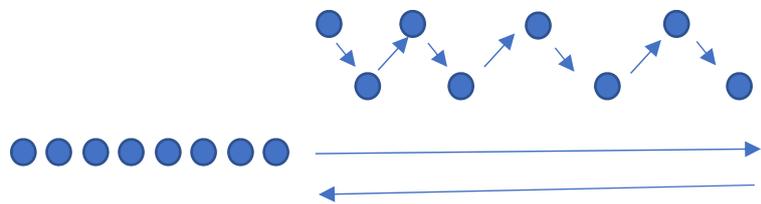


Colourful Tail Balls

Cat and Dog Tails: Throw and catch the tail balls around a circle. Introduce a second and keep throwing both in the same direction. Now, see if one can catch the other.

Zig-Zag Tails: One group stands in two lines and passes the tail balls, one at a time, in a zig-zag direction along the line. When the ball reaches the end, start passing the next one. The other group takes it turn to run the length of the line and back again giving the next runner a high five to signal that they start. How many runners can complete their run before all of the balls have been passed down the line?



Duck Tails: In groups of between 4 and 8 line up with one member facing the rest. This person throws the tail ball to the first person who throws it back then ducks down. Keep going until everyone is in a crouch position then swap positions.



Corner Tails: Two teams in an area with the four corners zoned off using markers. Pass the tail ball between team members. If the ball is intercepted or dropped that player goes into one of the zones. The ball passes to the other team and play continues. To release a player from a zone pass the ball to them and they must then pass to another team member.



Shooting Tails: In groups of 4-6 line up in front of a target, e.g. hoop. Pass the ball along the line, the front player aims for the target, one point for each time the ball goes into the hoop. Swap positions, How many points can you score in 30 seconds?

Tail Golf: Create a 'golf course' with a number of 'holes' (e.g. hoops, buckets, spots, chalk shapes etc) and 'obstacles' (e.g. water – blue mats, sand - yellow hoops/ spots, rough – green hoops/ spots). Each player must throw from a 'tee' (marker) and aim for the 'hole'. Count how many 'shots' it takes to get the ball into the 'hole' If the ball lands in an obstacle add on a shot to the final score.

Knock 'Em Down: Aim and try to knock down a pyramid of plastic cups or buckets. Try again to beat your last score.

Get it in: Aim and try to get as many tail balls as possible into a bucket. Try to beat your last score.

Hot tails: Players move around an area carrying their tail ball. A leader shouts the following actions for the players to follow:

Hot, hot, hot: throw tail ball from hand to hand as if hot

Go, go, go: move again holding the ball

Round it goes: pass the ball around your waist

Figure of 8: pass the ball in a figure of 8 around their legs.

Throw it up: throw and catch the ball in the air

Swap it: swap the ball with another person.

Crossfire: In fours stand in a square. Pairs on opposite corners throw and catch a tail ball to each other. Try to hit the other ball in the middle.