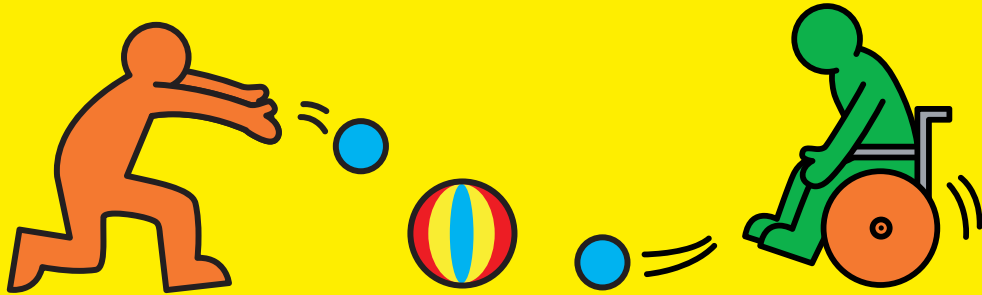


# jack high

Be the first team to knock the ball over the line



Supporting your school to provide 30 of the daily 60 active minutes recommended

## how to play



Mark out a large area with a boundary line at either end. Then, split players into two teams. Each team stands at opposite ends of the play area, behind their boundary line.

Place a large ball in the centre, so it's an equal distance from both teams. Share out smaller balls or beanbags between the teams and you're ready to go!

The aim of the game is to try to 'nudge' or 'knock' the large ball over the opposing team's line by aiming your balls and beanbags at it, so it moves in the right direction. If any of the other team's balls roll into your area, you're free to use them!

**Safety:** throw underarm, use soft balls/beanbags and make sure players face the same direction, don't cross the line and watch out for loose balls lying around.

## equipment



Lots of space, balloon ball, lots of smaller balls, beanbags, bell balls.

## sporting connection



This activity helps you judge distances and aim well and that's vital for sports like boccia, bowls and golf.

## did you know?

Our Paralympic gold medallist in boccia, Nigel Murray, only took up the sport 18 months before competing in the 2000 Games in Sydney.

# wider club activities

# jack high

Skills	Example
Thinking me	Think about a new skill or game you have learnt today and try practicing it at home. Have you been able to get better or have you beat your score?
Social me	This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think about what it is about our club that makes us each feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

## space

- Make the play area smaller/larger
- Make the play area narrower/wider
- Some players can be closer or further away from the jack

## task

- Players can throw overarm if space allows
- Players can take the role of referee or team captain
- Play the game seated
- Try rolling the equipment rather than throwing it

## equipment

- Change the size of the throwing equipment
- Use a different target – make it bigger and lighter or smaller and heavier (a goalball or basketball is harder to move and keeps the game going longer)
- Players can use a ball-sending ramp if propelling by hand or foot is not an option

## people

- Play with four teams – one at each side of the play area
- Play in pairs within a team (one collects and one throws, then swap)
- Play as a team game, with two or more teams behind the same line using a ball each; each team tries to be first to propel their target ball over a goal line at the other end of the playing space