



Title: Playing catch using balls

Objectives:

- Encourage children's physical activity;
- Develop orientation;
- Develop speed, dexterity.

Equipment: balls, blue and red balls, big gymnastics balls.

“The hunter and the hares”

Option 1: One player is selected who will be the hunter, he or she has the ball. The other children will be the hares, they run around freely and the hunter tries to catch them. When the hunter touches a hare with the ball that player is caught and is out of the game. The game is played until the hunter catches all hares.

Option 2: The hunter throws the ball to a hare. If the hare is hit he or she is out of the game.

“Hot and cold”

Two players are selected who will chase the others. One has a blue ball and the other a red one. The children run around and the two kids with the balls tries to catch them. When a child is touched with a blue ball it is “cold” and he or she has to freeze and not move. When a child is touched with a red ball it is “hot” and he or she can run. Later on different kids are selected as the ones who will chase the others.

“Catch with a big gymnastics ball”

Option 1. One player rolls a ball and tries to touch with it the other children who are running. When he or she is touched with a ball this child becomes the new catcher.

Option 2. One player has to catch all of the other children. After this a different child is selected as the catcher.

Option 3. Two catchers stand one in front of the other and roll a ball to each other. The other players have to run and avoid being touched with the ball. When a child is touched with the ball he or she has to change places with one catcher and now roll the ball.