball on ground foot dribble (small taps) • Run with ball held above head • Bounce dribble • Run or walk throwing ball in air and catching again • Walk back-wards dragging ball along in front of feet | <ul style="list-style-type: none"> • Bounce ball in hoop 5 times • Use feet to put ball in hoop • Stand in hoop • Bounce ball in • Bounce ball in hoop while walking around the hoop • Pick ball up between elbows | <ul style="list-style-type: none"> • Carry ball and run • Foot dribble • Roll ball back to partner – run back • Bounce dribble hoop 5 times • Run carrying ball behind back • Run back carrying ball between elbows and pass to next person |
|--|--|---|

EQUIPMENT – SMALL BALL AND PADDLE TENNIS BAT

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Balance ball on bat – run or walk • Bat ball along the ground with bat • Run or walk bouncing ball on the bat • Hold ball between legs run/walk/jump | <ul style="list-style-type: none"> • Throw ball into air from bat and let it bounce in hoop • Scoop ball up onto bat and walk around hoop with ball balanced on bat • Stand in hoop – kneel down and stand again – ball balanced on bat • Drop ball into hoop | <ul style="list-style-type: none"> • Foot dribble the ball (little taps) • Run or walk bouncing the ball with the bat • Bat the ball upwards from the bat – walk or run • Foot dribble |
|---|---|--|

On The Way There

At The Hoop

On The Way Back

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • Run carrying ball and bat | <ul style="list-style-type: none"> • Jump across the hoop twice | <ul style="list-style-type: none"> • Balance bat on head – walk |
|---|--|--|
-
- | | | |
|--|--|---|
| <h4><u>EQUIPMENT – SKIPPING ROPE</u></h4> <ul style="list-style-type: none"> • Fold rope in half, run with rope above head – arms straight • Run circling folded rope above head like a helicopter blade • Run carrying rope, high above head • Skip to hoop | <ul style="list-style-type: none"> • Jump over the folded rope • Stand in hoop, pass rope around legs in a figure 8 shape • Skip on the spot 10 times, skip around the hoop • Skip 5 skips on left foot and 5 on right | <ul style="list-style-type: none"> • Run with rope held behind back • Skip back • Skip back – skip 10 skips with partner in the rope as well • Skip with a high knees run |
|--|--|---|
- First partner carries the objects (ball, bat, rope, small ball) one at a time to the hoop. Second partner brings them all back one at a time. Last partner brings the hoop back as well.

TEACHING POINTS

- For most sequences children should have two or three turns at each sequence i.e. each team goes through the relay 2 or 3 times.
- For more complicated sequences 3 or 4 turns would be appropriate.

FOCUS ON

- | | | |
|----------|---|--|
| Physical | – | Cardio-vascular effect. Practice of a wide range of movement skills. |
| Other | – | Care of equipment. |

BALLS, HOOPS AND ODDS & ENDS

Team Obstacle Relay

ALL AGES

EQUIPMENT

Basic relay as in diagram – 3 hoops, 4 ropes, 2 benches, 3 cones per team – a sketch plan of gear on cards (1 per team).

AREA

Hall, grass hard surface – set out as in diagram below or modified to suit.

FORMATION

Children in groups of 6-8, children should set up their own equipment either from a sketch plan or teacher direction.

INSTRUCTIONS

- Teams line up behind their leader; then follow their leader around the course and back to the starting line.
- First circuit should be a familiarisation lap.
- Have several turns change the leader frequently.



VARIATIONS

1. Alter the layout of the gear in way; or
2. Add a new piece of gear.
3. Make the length of the course longer by leaving bigger spaces between hoops, ropes, benches and cones.
4. Have each group develop one unusual or creative way to use part of the course.
5. Follow the leader who may use the playground in any way he likes.

