

# Bounce 'n' Catch Discs

## Round the World

1. Players balance a ball on the disc
2. Players try to roll the ball around the perimeter of the disc, one way and then the other.

## Pass the Parcel

1. Each with a disc, players stand in small circle and pass a ball around the circle balancing it on their discs.
2. When the music stops the child with the ball must do an action, e.g. star jumps

## Egg and Spoon

1. Each player balances a ball on their disc.
2. Try to walk, jog and turn without the ball falling off.

## Lose a life

1. In pairs, one player has a disc and ball while the other is the leader.
2. The leader gives challenges to their partner: egg and spoon (ball balanced on disc while travelling between two markers), hit ball six times in air, around the world.
3. If the challenge is not completed successfully that player loses a life.
4. All players start with ten lives.
5. Swap roles.

## Free Fall

1. Throw the ball in the air or against a wall and try to catch on the disc after a set number of bounces.

## Treasure Chest

1. Spread a number of hoops around the activity area.
2. In teams of 3, two players 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 disc.
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.
5. Swap roles.

## Popping popcorn

1. Players stand in a circle and try to pass a ball around the circle by hitting it after one bounce.

### **Keep it Going**

1. Hit a ball in the air and try to keep going as long as possible. Challenge yourself by trying to beat your last score or flipping the disc between hits.

### **Hit the Hoop**

1. Carry the ball on the disc 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 disc,
3. Keep moving around the area.

### **Conveyor Belt**

1. Stand in a line at one end of a marked area and pass the ball from back to front by rolling the ball from one disc to another.
2. After you have passed the ball onto the next person 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.