

Balls, Hoops and Odds & Ends



**SPORT
NEW ZEALAND**

On 1 Feb 2012, SPARC
changed its name to Sport NZ.
www.sportnz.org.nz

Section Contents

Suggestions	183
Cats and Pigeons	184
“Geared Up” Relays	186
Team Obstacle Relay	190
Move On Relay	192
Hoop Work	194
Keep the Bucket Full	196
Rob the Nest	197
Triangles	199
Pass and Follow	200
Corner Spry	201
Tunnel Ball	202
Bob Ball	205
Multiple Relay	206
Two vs Two	207
50/50	208
Running Circle Pass	209
Four Square	210
Eden Ball	211
In and Out	212

Suggestions

Balls and hoops provide the basis for many games, activities and relays in the daily physical activity session.

Any of the following items can be successfully incorporated into relays and activities:

- Balls – all shapes and sizes, hard or soft
- Batons
- Hoops
- Tenuquoits
- Benches
- Bean Bags
- Frisbees
- Padder tennis bats
- Skipping ropes
- Children's shoes, if all else fails.

Remember when using balls that they can be thrown, rolled, kicked, bounced, dribbled with feet, carried, held between legs or under chin, batted along the ground.

Soft or spongy balls are safe to use in halls or in open spaces in the classroom.

All the equipment named above lends itself to relay work.

After working through the following ideas, teachers will be able to develop many additional relay sequences and challenge the children to devise their own relay sequences.

The daily physical activity session is not a time to teach specific skills. Use skills the children have already been introduced to.

The daily physical activity session does give another opportunity to practise skills taught during physical education lessons.

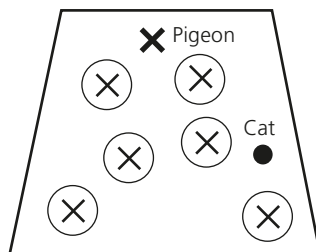
Cats and Pigeons

Equipment

Hoops, chalk circles or skipping rope circles on the ground, 4-5 team bands.

Area

Hall, grass, hard surface.



Formation

This can be either a whole class activity or for groups of 8-10. One child is the cat and has a band on, one child is the pigeon. All other children collect a hoop or rope to form into a circle and place them somewhere in the area (these are the pigeons in their nests).

Instructions

- The cat chases the homeless pigeon, who can escape being caught by stepping into another pigeon's nest – this forces the pigeon out of its nest to be chased by the cat.
- If the pigeon is caught he becomes the chaser and takes the cat's band.

Variation

1. Have 2-5 cats and pigeons.

Teaching Point

- Teach the game initially with only 1 cat and 1 pigeon. Once the children are familiar with the game more cats and pigeons can be added to make a very fast game.



"Geared Up" Relays

“Geared Up” Relays

Equipment

Each pair needs 1 hoop, 1 large ball, 1 small ball, 1 skipping rope, 1 padder tennis bat.

Area

Grass, hard surface – lines or marker cones as shown in diagram.

Formation

Children in pairs, lined up one behind the other at a starting line facing a hoop on a boundary line, 5-10 metres away.



Instructions

- One person from each team collects equipment.
- When teacher gives the instruction – 1st person does the activity then 2nd.

Activity 1

- First person runs to hoop – jumps in and out 5 times – runs back.
- Second person repeats etc.

Activity 2

- First person runs to the hoop – jumps into it and lifts the hoop up and over her head, then places it back on the ground – runs back.
- Second person repeats etc.

Activity 3

- First person runs to hoop – lifts it over head – runs back and takes partner’s hand – runs across to hoop – both jump inside it and lift hoop over their heads without dropping hands.
- Second person repeats etc.

Activity 4

- First person runs to hoop – runs around it 3 times and runs back to partner – runs around her 3 times.
- Second person repeats etc.