TEACHING POINTS

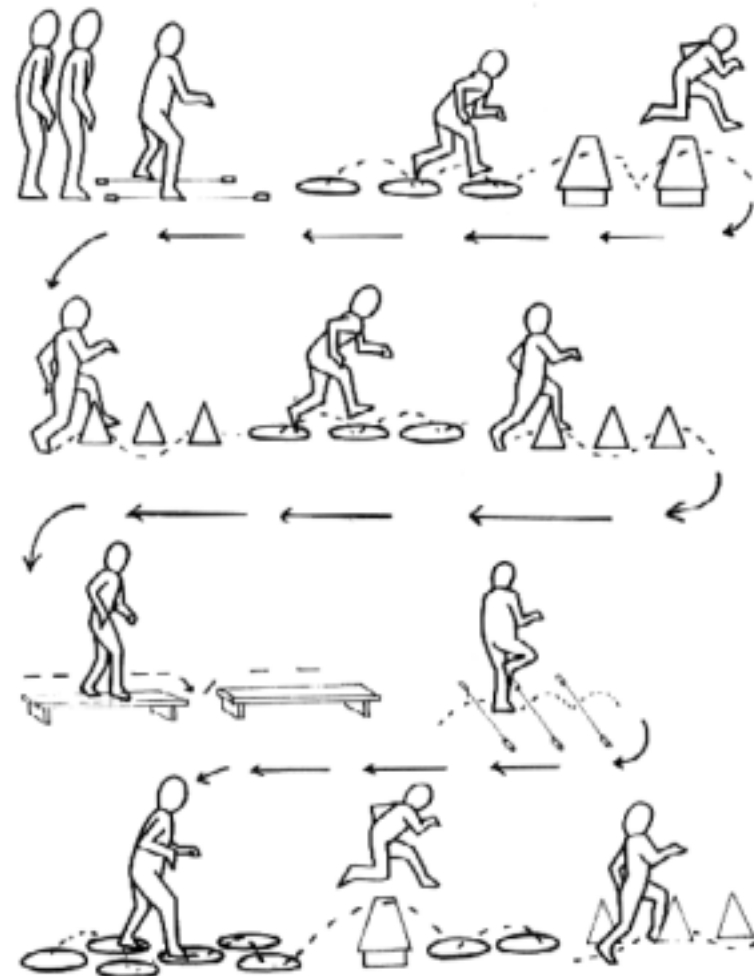
- If there is insufficient gear – reduce the number of groups by having 10-12 in each group.
- Music is a great motivator for this type of activity, about 140-145 b.p.m.

FOCUS ON

- Physical – Cardio-vascular effect. practise a wide range of movement skills.
Other – Building confidence when using equipment.

Notes and Ideas

Relays



BALLS, HOOPS AND ODDS & ENDS

Move On Relays

ALL AGES

EQUIPMENT

Gear as shown below – one card for each group showing how their gear should be set out.

AREA

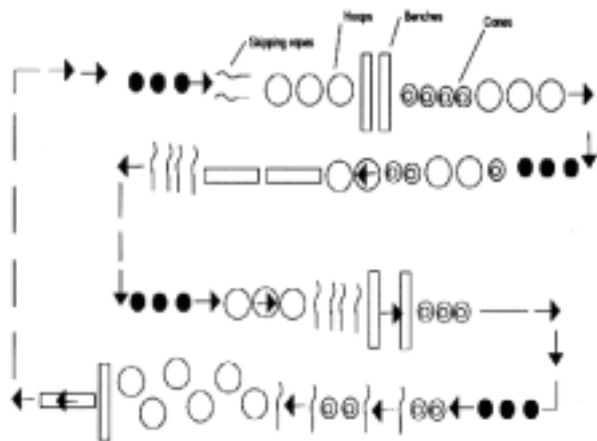
Hall, grass, hard surface – about the size of a netball court.

FORMATION

Class divided into 4 groups – one group stands at each position as shown by the numbers 1, 2, 3 and 4.

INSTRUCTIONS

- Teams follow their own leaders in the direction shown in the diagram.
- As the team finishes the last gear line (4) they run around and begin at line 1.



SUGGESTED ACTIVITIES

- Leap over ropes • Walk along the top of benches • Straddle walk along benches
- Zig zag in and out of cones • Hop in hoops • Leap from hoop to hoop •
- Bunny hop along benches • Walk backwards along benches • Jump with two feet in each hoop •

VARIATION

Once children become familiar with this type of relay – variety can be added with new gear, on the spot activities or changes in the layout of the gear.

TEACHING POINTS

- Have music as background, 140-145 b.p.m is the most suitable speed.
- Have as many lines as equipment will allow.

FOCUS ON

- Physical – Cardio-vascular effect.
- Other – Being responsible with equipment. Developing basic safety practices.



