

GREAT GAMES FOR BIG ACTIVITY BALLS

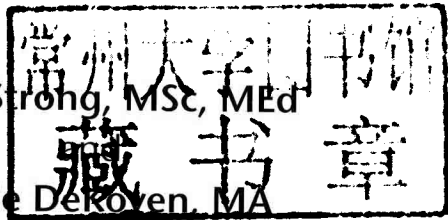
Over
70
fun activities!

Todd Strong • Bernie DeKoven

Great Games for Big Activity Balls

Todd Strong, MSc, MEd

Bernie Dekoven, MA



Human Kinetics

Library of Congress Cataloging-in-Publication Data

Strong, Todd.

Great games for big activity balls / Todd Strong, Bernie DeKoven.
p. cm.

ISBN-13: 978-0-7360-7481-0 (soft cover)

ISBN-10: 0-7360-7481-3 (soft cover)

1. Ball games 2. Balls (Sporting goods) 3. Games. I. DeKoven, Bernie, 1941- II. Title.
GV861.S87 2009
796.3--dc22

2009028724

ISBN-10: 0-7360-7481-3 (print)

ISBN-13: 978-0-7360-7481-0 (print)

Copyright © 2010 by Todd Strong and Bernie DeKoven

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher.

The Web addresses cited in this text were current as of August 2009, unless otherwise noted.

Acquisitions Editor: Gayle Kassing, PhD; **Developmental Editor:** Amy Stahl; **Assistant Editors:** Anne Rumery and Lauren Morenz; **Copyeditor:** Joy Wotherspoon; **Graphic Designer:** Joe Buck; **Graphic Artist:** Denise Lowry; **Cover Designer:** Keith Blomberg; **Photographer (cover):** Wilmer Zehr; **Photographer (interior):** David duChemin, unless otherwise noted; photo on page 26 courtesy of Todd Strong; photo of Bernie DeKoven on page 225 courtesy of Bernie DeKoven; **Photo Production Manager:** Jason Allen; **Art Manager:** Kelly Hendren; **Associate Art Manager:** Alan L. Wilborn; **Illustrator:** Alan L. Wilborn; **Printer:** Versa Press

Printed in the United States of America 10 9 8 7 6 5 4 3 2 1

The paper in this book is certified under a sustainable forestry program.

Human Kinetics

Web site: www.HumanKinetics.com

United States: Human Kinetics, P.O. Box 5076, Champaign, IL 61825-5076
800-747-4457
e-mail: humank@hkusa.com

Canada: Human Kinetics, 475 Devonshire Road Unit 100, Windsor, ON N8Y 2L5
800-465-7301 (in Canada only)
e-mail: info@hkcanada.com

Europe: Human Kinetics, 107 Bradford Road, Stanningley, Leeds LS28 6AT, United Kingdom
+44 (0) 113 255 5665
e-mail: hk@hkeurope.com

Australia: Human Kinetics, 57A Price Avenue, Lower Mitcham, South Australia 5062
08 8372 0999
e-mail: info@hkaustralia.com

New Zealand: Human Kinetics, P.O. Box 80, Torrens Park, SA, 5062
0800 222 062
e-mail: info@hknewzealand.com

E4489

Game Finder

As players grow up, they develop physical, emotional, and cognitive skills. Although fun is the main goal of the games in this book, play can also be an important part of the maturation process. Playing with a big activity ball in a social setting helps children interact with peers and adults in new ways. Each game description in part II highlights the skills that particular activity develops. The skills are fully explained here, broken down into four large categories: social skills, personal behaviors, perceptual and physical skills, and basic motor skills.

Social Skills

Games with a big activity ball almost always happen in a social setting. As such, most of the games in this book help develop social skills, such as cooperation, trust, problem solving, communication, appropriate touch, and adaptability.

- **Cooperation:** Playing with a big activity ball promotes cooperation among the participants. Players must work together to control such a large ball.
- **Trust:** Players must have a certain amount of trust in their teammates. This can be physical trust to not let other players fall to the ground or emotional trust to allow players to let each other be a little whimsical without negative judgments. In most cases the term *trust* used here is the physical kind, knowing that players will take turns acting as spotters.
- **Problem solving:** A lot of the games allow for multiple approaches to achieve similar results. Problem solving puts an emphasis on players taking an active role in how they will proceed in the game, not just following a well-defined set of prescribed rules.
- **Communication:** Games that emphasize communication empower players to speak with and listen to one another.

- **Appropriate touch:** Players come in contact with the big activity ball in every game, but they may also need to know how to control their physical contact with other players, both teammates and opposing players.
- **Adaptability:** Players may need to adapt their behavior to fit in with other players or accommodate the rules of the game.

Personal Behavior

Even when players are fully involved in a group game, they must still act as both teammates and individuals. The types of personal behavior considered here are self-control, creativity, and improvisational acting.