"Geared Up" relays

Mix and match the following activities, 1 from each column

Equipment – large ball		
On the Way There	At the Hoop	On the Way Back
<ul style="list-style-type: none"> Carry ball and run 	<ul style="list-style-type: none"> Bounce ball in hoop 5 times 	<ul style="list-style-type: none"> Carry ball and run
<ul style="list-style-type: none"> Ball on ground, foot dribble (small taps) ball 	<ul style="list-style-type: none"> Use feet to put ball in hoop 	<ul style="list-style-type: none"> Foot dribble
<ul style="list-style-type: none"> Run with ball held above head 	<ul style="list-style-type: none"> Stand in hoop 	<ul style="list-style-type: none"> Roll ball back to partner – run back
<ul style="list-style-type: none"> Bounce dribble 	<ul style="list-style-type: none"> Bounce ball in hoop 5 times 	<ul style="list-style-type: none"> Bounce dribble
<ul style="list-style-type: none"> Run or walk throwing ball in air and catching again 	<ul style="list-style-type: none"> Bounce ball in hoop while walking around the hoop 	<ul style="list-style-type: none"> Run carrying behind back
<ul style="list-style-type: none"> Walk backwards dragging ball along in front of feet 	<ul style="list-style-type: none"> Pick ball up between elbows 	<ul style="list-style-type: none"> Run back carrying ball between elbows and pass to next person

Equipment – small ball and padder tennis bat		
On the Way There	At the Hoop	On the Way Back
<ul style="list-style-type: none"> Balance ball on bat – run or walk 	<ul style="list-style-type: none"> Throw ball into air from bat and let it bounce in hoop 	<ul style="list-style-type: none"> Foot dribble the ball (little taps)
<ul style="list-style-type: none"> Bat ball along the ground with bat 	<ul style="list-style-type: none"> Scoop ball up onto bat and walk around hoop with ball balanced on bat 	<ul style="list-style-type: none"> Run or walk, bouncing the ball with the bat
<ul style="list-style-type: none"> Run or walk, bouncing ball on the bat 	<ul style="list-style-type: none"> Stand in hoop – kneel down and stand again – ball balanced on bat 	<ul style="list-style-type: none"> Bat the ball upwards from the bat – walk or run
<ul style="list-style-type: none"> Hold ball between legs and run/walk/jump 	<ul style="list-style-type: none"> Drop ball into hoop 	<ul style="list-style-type: none"> Foot dribble
<ul style="list-style-type: none"> Run, carrying ball and bat 	<ul style="list-style-type: none"> Jump across the hoop twice 	<ul style="list-style-type: none"> Balance bat on head – walk

Equipment – skipping rope		
On the Way There	At the Hoop	On the Way Back
<ul style="list-style-type: none"> • Fold rope in half, run with rope above head – arms straight 	<ul style="list-style-type: none"> • Jump over the folded rope 	<ul style="list-style-type: none"> • Run with rope held behind back
<ul style="list-style-type: none"> • Run, circling folded rope above head like a helicopter blade 	<ul style="list-style-type: none"> • Stand in hoop and pass rope around legs in a figure 8 shape 	<ul style="list-style-type: none"> • Skip back
<ul style="list-style-type: none"> • Run, carrying rope, high above head 	<ul style="list-style-type: none"> • Skip on the spot 10 times; skip around the hoop 	<ul style="list-style-type: none"> • Skip back – skip 10 skips with partner in the rope as well
<ul style="list-style-type: none"> • Skip to hoop 	<ul style="list-style-type: none"> • Skip 5 skips on left foot and 5 on right 	<ul style="list-style-type: none"> • Skip with a high knees run
<ul style="list-style-type: none"> • First partner carries the objects (ball, bat, rope, small ball) 1 at a time to the hoop. Second partner brings them all back 1 at a time. Last partner brings the hoop back as well. 		

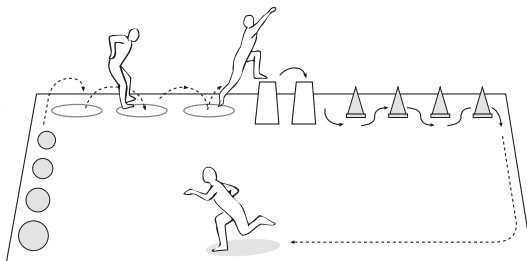
Teaching Points

- For most sequences children should have 2 or 3 turns at each sequence i.e. each team goes through the relay 2 or 3 times.
- For more complicated sequences 3 or 4 turns would be appropriate.

Team Obstacle Relay

Equipment

Basic relay as in diagram –
3 hoops, 4 ropes, 2 benches,
3 cones per team – a sketch
plan of gear on cards
(1 per team).



Area

Hall, grass hard surface – set out as in diagram below or modified to suit.

Formation

Children in groups of 6-8. Children should set up their own equipment either from a sketch plan or teacher direction.

