

Box it

Aim to bounce your ball into the box. Which team can keep a steady hand?

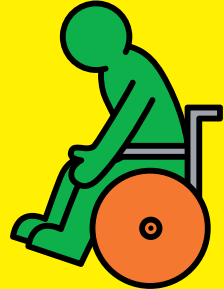
How to play

- Place a box/jar on the ground in the centre of the play area.
- Divide players into two teams. Each player has 2/3 balls each – one colour per team. Players stand in a circle around a target. The distance will depend upon the type of ball being used.
- Using ping pong or tennis balls, players aim to throw or bounce their ball into the box.



Equipment

Box/jar, ping pong balls, tennis balls.



Safety tips

Tape the box/jar to the ground.

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

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

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Thinking Me Try bouncing at different distances from the box to work out the best distance for the bounce.

Social Me Work as a pair to review and refine aiming.

Healthy Me Praise players who try hard, persevere and play fairly to encourage them.

Physical Me Try different feet positions when aiming to work out which helps with accuracy.

Creative Me Set new goals to challenge yourself.



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

SPACE Stand closer or further away from the box each time you succeed.

TASK Throw directly into the box. Take more than one bounce to land the ball into the box.

EQUIPMENT Use balls and boxes of varying sizes. Place box onto a table top.

PEOPLE Play as individuals.

Great for playing...

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

Making this game work in a small space

Place the box on a table top and create a circle around it.