

Game Details

- **Equipment Needed:** Foam Balls, Cones
- **Skills:** Locomotor, Throwing, Catching
- **Grades:** 4-7
- **Game Type:** Warm Up, Skill Practice

How to Play

Everyone is it, and foam balls are spread out everywhere in the play area. Players try to hit others from the waist and below by throwing foam balls. If someone is hit they have to sit down. They can get back up as soon as the person who hit them gets hit. Frequently use jailbreaks to ensure no one is sitting for too long. If players didn't see who hit them, they can choose someone to watch and as soon as that person is hit, the player is back in.

Modifications

- ▲ Adjust the size of the playing area depending on numbers of participants (less space means more action).
Play with more balls if some participants are finding it easy to avoid being tagged.
Challenge players to throw with their non-dominant hand.
- ▼ Adjust the size of the playing area.
Play with less balls if participants are being tagged too often.