Instructions

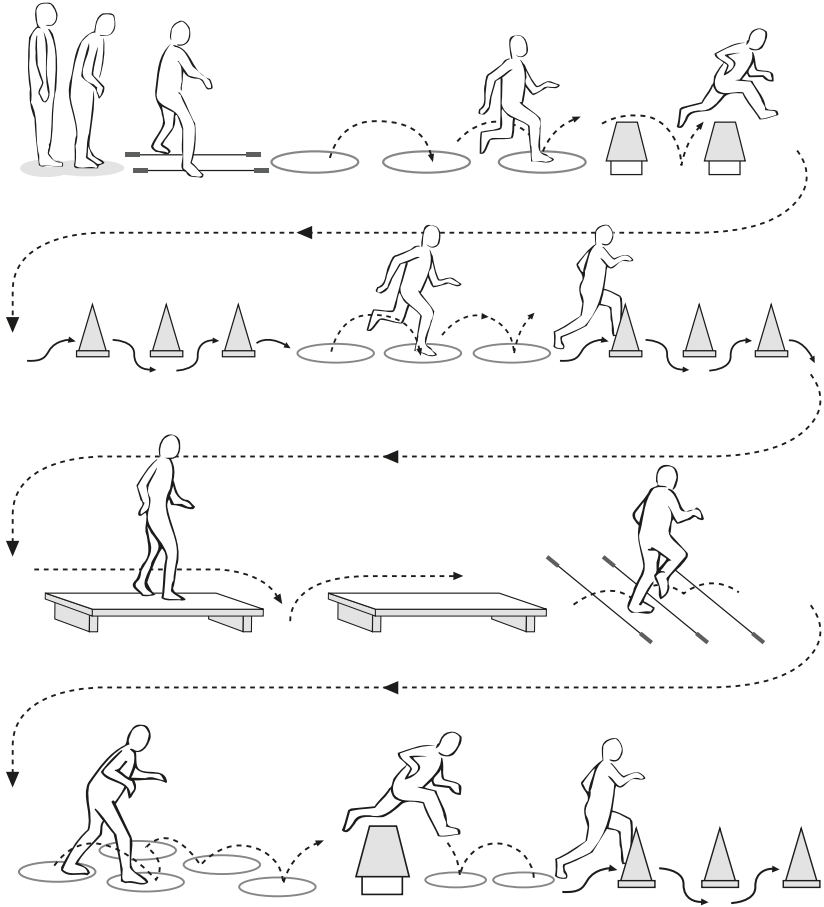
- Teams line up behind their leader; then follow their leader around the course and back to the starting line.
- First circuit should be a familiarisation lap.
- Have several turns, changing the leader frequently.

Variations

1. Alter the layout of the gear; or
2. Add a new piece of gear.
3. Have each group develop 1 unusual or creative way to use part of the course.
4. Follow the leader, who may use the playground in any way he likes.

Teaching Points

- Music is a great motivator for this type of activity, about 140-145 b.p.m.



Sample of Sketch Plan

Move On Relay

Equipment

Gear as shown below – 1 card for each group showing how their gear should be set out.

Area

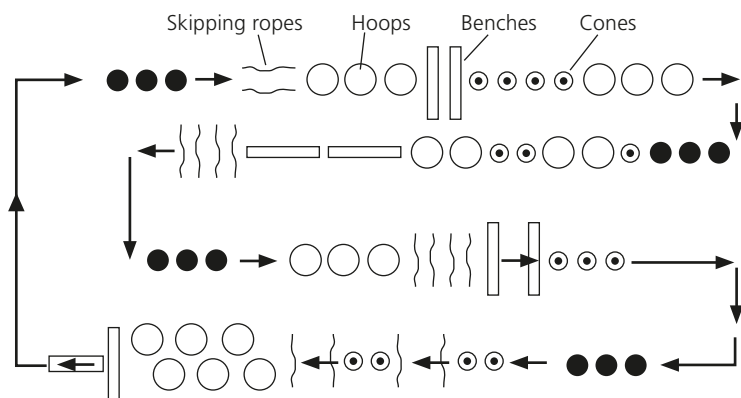
Hall, grass, hard surface – about the size of a netball court.

Formation

Class divided into 4 groups – 1 group stands at each position as shown by the numbers 1, 2, 3 and 4.

Instructions

- Teams follow their own leaders in the direction shown in the diagram.
- As the team finishes the last gear line (4) they run around and begin at line 1.