BALLS, HOOPS AND ODDS & ENDS

Hoop Work

ALL AGES

EQUIPMENT

One hoop between two (if possible).

AREA

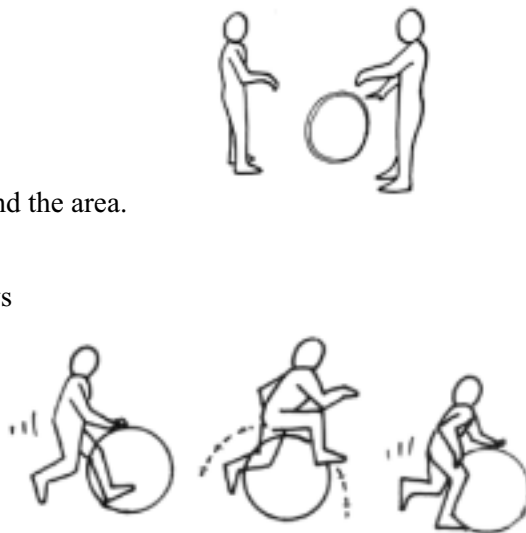
Grass (short and dry), hard surface.

FORMATION

Children in pairs, freely spaced around the area.

INSTRUCTIONS

- Say to children “How many ways can you find to”
Pass the hoop to each other.
Throw the hoop in the air and catch it.
Go through/over/under the hoop



Be inside the hoop.
Move while holding the hoop.
Make the hoop move.

Jump over the hoop while it is moving.
Make shapes with the hoop.
A new way to move
with the hoop.



TEACHING POINT

- Introduce each question and give a short time to try the task when most children have found a movement response move on to the next one. At the end of the session give the – class time to continue with their experimentation.

FOCUS ON

Physical – Co-ordination.
Other – Encouraging inventiveness and experimentation.

Keep The Bucket Full

ALL AGES

EQUIPMENT

A bucket/box/rubbish bin, as many small balls as possible, 30-35.

AREA

Grass, hard surface.

FORMATION

Bucket in centre of the area.

Teacher or child is thrower.

Remainder of class spread out around the area as retrievers.



INSTRUCTIONS

- Thrower tosses balls out of the bucket in any direction as high and quickly as possible.
- Children catch or retrieve balls and return them to the bucket by running with them and placing them in the bucket.
- If the thrower can empty the bucket at any stage she wins a bonus point.
- Change the thrower frequently.

VARIATIONS

1. Two throwers to toss the balls.
2. Two buckets – one for the throwers to toss from, a second bucket a short distance away for retrievers to place the returned balls into. Once the thrower’s bucket is empty it can be swapped for the full one.

TEACHING POINTS

- Balls should be placed in the bucket, not thrown at it.
- Two or three children could stand by the bucket to help deposit balls.

FOCUS ON

Physical – Arm and shoulder strength and flexibility. Co-ordination.
Other – Working as a team.

BALLS, HOOPS AND ODDS & ENDS

Rob The Nest

ALL AGES

EQUIPMENT

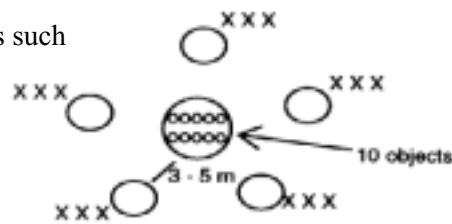
One more hoop than the number of teams
i.e. 5 teams – 6 hoops (nests), 7-10 objects such
as small balls, bean bags, blocks (eggs).

AREA

Hall, grass, hard surface.

FORMATION

As diagram. Teams of 4, 3 numbered 1-4,
standing behind their nest's. Objects placed in central nest.



INSTRUCTIONS

- Teacher calls a number and all players with this number run to the central nest and take one egg at a time back to their nest's.
- When all objects from the central nest have gone runners may 'rob' the nests of other groups.
- The first team with 3 eggs calls stop and wins the round. Changes of number can be called at any time – if a new number is called during the middle of play runners must place eggs they are holding on the ground and return to their nests so the new player can take over.
- All eggs are returned to the central nest following a win and the game begins again.

