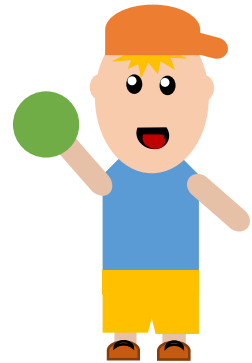


MOTOR CHALLENGING PHYSICAL ACTIVITY



SHOEBALL



SHOEBALL

Objective

In this activity, the children are challenged to throw a ball whilst trying to hit a moving child.

Equipment

Soft ball

Six shoes

Instructions

1. Played in groups with three children.
2. Place the shoes around the play area between two of the children. The third child stands in the centre.
3. The child in the centre tries to collect all the shoes without being hit by the ball.
4. The children on each side try to hit the child in the centre collecting shoes.
5. If the child in the centre is hit by the ball, the person who threw the ball shall now stand in the centre collecting shoes, and the child in the centre takes the place of the child who hit him/her with the ball.
6. If the child in the centre collects all the shoes, the child throws all the shoes on the ground and shouts "Shoeball".

Variation

- An easier variant of the game is to remove the shoe element. The children then try to hit the child in the centre with the ball. The child who hits the child with the ball changes places with the child in the centre.
- You can also start the game with fewer than six shoes and thereafter gradually increase the number of shoes as the children become more familiar with the game.
- The game can be extended to include more. Depending on how many are playing, add an equal number of shoes and more balls, if necessary. All the children in the centre must now cooperate on collecting all the shoes.