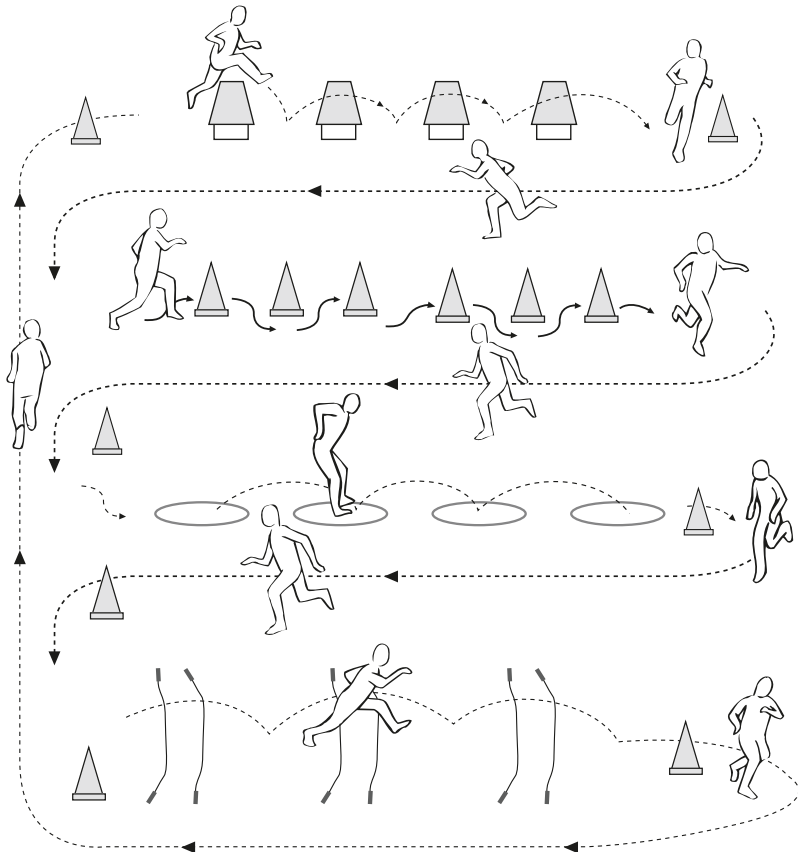
Sample of Sketch Plan

Variation

Once children become familiar with this type of relay, variety can be added with new gear, “on-the-spot” activities or changes in the layout of the gear.

Teaching Points

- Have music as background; 140-145 b.p.m. is the most suitable speed.
- Have as many lines as equipment will allow.



Sample of Sketch Plan

Hoop Work

Equipment

One hoop between 2 (if possible).

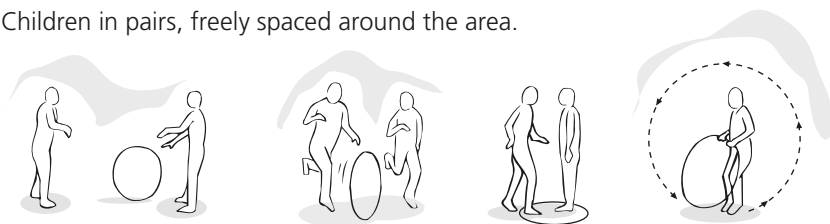
Area

Grass (short and dry), hard surface.



Formation

Children in pairs, freely spaced around the area.



Instructions

- Say to children
 “How many ways can you find to?”
 - Pass the hoop to each other.
 - Throw the hoop in the air and catch it.
 - Go through/over/under the hoop
 - Be inside the hoop.
 - Move while holding the hoop.
 - Make the hoop move.
 - Jump over the hoop while it is moving.
 - Make shapes with the hoop.
 - Move with the hoop in a new way.

Teaching Point

- Introduce each question and give a short time to try the task. When most children have found a movement response move on to the next one. At the end of the session give the class time to continue with their experimentation.



Hoop work

Keep the Bucket Full

Equipment

A bucket/box/rubbish bin, as many small balls as possible, 30-35.

Area

Grass, hard surface.

Formation

Bucket in centre of the area. Teacher or child is thrower. Remainder of class spreads out around the area as retrievers.