VARIATIONS

1. Have only 4 teams and 7 objects – and two games side by side.
2. Start with 12-15 eggs and run the game for a set time – on stop see which team has the most eggs.

TEACHING POINTS

- This game takes some time to explain but it is worth it. Explain it in the classroom first with diagrams.
- The standard game has 4 teams and 7 objects but this means larger teams and a lot of standing around waiting for a turn.
- Team members are not allowed to protect their eggs by hovering over them or hiding them.

FOCUS ON

- Physical – Cardio-vascular effect.
Other – Following rules. Developing strategies.

Triangles

MIDDLE/SENIOR

EQUIPMENT

One large ball per group.

AREA

One square per team – marked by lines using
cones or chalk markings – as in diagram.

FORMATION

Teams of 4, one child at each of 3,
4th child inside the square.



INSTRUCTIONS

- The ball must be passed along the sides of the square – no diagonal passes.
- The player without the ball must move to the vacant corner to give the player with the ball the option of two passes.
- The player in the centre attempts to intercept passes – if successful she changes with the passer e.g. Number 1 can pass to 2 or 3, if 3 takes the pass she can pass it back to 1 or to the vacant corner – so 2 must sprint to the vacant corner in case the pass is made there. If 2 does receive the pass at what was the vacant corner then Number 1 must run to the vacant corner and be ready to take a pass.

VARIATION

This can be played with only 3 players and no interceptor. Make the game more demanding by making the square bigger.

TEACHING POINT

- Best to demonstrate this game with a group of children in slow motion to show the options.

FOCUS ON

- Physical – Cardio-vascular effect.
Other – Decision making. Developing strategies.

BALLS, HOOPS AND ODDS & ENDS

Pass and Follow

ALL AGES

EQUIPMENT

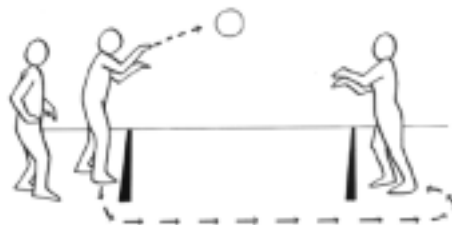
One ball per group, cones for markers.

AREA

Hall (soft balls), grass, hard surface.

FORMATION

Children in groups of three.



INSTRUCTIONS

- Number 1 has the ball and throws to Number 2, then 'follows' the ball and runs to stand behind Number 2.
- Number 2 passes to Number 3 then runs to the opposite side to stand behind Number 3.
- Number 3 throws to Number 1 and runs to the end of the opposite team.
- Repeat several times.

VARIATIONS

1. Vary the throwing distance – closer or further apart.
2. Vary the type of pass e.g. overhead, kick, bounce.
3. Change the ball e.g. rugby ball.

TEACHING POINT

- Keep the distances shorter for juniors.

FOCUS ON

Physical – Cardio-vascular effect. Co-ordination. Speed.
Other – Re-positioning.

Corner Spry

ALL AGES

EQUIPMENT

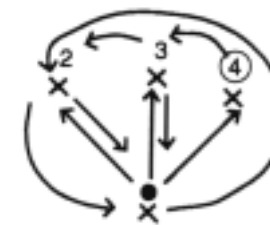
One ball per group.

AREA

Grass, hard surface.

FORMATION

As in diagram – 3 children in a line side by side facing the 4th child, 2-3 metres in front of them holding the ball.



INSTRUCTIONS

- When Number 4 receives the pass he carries the ball around the back of the team and takes Number 1's place at the front – Number 1 chases Number 4 around the back but stops beside Number 2 ready to take the first pass from Number 4.

VARIATIONS

1. Vary the distance thrown.
2. Vary the type of pass – ball can be tapped, bounced etc.
3. Place cones 3-4 metres away from the team to lengthen the distance run.

TEACHING POINT

- Encourage good passing and throwing style.

FOCUS ON

Physical – Co-ordination. Arm and shoulder strength.

BALLS, HOOPS AND ODDS & ENDS

Tunnel Ball

ALL AGES

EQUIPMENT

One ball per team.

AREA

Hall (soft ball).



FORMATION

Teams of 4-6 children, standing in a line close together facing the same direction, legs apart.

INSTRUCTIONS

- First person in the line rolls the ball towards the back of the team through the legs of the team.
- Last person in the team collects the ball and runs with it to the front of the line – remainder of the team move back one pace.
- Repeat several times.

