



# Catch & Balance Set

## Game ideas

### Conveyer belt

1. Stand in a line at one end of a marked area and pass the ball from back to front by rolling the bean bag or ball from one catch and balance band to another.
2. After you have passed the bean bag or 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.

### Popping popcorn

1. Pairs stand in a circle and try to pass the bean bag or a ball around the circle by throwing it in the air and catching it

### Pass the Parcel

1. Each with a catch and balance band, pairs stand in small circle and pass a bean bag or 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 Races

1. Each pair balances a bean bag or ball on their catch and balance band.
2. Try to walk, jog, and turn to the finish line without the ball falling off.
3. Set up a relay or create an obstacle course for variations.



# Games with a Net

## 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 bean bag or ball across the net to try to outwit their opponents,
3. A point is scored if your opponents can't catch the bean bag or after one bounce of a ball.



# Games with Hoops

## Hit the Hoop

1. Carry the bean bag or 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.
4. Assign different point values to hoops of varying distances or sizes.

## Rob the Nest

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.