Instructions

- Thrower tosses balls out of the bucket in any direction as high and quickly as possible.
- Children catch or retrieve balls and return them to the bucket by running with them and placing them in the bucket.
- If the thrower can empty the bucket at any stage she wins a bonus point.
- Change the thrower frequently.

Variations

1. Two throwers to toss the balls.
2. Two buckets – 1 for the throwers to toss from, a 2nd bucket a short distance away for retrievers to place the returned balls into. Once the thrower's bucket is empty it can be swapped for the full one.

Teaching Points

- Balls should be placed in the bucket, not thrown at it.
- Two or 3 children could stand by the bucket to help deposit balls.

Rob the Nest

Equipment

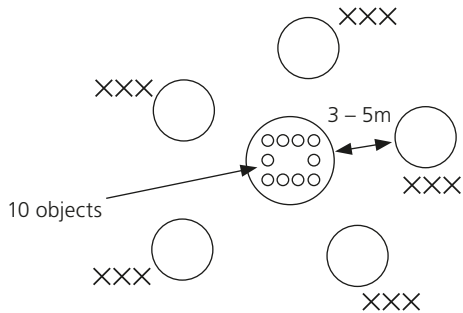
One more hoop than the number of teams e.g. 5 teams – 6 hoops (nests), 7-10 objects such as small balls, bean bags, blocks (eggs).

Area

Hall, grass, hard surface.

Formation

As in diagram. Teams of 3, numbered 1-3, standing behind their nests. Objects placed in central nest.



Instructions

- Teacher calls a number and all players with this number run to the central nest and take 1 egg at a time back to their nests.
- When all objects from the central nest have gone runners may "rob" the nests of other groups.
- The first team with 3 eggs calls "Stop" and wins the round. Changes of number can be called at any time – if a new number is called during the middle of play runners must place eggs they are holding on the ground and return to their nests so the new player can take over.
- All eggs are returned to the central nest following a win and the game begins again.

Variations

1. Have only 4 teams and 7 objects – and 2 games side by side.
2. Start with 12-15 eggs and run the game for a set time – on “Stop”, see which team has the most eggs.

Teaching Points

- This game takes some time to explain but it is worth it. Explain it in the classroom first with diagrams.
- Team members are not allowed to protect their eggs by hovering over them or hiding them.



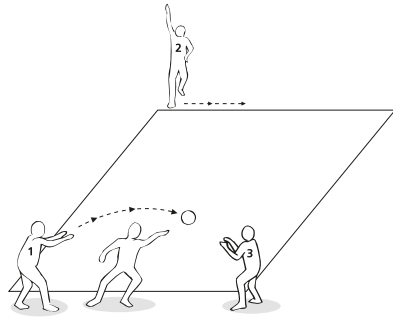
Triangles

Equipment

One large ball per group.

Area

One square per team – marked by lines using cones or chalk markings – as in diagram.



Formation

Teams of 4, 1 child at each of 3 corners, 4th child inside the square.

Instructions

- The ball must be passed along the sides of the square – no diagonal passes.
- The player without the ball must move to the vacant corner to give the player with the ball the option of 2 passes.
- The player in the centre attempts to intercept passes – if successful she changes with the passer e.g. Number 1 can pass to 2 or 3, if 3 takes the pass she can pass it back to 1 or to the vacant corner – so 2 must sprint to the vacant corner in case the pass is made there. If 2 does receive the pass at what was the vacant corner then Number 1 must run to the vacant corner and be ready to take a pass.

Variation

1. This can be played with only 3 players and no interceptor. Make the game more demanding by making the square bigger.

Teaching Point

- Best to demonstrate this game with a group of children in slow motion to show the options.

Pass and Follow (All ages)

Equipment

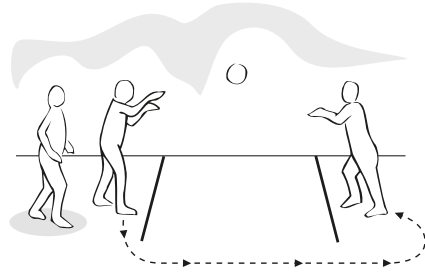
One ball per group, cones for markers.

Area

Hall (soft balls), grass, hard surface.

Formation

Children in groups of 3.



Instructions

- Number 1 has the ball and throws to Number 2, then “follows” the ball and runs to stand behind Number 2.
- Number 2 passes to Number 3 then runs to the opposite side to stand behind Number 3.
- Number 3 throws to Number 1 and runs to the end of the opposite team.
- Repeat several times.