VARIATIONS

1. Over Ball

- Same formation as above but ball is passed overhead to the back of the team.

2. Over and Under

- Same formation as above. First person passes the ball backwards overhead to the second person – second person passed the ball backwards between his legs to third person. Continue alternating one over with one under.



- Last person runs to the front of the line while all other shuffle backwards.

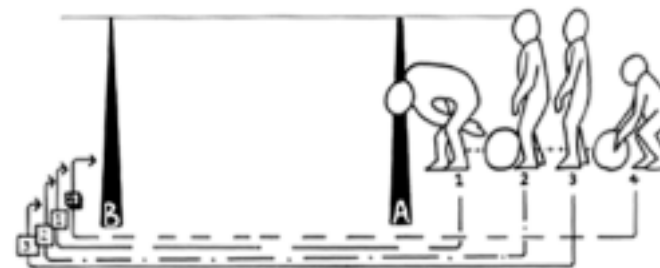
3. Side to Side

- Same formation as above.
- First person with the ball twists to his left and hands the ball to Number 2 who twists to his right.
- Alternate to the end of the line – back person runs to the front ready to begin the sequence again.

4. Change the ball – rugby/small ball.

5. Change Ends Tunnel Ball

- Teams form up on Line A facing Line B 10-15 metres away.
- **1** rolls the ball under the legs to **4** who runs with the ball to Line B and turns to face Line A.
- As soon as **4** passes **1** on the way to B, **1**, **2** and **3** follow **4** in that order to form a new line behind **4** at Line B.
- When the line is formed **4** rolls ball under the legs to **3** who then runs back to Line A, **4**, **1** and **2** follow etc.



TEACHING POINT

- Allow several repetitions of each .

FOCUS ON

- | | | |
|----------|---|--|
| Physical | – | Cardio-vascular effect. Arm and shoulder strength and flexibility. |
| Other | – | Re-positioning. |

BALLS, HOOPS AND ODDS & ENDS

Bob Ball

ALL AGES

EQUIPMENT

One ball per team, cones or ropes for markers.

AREA

Hall (soft ball), grass, hard surface.

FORMATION

As diagram – teams of 4 – 3 children in a line one behind the other – behind a team line. Fourth person with the ball behind a throwing line about 2 metres away.

INSTRUCTIONS

- First person with ball passes to each child in turn who passes back then ‘bobs’ down.
- When last person receives the ball she runs out to and around the front cone then forwards to the throwing line.
- Number 1 runs down to and around the back cone then forward to the front of the team ready to receive the first pass.
- Remainder of the team shuffle backwards.
- Repeat the sequence.

VARIATIONS

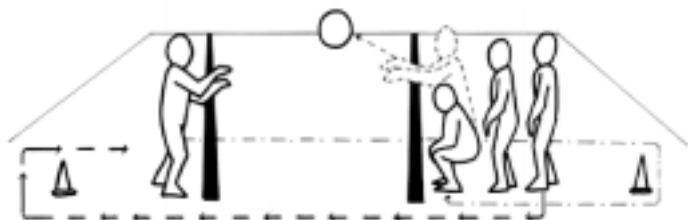
1. Vary the size and type of ball.
2. Make the running distance longer.

TEACHING POINT

Encourage accurate passing.

FOCUS ON

Physical – Co-ordination.



Multiple Relay

ALL AGES

EQUIPMENT

One large ball per team.

AREA

Hall (soft ball), grass, hard surface.

FORMATION

Teams of 4-5 children. Each team should organise its own progression through the 3 games.

INSTRUCTIONS

- Teams begin with Tunnel Ball then Over and Under followed by Bob Ball.
- The first team to complete the whole sequence wins a point.

