

The PE Shed

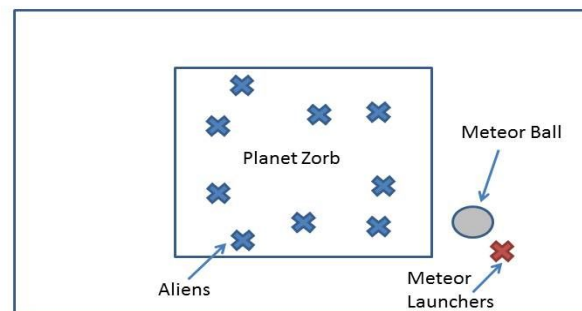
Co-ordination Game: Meteor Ball

Recommended Age Range: Grade 2 - Grade 10

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

Equipment	Setting Up	Description	Further opportunities
<p>Large Yoga Balls or Large soft balls</p> <p>Cones/Spots</p>	<p>Create a large square marked with cones/spots (planet Zorb) for all of the aliens (students) to stand in.</p> <p>Put two large meteor balls (large yoga balls / large soft balls) on the outside of the square.</p> <p>Select 1 - 2 Meteor Ball Throwers.</p>	<p>All aliens stand inside Planet Zorb (Large Square). Aliens are not allowed to leave the Planet.</p> <p>Select one Meteor Ball Throwers to move around the edge of Planet Zorb. Meteor Ball Throwers can throw the meteors into Planet Zorb.</p> <p>Meteor Ball Throwers must throw the ball from the side of their bodies and twist and throw. Overhead throws are not allowed.</p> <p>If an alien gets hit by the meteor, they become a Meteor Ball Thrower.</p> <p>The game continues until all of the aliens have been caught.</p>	<p>Differentiation</p> <p>Easier:</p> <ul style="list-style-type: none"> - Make the square bigger (for aliens) - Make the square smaller (for Meteor Ball throwers) <p>Harder:</p> <ul style="list-style-type: none"> - Make the square smaller (for aliens) - Make the square bigger (for Meteor Ball throwers) <p>Variations</p> <ul style="list-style-type: none"> - 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.

Meteor Ball



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)