



## Giant Ball Games

### Road Race

*Requires one or more 40" balls or larger*

- Participants lie down face up, shoulder to shoulder to form a 'road'.
- Use the giant ball as a 'vehicle' to drive along the road.
- Participants bend knees and pass ball using hands and arms.
- Depending on the number of players there are, the road will obviously come to an end. Participants therefore need to keep building the road before the ball vehicle reaches a dead end.
- Once the vehicle has passed over each participant, they must jump up and run to the front end of the road and lie down again to keep building the road.
- Game ends at either a predetermined point or when the road runs out.



#### **Rules:**

- Players must maintain contact and control of the ball at all times; it can not veer off the side or run off the road.
- 'Road' participants should always run from the back of the line to the front along the feet side of the road to avoid head injuries.

#### **Scoring:**

- The group that makes the longest road in set amount of time wins.
- Use 2 or more balls on 2 or more roads. First one to cross a finish line wins.

#### **Variations:**

- Set up an obstacle course with intersections, bridges, potholes and more using mats, hoops, cones, chairs etc.
- Smaller groups will increase the speed and energy requirements of the game.



# Leap Frog

*Requires one 40" ball; Gym mats*

- Wedge the ball between a couple of mats, with a large safety mat placed behind the ball as a landing area.
- Use the ball to leapfrog over and/or as a vaulting horse to launch over in a variety of movements, landing onto the safety mat.
- Line up with enough room for a run up to the ball, then use the ball as an aid to flip, roll, dive or any other movement over onto the mat.

## **Rules/Scoring:**

- Recommend waiting for each participant to clear the landing mat before another starts their run up.
- Nominate a judging panel, or have individuals who are unable to participate in this activity be the judges, with scoring cards and comments.

## **Variations:**

- More advanced participants can introduce group routines.
- Tips: With a well secured ball, almost any action is possible, and can be encouraged. For added safety the supervisor might try asking what a participant is attempting prior to their turn.
- Generally results in lots of laughter and is a good intro to gymnastics.

# Surfer Dude

*Requires one 40" ball or smaller; Gym mats*

- Place the ball onto safety/gym mats
- Participants and the supervisor assist each player to climb on top of the ball (standing position).
- Everyone except the supervisor stand clear when the participant is ready
- Participants then do whatever they can to maintain their balance on top of the ball.

## **Rules/Scoring:**

- Scoring is the amount of time spent on the ball.
- Team competitions can be scored by totalling the times of each team member.
- Time ends when any part of the participants body touches the ground.

## **Variations:**

- Try different sized balls
- With more experience try sitting, kneeling, on your stomach or on your back.

## **Tips:**

- Be very safety conscious



# War of Push

*Requires one 40" ball or larger; Gym mats*

- 2 participants play head to head choose a ball large enough for the participants to be on either side and not see each other (preferable but not essential).
- Draw a circle a circle 3 to 4 times larger than the size of the ball being used.
- Place the ball in the centre of the circle with a player on each side.
- At the start signal each player pushes the ball against their opponent to force him/her out of the playing circle.

## **Rules/Scoring:**

- The overall winner is the player who wins 2 out of 3 rounds.
- A round is won by pushing the opponent's feet and shoulders outside the circle.
- Players must maintain contact with the ball at all times.
- A player who avoids going out of the circle by deliberately letting the ball pass forfeits that round/point

## **Variations:**

- can be 1 on 1 or up to 3 on 3
- play with 2 'baselines' instead of a circle, at a variety of distances to increase level of difficulty. Strategy, speed and endurance can be scored by totaling the times of each team member.

# Giant Shot-put

*Requires one 40" ball or larger*

- 1 to 3 participants to run and throw ball the farthest distance from a designated start and launch point.

## **Rules/Scoring:**

- Measure from one to three throws per team/person for the longest distance.
- Players get penalized for stepping past the launch point.

## **Variations:**

- Longest distance can be where ball stops or first lands.
- If using one player, they may use a run and push throw, a spin throw, throw backwards over their heads or any other creative way possible.
- Can also be played as Giant Bowling with player/team aiming at a target of 5 gallon pails, large water jugs or plastic garbage cans.