



## 4 Square

Number of players	4 plus
Equipment	Large ball
Skills Learnt	Hand-eye co-ordination, turn taking, being a good loser, learning boundaries
Why do we like it?	I like trying to get the other people out
Where does it come from?	USA

**How to play:** Mark out a large square and divide it into four (like a window). Each small square should be about 3m x 3m. One person stands in each square. The aim of the game is to bounce or throw the ball from person to person. You are out (or lose a point if you only have 4 players) if...

1. The ball bounces on a line or goes right out of the square
2. You let the ball bounce twice in your square
3. you drop the ball.

If people are waiting to play you substitute a player every time someone loses a point.

There are lots of opportunities in this game for the children to make adaptations.



## Dodge Ball 🌧️

Number of players	10 plus
Equipment	Large ball
Skills Learnt	Hand-eye co-ordination, confidence building
Why do we like it?	It involves lots of jumping and aiming
Where does it come from?	USA

**How to play:** Make a big circle and sit or kneel down. One child stands in the middle. The aim is to roll the ball to touch the feet of the person in the middle, who tries to dodge the ball.

Whoever rolls the ball that touches, gets the next go in the middle. (talk about playing safely before this game!)

**Version 2:** A court is drawn for this game: A large square divided in half and a large soft ball is best. The children are also divided into two teams and stand facing each other in the two halves of the court.

One child has the ball and tries to hit a child on the other team (below the waist). If a child is hit they must join the other team. The first team to have all the players is the winner.