



## Game Details

- **Equipment Needed:** Foam Balls
- **Skills:** Catching, Locomotor, Teamwork Throwing
- **Grades:** 3-7
- **Game Type:** Group, Skill Practice

## How to Play

Have your group form a large circle (if you have a large group, make two circles for more time on task). Kids should be far enough away from each other that they cannot touch when they hold their hands out. Participants take turns being the "runner". The runner's goal is to run around the outside of the circle twice because a ball can be thrown and caught (one by one) around the circle, returning where it started. If the ball is dropped at any point it can be picked up, but it must be successfully caught by everyone in the circle (no skipping people!). If the runner can make it around the circle twice before the ball, the entire class will do 5 jumping jacks (or exercise of choice). But, if the ball makes it around before the runner does, only the runner does jumping jacks. Take turns as the runner until everyone has had a try.

## Modifications

- ▲ Have kids stand further away from each other to increase the size of the area, and also increase the throwing and catching challenge  
Change the object being thrown (tennis ball, etc)  
Add a challenge for runner by requiring different movements such as skipping, galloping, etc
- ▼ Feel free to modify the rules - one lap for the runner, two laps for the ball, or any combination that fits your group (every group will be slightly different skill-wise so modify until it fits your class)