

BALL GAMES



Chinese Ball -

You will need:

- A large group of children
- A basketball or soccer ball. If the players are looking for a challenge, use a tennis ball

How to play:

- Select 1 player to start the game. This person starts with the ball. The rest of the children form a circle.
- The children throw the ball quickly around and across the circle. When a child catches the ball, the children on either side must raise one arm - the arm nearest the child with the ball - and hold it in the air until the ball is passed on to another child.
- Each child has 3 seconds to throw the ball, or be disqualified.
- If a child doesn't catch the ball, or doesn't raise the correct arm when their neighbour catches the ball, they are also disqualified.
- When there are only 5 children left in the circle, they are all declared winners, and the game starts again.

Variation:

- If the game is not challenging enough, try using 2 or 3 balls.

