

# Bounce About

7

Play in pairs to accurately bounce the ball into a hoop target to each other. Can you reach the target?

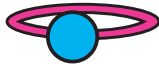
## How to play

- Place coloured hoops around the play space.
- With a ball between two, pairs run around the area, avoiding the hoops.
- On hearing a number called out, players bounce their ball into a hoop to each other for the number of times called out.
- Repeat game with a new number.



## Equipment

Hoops. Variety of balls, different shapes and sizes.



## Safety tips

Space hoops across play space.



This activity links to the Change4Life Primary Sports Club Target theme.

# Challenging Me: Providing challenges and ideas to develop the whole player

**Thinking Me** Discuss with partner how to make bounce more accurate.

**Social Me** Motivate each other with positive feedback.

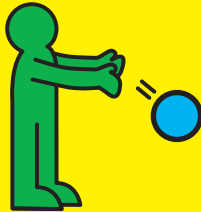
**Healthy Me** Try travelling at different speeds to get the heart beating faster and muscles working.

**Physical Me** Agree with partner different ways of travelling between hoops to include different directions and levels.

**Creative Me** Develop an alternative game using target throwing with hoops. Can you beat your score each time?

## Great for playing...

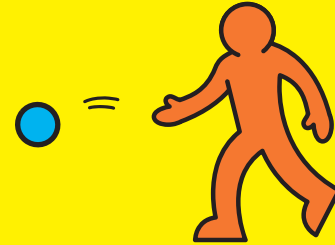
- in Change4Life Sports Clubs
- at playtime/lunchtime
- at home



## Making this game work in a small space

Use a smaller target than a hoop. Play two pairs around one target to reduce space needed. Timing will become more important too!

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## STEP: Making the game easier and harder and including ALL young people

**SPACE** Use chalk to create 'hoop' circles of varying sizes.

**TASK** Time bouncing activity. How many bounces can pairs make in the time agreed?

**EQUIPMENT** Use different balls, variety of sizes, shapes, textures.

**PEOPLE** Play in threes, rotating bouncing and catching.