Variations

1. Vary the throwing distance – closer or further apart.
2. Vary the type of pass e.g. overhead, kick, bounce.
3. Change the ball e.g. rugby ball.

Teaching Point

- Keep the distances shorter for juniors.

Corner Spry

Equipment

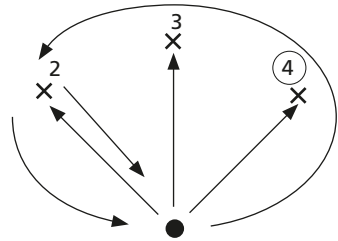
One ball per group.

Area

Grass, hard surface.

Formation

As in diagram – 3 children in a line side by side facing the 4th child, 2-3 metres in front of them holding the ball.



Instructions

- When Number 4 receives the pass he carries the ball around the back of the team and takes Number 1's place at the front – Number 1 chases Number 4 around the back but stops beside Number 2 ready to take the 1st pass from Number 4.

Variations

1. Vary the distance thrown.
2. Vary the type of pass – ball can be tapped, bounced etc.
3. Place cones 3-4 metres away from the team to lengthen the distance run.

Teaching Point

- Encourage good passing and throwing style.

Tunnel Ball

Equipment

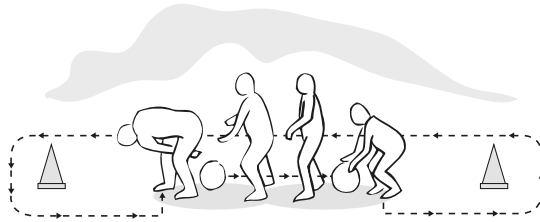
One ball per team.

Area

Hall (soft ball).

Formation

Teams of 4-6 children, standing in a line close together facing the same direction, legs apart.



Instructions

- First person in the line rolls the ball towards the back of the team through the legs of the team.
- Last person in the team collects the ball and runs with it to the front of the line – remainder of the team moves back one pace.
- Repeat several times.

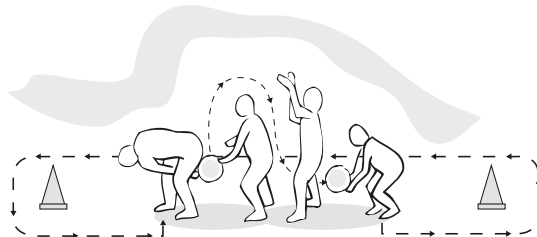
Variations

1. Over Ball

- Same formation but ball is passed overhead to the back of the team.

2. Over and Under

- Same formation. First person passes the ball backwards overhead to



the 2nd person – 2nd person passes the ball backwards between his legs to 3rd person. Continue alternating 1 over with 1 under.

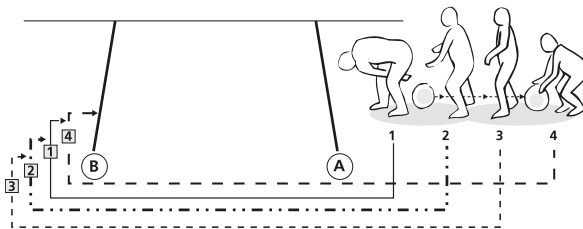
3. **Side to Side**

- First person with the ball twists to his left and hands the ball to Number 2 who twists to his right.
- Alternate to the end of the line – back person runs to the front ready to begin the sequence again.

4. **Change the ball – rugby/small ball.**

5. **Change Ends Tunnel Ball**

- Teams form up on Line A facing Line B 10-15 metres away.
- 1 rolls the ball under the legs to 4 who runs with the ball to Line B and turns to face Line A.
- As soon as 4 passes 1 on the way to B – 1, 2 and 3 follow 4 in that order to form a new line behind 4 at Line B.
- When the line is formed 4 rolls ball under the legs to 3 who then runs back to Line A – 4, 1 and 2 follow etc.



Teaching Point

- Allow several repetitions of each.

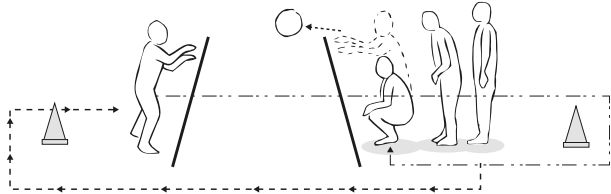


Tunnel ball

Bob Ball

Equipment

One ball per team,
cones or ropes for
markers.



