



# Challenge 17

## Sports Activities

Summer is the time to be outside as much as you can. How about you try these classic games and let us know where you did them.

Do them all or do as many as you can and send this sheet back to us by 17 January to be in to win a prize.

Name ..... Age .....

Sport/Activity	Location
Badminton	
Swingball	
Tennis	
Beach Cricket	
Chase/Tag or Ball Tiggy – add some water balloons for extra fun!	
Frisbee Throwing	
Set up an Obstacle Course	
Cycle Ride	
Tramping	
Scootering	
4 Square	

## Sports Activities continued:

Or try one of the following activities and improve your ball skills. These are from a great book called **Great Big Book of Children's Games** by Debra Wise.

Find this and other fun books in the **Children & Adult Non-Fiction** sections around **790.1** area in Whangarei Libraries.

Send us some photos to [libraryevents@wdc.govt.nz](mailto:libraryevents@wdc.govt.nz) with **Great Summer Reading Challenge** in the title so we can see how you got on.



### Call Ball

**Players:** 5 or more

**Ages:** 6+

**Place:** Large open outdoor space away from windows! Hard surface recommended as ball bouncing required

**Equipment:** 1 tennis ball or another type which is really bouncy, but not too hard.

**To set up:** Establish a nickname for each player, for really big groups, players can have numbers instead.

**To start:** One player bounces the ball really high and calls another player's nickname. As soon as the ball leaves the bouncer's hand, the other players run away – all except the player who has been called, who must try to catch the ball before it hits the ground again.

If successful in catching the ball, that player then bounces the ball and calls out the nickname of another player, who must rush back to try to catch the ball before it hits the ground again.

This goes on until someone fails to catch the ball.

If a called player does not catch the ball, he loses 1 point and calls out, "Stop!" as soon as he has retrieved the ball. At that point, the other players must freeze wherever they are.

The player who missed ten throws the ball at any other player (throw must be below the neck – or it doesn't count) except the one who called his nickname.

If a player is hit, she loses a point and gains possession of the ball. If the thrower misses, however, he loses another point and the player who originally called gets the ball again.

The game continues in this manner, with each player who takes possession of the ball bouncing it as high as possible and calling out the nickname of another player.

Any player who loses 3 points is eliminated from the game.

The last player remaining in the game is the winner!



### Big Black Bug

**Players:** 1 or more

**Ages:** 4+

**Place:** Preferably somewhere with a hard surface

**Equipment:** a bouncy ball

Develop your ball skills and co-ordination in this fun activity which is good to do by yourself or against your family or friends.

**Start:** The player begins with a basic bounce, then must do 7 different kinds of bounces of their choice, without dropping the ball, while chanting this rhyme:

**Big black bug sitting on a rug,**

**I one it,**

**I two it,**

**I three it,**

**I four it,**

**I five it,**

**I six it,**

**I seven it,**

**You ate it!**

If competing against someone else, the first player to make it all the way through with no mistakes in the winner.

Some different ways to bounce the ball are:

Bounced really high or really low, bounced while clapping, bounced while stamping, bounced under alternate legs, bounced and caught by alternate hands, bounced turning around, or throw it behind your back turn around and catch it. A wall can be fun to use too – you could bounce it before it hits the wall or made to bounce after.



**More ball games over the page ▶**

## Sports Activities continued:

### Centre Ball

**Players:** 10 or more (time to round up the family and friends)

**Ages:** 6+

**Place:** Outdoors on a flat surface

**Equipment:** Playground ball, basketball, soccer ball.

**To set up:** All the players except one form a ring. They should be positioned far enough from one another so that when they stretch out their arms, their fingertips just touch those of their neighbours. The remaining player stands in the middle of the circle, holding the ball.

**Start:** The game begins when the player in the centre throws the ball at any player and then runs past that player outside the circle. I

f he thrower's target catches the ball thrown at her, the catcher immediately rushes to the centre of the circle, puts the ball down on that spot, and takes off after the thrower.

Her aim is now to tag the thrower before he can find a way back into the circle and touch the ball. If she can do so, he's stuck as the thrower again.

If not, she becomes the thrower and thrower takes her place in the ring.

If by chance the thrower's target failed to catch that original throw, there is no running and chasing; she simply takes her place in the centre of the circle immediately and becomes the thrower.

The players continuously alternate in the roles of roller and catcher, with the roller trying to force the fielder into making an error.

This is accomplished by rolling the ball hard and fast or putting a spin or curve on it.

The first player to score 10 points is the winner.



### Errors

**Players:** 2

**Ages:** 5+

**Place:** Preferably a hard surface

**Equipment:** a ball

In this game each player tries to score points by forcing her opponent to make an error.

**Start:** To play, opponents stand 6-9 metres apart and take turns rolling the ball to each other.

The catcher must pick up the ball immediately and roll it back.

If the catcher misses the ball, or rolls it back in a wild manner, this counts as an "error"; when one player commits an error, the other player scores a point.

The players continuously alternate in the roles of roller and catcher, with the roller trying to force the fielder into making an error.

This is accomplished by rolling the ball

hard and fast or putting a spin or curve on it.

The first player to score 10 points is the winner!

