

# Catch and Balance Bands/ Pass and Catch Airball Game

## Pass the Parcel

1. Each with a catch and balance band, pairs stand in small circle and pass a ball around the circle balancing it on their catch and balance bands.
2. When the music stops the child with the ball must do an action, e.g. star jumps

## Egg and Spoon

1. Each pair balances a ball on their catch and balance band.
2. Try to walk, jog and turn without the ball falling off.

## Lose a life

1. In fours, one pair has a catch and balance band and ball while the other is the leader.
2. The leader gives challenges to their partner: egg and spoon (ball balanced on catch and balance band while travelling between two markers), throw and catch a ball six times in air, throw the ball in the air, flip the catch and balance band over before catching the ball.
3. If the challenge is not completed successfully that pair loses a life.
4. All pairs start with ten lives.
5. Swap roles.

## Free Fall

1. Throw the ball in the air or against a wall and try to catch on the catch and balance band after a set number of bounces.

## Treasure Chest

1. Spread a number of hoops around the activity area.
2. In teams of 6, two pairs are collectors and one a defender.
3. The collectors try to collect as many balls as possible taking one at a time from the hoops to return to their own hoop by balancing on their catch and balance band.
4. The defenders try to block (no contact) the collectors and if they 'tag' a collector who has a ball, the ball must be returned to the hoop.
5. Swap roles.

## Popping popcorn

1. Pairs stand in a circle and try to pass a ball around the circle by throwing it in the air and catching it after one bounce.

## Hit the Hoop

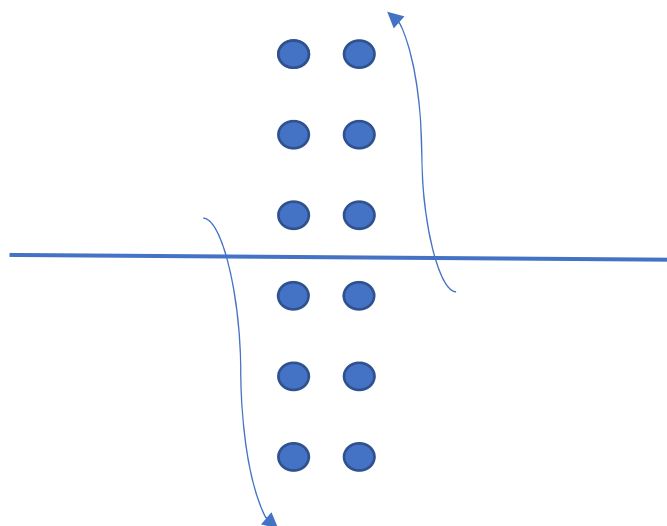
1. Carry the ball on the catch and balance band as you move around an area.
2. When you get to a hoop flip the ball up to land in the hoop and try to catch on the catch and balance band,
3. Keep moving around the area.

## Conveyor Belt

1. Stand in a line at one end of a marked area and pass the ball from back to front by rolling the ball from one catch and balance band to another.
2. After you have passed the ball onto the next pair run to the front of the line.
3. When you reach the other end of the area return.
4. Time your team and try to beat your last score.
5. Race another team.

## Keep it Going

1. In groups of 8 or 12, equal numbers of pairs stand opposite each other with a 'net' (line, markers, net) between.
2. The first pair send the ball across the net and the first pair on the opposite side try to catch the ball then return it,
3. Once a pair has sent the ball they run to the opposite side of the net and join the back of the line.



## 2 vs 2

1. Play a 2v2 game in a 'court' with a net.
2. Each pair playing on one side of the court sends the ball across the 'net' to try to outwit their opponents,
3. A point is scored if your opponents can't catch the ball after once bounce.