Area

Hall (soft ball), grass, hard surface.

Formation

As in diagram – teams of 4 – 3 children in a line one behind the other – behind a team line. Fourth person with the ball behind a throwing line about 2 metres away.

Instructions

- First person with ball passes to each child in turn, who passes back then “bobs” down.
- When last person receives the ball she runs out to and around the front cone then forward to the throwing line.
- Number 1 runs down to and around the back cone then forward to the front of the team ready to receive the 1st pass.
- Remainder of the team shuffles backwards.
- Repeat the sequence.

Variations

1. Vary the size and type of ball.
2. Make the running distance longer.

Teaching Point

- Encourage accurate passing.

Multiple Relay

Equipment

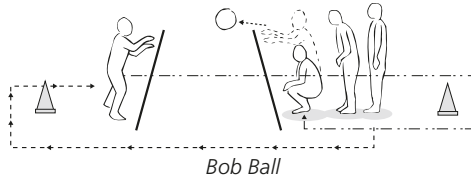
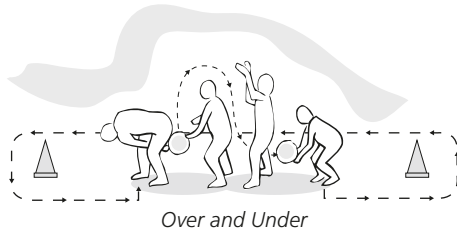
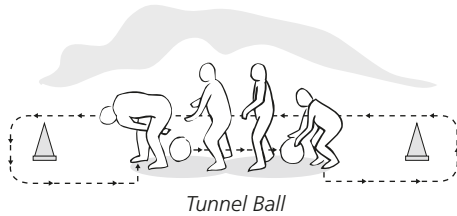
One large ball per team.

Area

Hall (soft ball), grass, hard surface.

Formation

Teams of 4-5 children. Each team should organise its own progression through the 3 games.



Instructions

- Teams begin with Tunnel Ball then Over and Under followed by Bob Ball.
- The 1st team to complete the whole sequence wins a point.

Variation

1. Use other similar games in combination.

Teaching Point

- This is a combination of Tunnel Ball, Bob Ball, and Over and Under – once these games have been introduced, this relay can be played.

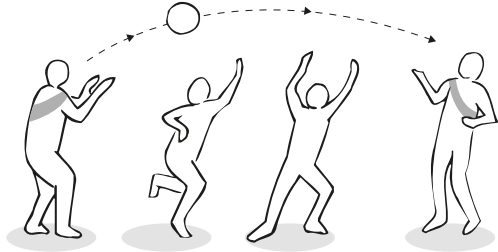
Two vs Two

Equipment

One large ball per group
(cones for markers).

Area

Grass, hard surface – each group requires about a third of a netball court each.



Formation

Groups of 4 – 2 pairs per group.

Instructions

- First pair with the ball pass to each other counting the number of passes made before either they drop the ball or it is intercepted by the other pair.
- When the ball is intercepted, the 2nd pair passes to each other trying to make more passes than the first team.
- Repeat several times.

Variations

1. Use different balls and types of passes e.g. rugby ball – side pass, soccer ball – kicking.
2. Can be played Three vs Three.

Teaching Point

- Encourage good passing skills.

50/50

Equipment

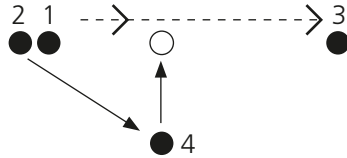
One large ball per group.

Area

Grass, hard surface.

Formation

Children in 4s or 5s, as in diagram.



Instructions

- Number 1 begins with the ball and throws it to Number 4 then runs towards Number 3.
- Number 4 throws to Number 1 at about the half-way point.
- Number 1 catches the ball and throws it ahead of him to Number 3.
- Number 1 takes Number 3's place.
- Number 3 repeats the sequence firstly throwing to Number 4 then running towards Number 2.
- Change Number 4 frequently.

Variations

1. Increase the throwing and running distance.
2. Change the type of ball.

Teaching Point

- Encourage children to follow the stepping rules of netball.

