



Game Details

- **Equipment Needed:** Foam Balls, Cones
- **Skills:** Locomotor, Throwing
- **Grades:** 3-7
- **Game Type:** Group Activity

How to Play

Set up a line of cones on either side of the playing area to create a throwing line on both sides. Players have to try to run the length of the gym without getting hit by an “asteroid” (foam ball) that the leaders/teachers are throwing. If a player is hit below the waist, they join on the outside and try to hit the others by throwing from behind the throw line. Continue the game until two or three people are left and then reset.

Modifications

- ▲ Adjust the width of the playing area, if the group needs a challenge, move the throw line further away
Put bean bags at one end of the playing area. Players must try to collect one bean bag at a time and get back to the other side without being hit by a ball
- ▼ Add gymnastics mats so the players can hide behind them for five seconds on their way to the other side
Adjust the width of the playing area, if throwing is difficult, make the throw line closer