

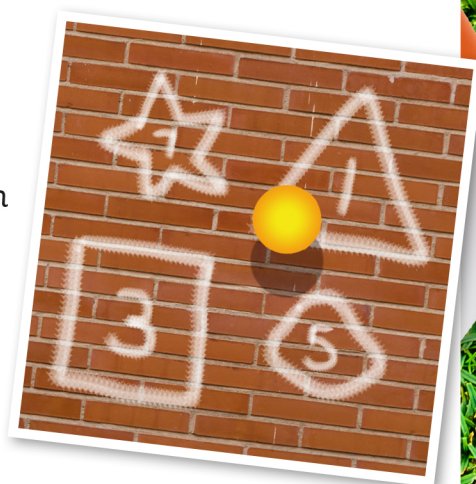
Score throw

Equipment

- small, hard ball
- whiteboard and pen
- piece of chalk
- wall

Method

- 1 Get two or more players.
- 2 Find a wall in the playground.
- 3 Chalk some shapes on the wall. Some shapes need to be large, and some need to be small.
- 4 Write a number inside each shape. Write higher numbers in smaller shapes, and lower numbers in larger shapes.
- 5 Stand back from the wall and chalk a line on the ground.
- 6 All players should stand behind the line.
- 7 Take it in turns to throw the ball against the wall, aiming for one of the shapes.
- 8 Record any points scored on a whiteboard. When everyone has had three goes, add the points together. The person with the highest score is the winner.



More challenge

- Chalk the line on the ground further away from the wall.
- Chalk smaller shapes on the wall and write higher scores inside them.
- Choose a more challenging way to throw the ball such as throwing from sitting down, using the hand you don't normally throw with, or using an overarm throw.
- Use a racket to hit the ball to the wall.

Hoop catch

Equipment

- large hoop
- ball

Method

- 1 Get into groups of four.
- 2 Choose two players to hold the hoop vertically between them at head height.
- 3 The other two players should stand either side of the hoop so that they can see through it, then take two large steps backwards.
- 4 The players not holding the hoop should take it in turns to throw and catch the ball through the hoop.
- 5 If someone drops the ball, swap places with a player holding the hoop.
- 6 Continue playing the game, swapping places every time the ball is dropped.



More challenge

- Stand further apart when throwing the ball.
- Hold the hoop higher in the air.
- Move the hoop slowly up and down as the ball is thrown.
- Use a smaller ball.
- Use a smaller hoop.
- Choose a more challenging way to throw the ball such as throwing from sitting down or using the hand you don't normally throw with.

Bounce ball clap

Equipment

- large ball
- open space
- whiteboard and pen



Method

- 1 Get into pairs.
 - 2 Stand facing your partner, then take two large steps back from each other.
 - 3 Take it in turns to bounce a ball to each other, making sure it only bounces once.
 - 4 As the ball is thrown, the catcher should clap, before catching the ball.
 - 5 Count how many claps the catcher can do before the ball is caught and record the score on a whiteboard.
 - 6 If the ball is dropped, the catcher scores zero.
 - 7 When it's time to finish, the winner is the player with the highest score.
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More challenge

- Stand further apart.
- Stand closer together, so there is less time to clap.
- Use a smaller ball.
- Use a stopwatch to set a time limit for the game and see how many claps you can score.