**The PE Shed**

**Co-ordination Game:** Meteor Ball

**Recommended Age Range:** Grade 2 - Grade 10

**Focus:** Co-ordination, throwing, dodging and movement.

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| Large Yoga Balls or Large soft balls | Create a large square marked with cones/spots (planet Zorb) for all of the aliens (students) to stand in. Put two large meteor balls (large yoga balls / large soft balls) on the outside of the square. Select 1 - 2 Meteor Ball Throwers. | All aliens stand inside Planet Zorb (Large Square). Aliens are not allowed to leave the Planet. Select one Meteor Ball Throwers to move around the edge of Planet Zorb. Meteor Ball Throwers can throw the meteors into Planet Zorb. Meteor Ball Throwers must throw the ball from the side of their bodies and twist and throw. Overhead throws are not allowed. If an alien gets hit by the meteor, they become a Meteor Ball Thrower. The game continues until all of the aliens have been caught. | Differentiation

Easier:
- Make the square bigger (for aliens)
- Make the square smaller (for Meteor Ball throwers)

Harder:
- Make the square smaller (for aliens)
- Make the square bigger (for Meteor Ball throwers)

Variations
- Freeze! If a Meteor Ball Thrower throws a meteor ball to another Meteor Ball Thrower and they catch it, all of the aliens must freeze.
- Change it to a rolling activity. |

**Diagram:**

- **Aim:** To avoid being hit by a meteor ball.
- **Equipment:** Soft Large Ball or Yoga Ball

**How to play:**
- All players must stay inside the planet Zorb.
- The Meteor Launchers must stay outside the space zone, but can move anywhere around it.
- The Meteor Launchers throw/roll the ball into Planet Zorb.
- If an alien is touched by a meteor, they become a meteor launcher
- Introduce more balls (if required)