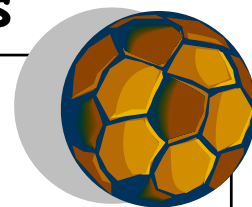


Twenty games to play with balls



1. **Ten pin bowling.** Fill $\frac{1}{3}$ of 10 large plastic bottles with sand to make the skittles. Use a soccer ball or basketball as the bowling ball.
2. **Beach volleyball.** Set up a net and mark out the court on the ground with chalk. Use a beach ball to make it easier for children to play the game.
3. **Stocking totem tennis.** Put a tennis ball into a stocking and attach it to a tree branch. Use a soft racquet for hitting the ball. Draw a large chalk circle on the ground around the area to keep children at a safe distance from the swinging ball.
4. **Target practice.** Use a portable soccer goal (or witches hats) for the children to practise target kicking or to play soccer.
5. **Target practice.** Place hoops on the ground as targets for kicking or throwing balls.
6. **Batting.** Cut pool noodles in half to use as a bat to hit a ball off an empty poster tube or stand.
7. **Batting.** Use a milk crate and a witches hat as a tee for children to bat from.
8. **Catching.** Cut out scoops from used 2L milk containers to be used for catching objects.
9. **Ball shooting.** Put up a basketball hoop for children to practise throwing balls or bean bags through.
10. **Hitting a target.** Have children throw smaller balls at a large, moving ball which is rolled past them at a distance (a large 'fit' ball is excellent size and easier to hit).
11. **Ball obstacle course.** Place balls on the ground at intervals and have children hop over each one without touching it. Balls can also be used as obstacles along a track.
12. **Running between balls.** Place balls on the ground at long intervals. Have children run between each ball station, hopping or jumping over each ball when they get to it.
13. **Indoor play.** For indoor play on rainy days, swap balls for balloons and use paper plates taped onto wooden spoons as bats. Ask the children to see how many times they can hit the balloons into the air with their bat before they hit the ground.
14. **Handball.** Mark out handball courts or grids on the ground with chalk. Four children play handball on each court. Rotate children waiting to play with those playing every 5 -10 minutes.
15. **Ball kicking.** Ask children to kick a ball in different ways: so that it travels very slowly; so that it goes very fast; so it goes into a crate; so it goes over a crate. Ask them to kick the ball with their other foot; to kick it backwards; or to make the ball bounce when they kick it.
16. **Tunnel ball.** Divide children into teams, standing in rows with their legs apart to make a tunnel. The child at the head of each row rolls the ball through their legs and down the tunnel to the child at the end. The last child catches the ball, runs to the head of the row and rolls the ball through the tunnel to the child at the end. The game is played until all children have had a chance to be at the head of the row.
17. **Fun moves ball.** Children form a circle and throw a ball to each other. As each child catches the ball, they call out a move that the whole group does together (e.g. touch your toes, jump up and down, hop on one foot).
18. **In and out.** Children form a circle and try to keep the ball from leaving the circle while a child in the middle of the circle tries to kick the ball out. Another child can have a turn in the middle once the ball escapes from the circle.
19. **Name ball.** A child in the centre of the circle throws a ball or a balloon very high and calls out the name of a child in the circle to catch the ball. If they succeed they replace the child in the centre.
20. **Dribbling.** Draw a zigzag or windy path on the ground for children to dribble (bounce) balls along. Have a dribbling relay on this path.