VARIATION

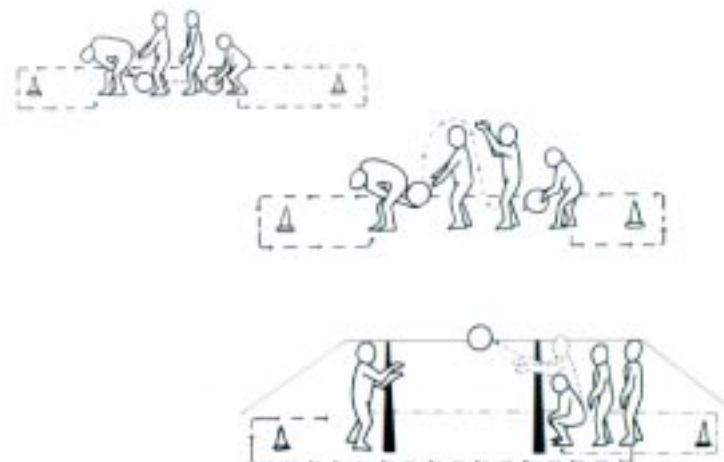
Use other similar games in combination.

TEACHING POINT

- This is a combination of Tunnel Ball, Bob Ball and Over and Under – once these games have been introduced, this relay can be played.

FOCUS ON

Physical – Cardio-vascular effect. Co-ordination. Speed.



BALLS, HOOPS AND ODDS & ENDS

Two vs Two

ALL AGES

EQUIPMENT

One large ball per group (cones for markers).

AREA

Grass, hard surface – each group requires about a third of a netball court each.

FORMATION

Groups of four – two pairs per group.



INSTRUCTIONS

- First pair with the ball pass to each other counting the number of passes made before they either drop the ball or it is intercepted by the other pair.
- When the ball is intercepted, the second pair pass to each other trying to make more passes than the first team.
- Repeat several times.

VARIATIONS

1. Use different balls and types of passes e.g. rugby ball – side pass, soccer ball – kicking.
2. Can be played Three vs Three.

TEACHING POINT

- Encourage good passing skills.

FOCUS ON

Physical – Cardio-vascular effect. Agility. Co-ordination.
Other – Developing strategies.

50/50

ALL AGES

EQUIPMENT

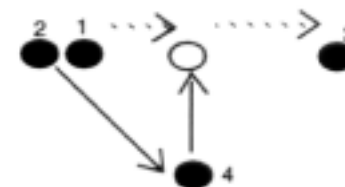
One large ball per group.

AREA

Grass, hard surface.

FORMATION

Children in 4's or 5's. As in diagram.



INSTRUCTIONS

- Number 1 begins with the ball and throws it to Number 4 then runs towards Number 3.
- Number 4 throws to Number 1 at about the half way point.
- Number 1 catches the ball and throws it ahead of him to Number 3.
- Number 1 takes Number 3's place.
- Number 3 repeats the sequence firstly throwing to Number 4 then running towards Number 2.
- Change Number 4 frequently.

VARIATIONS

1. Increase the throwing and running distance.
2. Change the type of ball.

TEACHING POINT

- Encourage children to follow the stepping rules of netball.

FOCUS ON

Physical – Cardio-vascular effect. Agility. Co-ordination.
Other – Re-positioning.

BALLS, HOOPS AND ODDS & ENDS

Running Circle Pass

ALL AGES

EQUIPMENT

One large ball per group.

AREA

Grass, hard surface.

FORMATION

Groups of 4-6. One person with the ball in the centre, others form a circle.



INSTRUCTIONS

- Players in the circle walk or jog around in the circle.
- Centre thrower throws to players as they move.
- Thrower can request a change in direction and children turn and jog in the opposite direction.
- Centre player can pass in any sequence.

VARIATION

Change the type of ball or pass.

TEACHING POINT

- To begin with children may need to walk rather than jog.

FOCUS ON

Physical – Cardio-vascular effect. Agility.

Four Squared

ALL AGES

EQUIPMENT

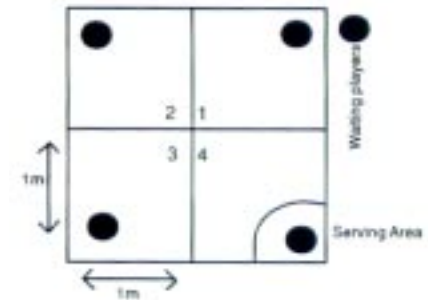
One large ball per team.

AREA

Hard surface – squares painted on ground, chalk lines will do.

FORMATION

Teams of 5-6 as in diagram.



