

Pocket Ball Games of the Week

volume 1

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including

Dodge Ball Tag

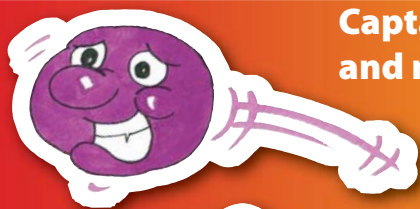
French Cricket

Silent Ball

Stuck in the Middle

Captain Ball

and more!



Positive Press

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Introduction

Traditional playground games provide the ideal opportunity to engage children in enjoyable activities together, promoting positive relationships between the children themselves and the children and adults.

The games encourage valuable social skills such as:

- Turn-taking
- Developing speaking and listening skills
- Developing a positive attitude to participation
- Learning to abide by rules
- Interacting with others
- Co-operating
- Having fun

Playground games also encourage physical exercise, an important aspect that is often neglected in today's hi-tech society and that is an essential part of physical well-being.

The traditional games included in this booklet are set out in a clear, accessible style with easy-to-follow instructions. Playground games provide an ideal occupation for free time that can motivate all children to be part of a group.

They will enhance playground experiences for the children involved, creating a positive dynamic and generating much fun and enjoyment for all.

Call Ball

Number of players: 5+

What you need: A ball that is good for throwing and bounces, such as a tennis ball.

What you are really learning: Hand-eye co-ordination and quick thinking.

How to play:

This game is best played on a hard surface so the ball bounces easily.

Before the game starts, each player is assigned a nickname or number. The names can be anything, like months of the year, animals, vegetables etc. To begin the game, one player must bounce the ball as high as possible whilst calling out the nickname of another player. When the ball leaves the bouncer's hand all the other players run away except the player who has been called. This person must try to catch the ball before it hits the ground again.

If they catch the ball, they then bounce the ball themselves and call out another nickname. The person called must dash back and try to catch the ball - and the game goes on.

If the player whose name is called doesn't catch the ball before it hits the ground, they lose a point. When this player has collected the ball they call "Stop!"

If "Stop" is heard everybody must freeze. The player with the ball can then throw it between any other player's legs, but they cannot throw the ball at the person who called their nickname. If the ball goes through someone's legs they also lose a point. However, if the thrower misses they lose another point!

The player who the ball was thrown at starts the game again. The game continues like this until a player loses 4 points and is eliminated from the game. The last player remaining is the winner!

Hand Ball Tennis

Number of players: 8+

What you need: A tennis ball and a court or some chalk.

What you are really learning: Co-operation, accuracy, and hand-eye co-ordination.

How to play:

Initially a court is drawn using chalk. It should be roughly 15m by 7.5m with a line drawn through the center of the long sides to divide it in half. Players are divided into two equal teams and each team occupies one half of the court.

This is a very simple and enjoyable game. One team starts by serving the ball from the back of the court to the other team. The ball must not bounce on the server's side to be allowed. The receiving team may let the ball bounce as many times as needed but when the ball is returned it can only be hit once and must reach the opposing team's half of the court.

A team can win a point if the opposing team fails to return a shot into its half of the court, the opposing team lets the ball leave the court area or if the ball is picked up or hit twice by a player. The winning team is the first to reach 21 points. Remember this game is not always about power and is more about precision.