Running Circle Pass

Equipment

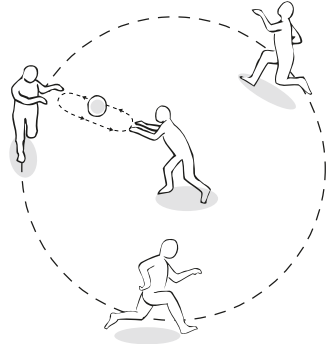
One large ball per group.

Area

Grass, hard surface.

Formation

Groups of 4-6. One person with the ball in the centre, others form a circle.



Instructions

- Players in the circle walk or jog around in the circle.
- Centre thrower throws to players as they move.
- Thrower can request a change in direction and children turn and jog in the opposite direction.
- Centre player can pass in any sequence.

Variation

1. Change the type of ball or pass.

Teaching Point

- To begin with, children may need to walk rather than jog.

Four Square

Equipment

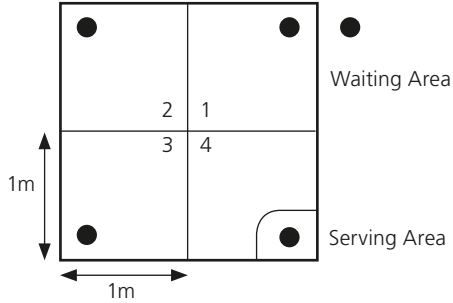
One large ball per team.

Area

Hard surface – squares painted on ground. Chalk lines will do.

Formation

Teams of 5-6 as in diagram.



Instructions

- Number 4 bounces the ball in his serving area and hits it into any of the other 3 players' courts.
- Players continue to hit the ball into other courts until someone makes an error – they then leave their position and go to stand at the waiting line.
- Players rotate to fill the gap left and the next waiting player comes into the game at position 1.
- Rules:
 1. The ball must be hit with both hands, fingers pointing down.
 2. The ball must bounce before it is hit.
 3. The ball should not be caught or held.
 4. If the ball bounces on the line or outside the court the hitter is out.
 5. The ball may only bounce once before being hit.

Teaching Point

- Keep the team small to ensure children get many turns and are not standing around waiting.

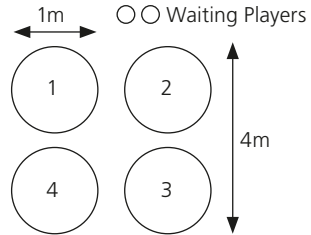
Eden Ball

Equipment

One large “bouncy” ball per group.

Area

Hard surface – circles painted on the ground as shown in diagram. Chalk circles or hoops are an option.



Instructions

- Player 4 is the server – he stands in his circle and throws the ball to bounce into any circle. The ball must be caught after the first bounce by the player covering that circle.
- The game continues until a player throws the ball outside the circle or drops the ball.
- If out, the player moves to the waiting line.
- Incoming players cover circle 1 and others rotate to fill any gaps.
- The aim is to progress to and stay in circle 4.

Rules

- On the line is in.
- Two steps in any direction are allowed from where the ball is caught.
- Ball must bounce above knee height.

Variations

1. Rule may be added that ball must not bounce above head height.
2. First player in waiting line may act as an umpire.

Teaching Point

- When introducing the game to younger children, use chalk circles very close together.

In and Out

Equipment

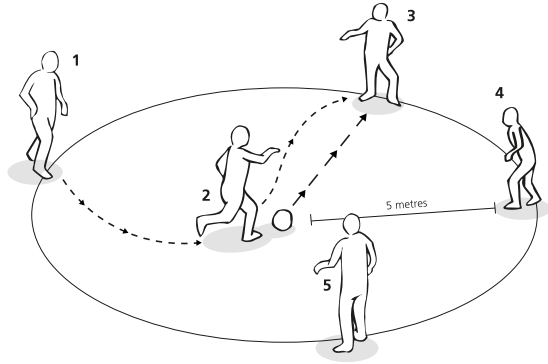
One round or oval ball per team.

Area

Grass, hard surface.

Formation

Teams of 6-7 children in a circle with 1 child at the centre.



Instructions

- 1 passes to 2 then runs to the centre.
- 2 passes to 3 then follows to Number 3's place.
- 3 passes to 1 then goes to centre.
- 1 passes to 4 etc.

Variation

1. Use a bounce pass, overhead pass, small ball instep kick, rugby side pass, volleyball pass.

Teaching Point

- Encourage continuous, non-stop passing and moving.