INSTRUCTIONS

- Number 4 bounces the ball in his serving area and hits it into any of the other 3 players' courts.
- Players continue to hit the ball into other courts until someone makes an error – they then leave their position and go to stand at the waiting line.
- Players rotate to fill the gap left and the next waiting player comes into the game at position 1.
- Rules:
 1. The ball must be hit with both hands fingers pointing down.
 2. The ball must bounce before it is hit.
 3. The ball should not be caught or held.
 4. If the ball bounces on the line or outside the court the hitter is out.
 5. The ball may only bounce once before being hit.

TEACHING POINT

- Keep the team small to ensure children get many turns and are not standing around waiting.

FOCUS ON

Physical – Co-ordination.
Other – Being involved in friendly competition. Judging distances.

BALLS, HOOPS AND ODDS & ENDS

Eden Ball

MIDDLE/SENIOR

EQUIPMENT

One large “bouncy” ball per group.

AREA

Hard surface – circles painted on the ground as shown in diagram.
Chalk circles or hoops are an option.

INSTRUCTIONS

- Player 4 is the server, he stands in his circle and throws the ball to bounce into any circle, the ball must be caught after the first bounce by the player covering that circle.
- The game continues until a player throws the ball outside the circle or drops the ball.
- If out the player moves to the waiting line.
- Incoming players cover circle 1 and others rotate to fill any gaps.
- The aim is to progress to and stay in circle

RULES

- On the line is in.
- Two steps in any direction are allowed from where the ball is caught.
- Ball must bounce above knee height.

VARIATIONS

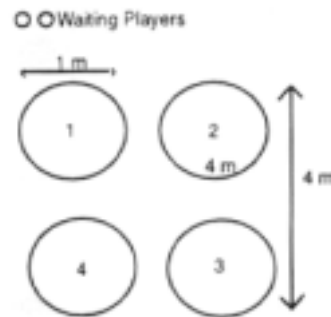
1. Rule may be added that ball must not bounce above head height.
2. First player in waiting line may act as an umpire.

TEACHING POINT

- When introducing the game to younger children, use chalk circles very close together.

FOCUS ON

Physical – Cardio-vascular effect. Co-ordination.
Quick reactions.



In and Out

ALL AGES

EQUIPMENT

One round or oval ball per team.

AREA

Grass, hard surface.

FORMATION

Teams of 6-7 children in a circle with one child at the centre.

INSTRUCTIONS

- 1 passes to 2 then runs to the centre.
- 2 passes to 3 then follows to Number 3's place.
- 3 passes to 1 then goes to centre.
- 1 passes to 4 etc.

VARIATION

Use a:

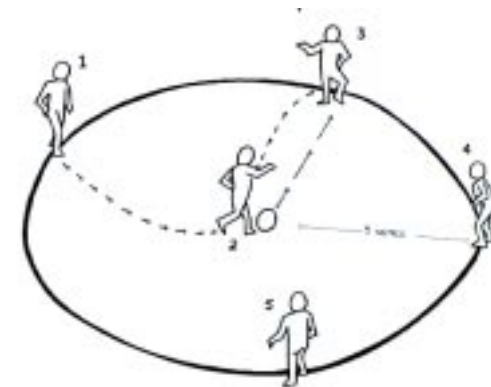
bounce pass
overhead pass
small ball
instep kick
rugby side pass
volleyball pass

TEACHING POINT

- Encourage continuous non-stop passing and moving.

FOCUS ON

Physical – Cardio-vascular effect. Speed. Co-ordination.
Other – Repositing.



EQUIPMENT

One large ball.

AREA

Grass, hard surface.

FORMATION

6-7 per group, in a circle with one child – the dodger – in the middle.

**INSTRUCTIONS**

- Players around the circle try to hit the dodger below the knees with the ball.
- The ball may be passed around the outside or across the circle before a player attempts to hit the dodger.
- The player hitting the dodger replaces her in the centre.

VARIATIONS

1. Have two dodgers.
2. Use two balls.
3. Team Dodge Ball
 - Formation as above but have two teams – one in a circle on the outside, the other inside the circle.
 - As the throwers hit members of the team they move to the circle and assist the throwers.
 - Once all dodgers are out swap the teams over.

TEACHING POINT

- Ball must hit the dodgers on the legs.

FOCUS ON

- Physical – Co-ordination. Agility.
Other – A friendly challenge.