- **Self-control:** As much fun as these games are, players need to remember that there are other people around them. Behavior, both physical and emotional, should not be so exuberant that a player's actions intimidate other players.
- **Creativity:** In these games, players incorporate their own original ideas and imagination into the games.
- **Improvisational acting:** In these games the players take advantage of a simple outline of an idea and spontaneously develop the idea into their short-term fantasy.

Perceptual and Physical Skills

Games and sports are an excellent way for children of all ages to get instant feedback on their physical developmental skills. The perceptual and physical skills here include: keen vision, coordination, rapid response, strength, and endurance.

- **Keen vision:** Given the context of games with big activity balls, it may seem a bit silly to talk about keen vision. With that caveat, these games involve some amount of visual acuity.
- **Coordination:** Some games require complex body movements, either at the same time or in quick succession. Another way to think about this is to see if players can rub and pat a big activity ball at the same time.

- **Rapid response:** The ability to react quickly is an important component of these games.
- **Strength:** These games reward those who can demonstrate physical power and energy.
- **Endurance:** In these games players must sustain their efforts for a prolonged length of time.

Basic Motor Skills

Sports and many games are physical. That's no less true when engaging in big versions of these activities. The basic motor skills used to play these games include walking, running, balancing, and throwing and catching.

- **Walking:** These games involve moving from one place to another at a fairly slow pace.
- **Running:** These games also involve moving around but at a slightly faster pace.
- **Balancing:** These games utilize a combination of proprioceptor stimuli and appropriate muscle response.
- **Throwing and catching:** A big activity ball is pretty big for one player to throw or catch. The instances of throwing and catching refer to smaller, foam balls.

Key

We packed this book with as many good games as we could think of. The game finder is our attempt to make the games more accessible than by just the chapter divisions in the book. One way to use the game finder is as an alphabetical list of games. Rather than try to remember which chapter a particular game is in, just look up the game alphabetically in the game finder, and you can find what page the game is on.

You can also search for games according to the various skills listed in the skills columns by looking for a game that may develop or reinforce a particular skill. Find the appropriate skill column, and scan down until you find what skill you are looking for. Look across that row to the left, and you may have found an excellent game for your situation.

** = Primary skill
* = Secondary skill

Game	Page number	Social skills	Personal behavior skills	Perceptual and physical skills	Basic motor skills
100-Meter Roll	136	Cooperation*	Self-control*	Strength** Keen vision*	Running**
Airmail	60				Throwing and catching**
Ball Crawl	49	Trust**			
Ball Surfing	73	Trust**			
Big Baseball	96	Cooperation**			Running*
Big Billiards	80	Cooperation*		Coordination** Rapid response*	Throwing and catching**
Big Bocce	83				
Big Bouncer	196	Trust (leaners)*			Balancing (leaners)**
Big Double Basketball	86	Cooperation*			Walking** Running**
Big Kid Pile-Up	163	Cooperation** Problem solving*			Balancing**
Big Volley	100	Cooperation**		Coordination** Keen vision*	
Boulder Roll	40	Cooperation**			Running**
Bounce Rope	129	Cooperation**			Throwing and catching**
Bounce Scotch	126	Cooperation** Problem solving* Communication*			
Broad Bounce	146				Throwing and catching*
Bumper Ball	75	Trust**	Self-control*	Strength**	
Colossal Bowling	102	Cooperation*		Strength**	
Colossal Cricket	88			Rapid response** Strength*	Running**
Crab Soccer	94			Rapid response** Coordination** Endurance*	

Game	Page number	Social skills	Personal behavior skills	Perceptual and physical skills	Basic motor skills
Donut Rolls	38	Cooperation*		Coordination** Rapid response** Keen vision*	
Eclipse	63	Cooperation**		Coordination* Rapid response*	Throwing and catching**
Eight Square	121			Coordination** Rapid response** Keen vision*	
Extreme Jacks	118	Cooperation**		Rapid response** Coordination*	
Flip Your Giant Lid	124			Rapid response*	Throwing and catching**
Giant Shooting Gallery	192			Keen vision** Coordination*	Throwing and catching**
Gigantic Miniature Golf	104			Strength** Keen vision*	
Ginormous Juggling	159	Cooperation**		Strength** Endurance*	
Great Wall Handball	112			Coordination** Rapid response*	
Group Ball Touch	161	Cooperation** Appropriate touch** Problem solving*			
Group Dribbling	46	Cooperation** Problem solving*		Coordination** Keen vision*	Walking* Running*
Group Stretches	52	Trust**	Self-control*	Strength**	
Hair Dryer	77		Creativity** Improvisational acting*		
High Throw	143			Strength** Coordination*	
Hip Check	36	Cooperation**	Self-control*	Strength**	
Honkin' Big Discus	150			Strength** Coordination*	
Hoop on the Ball (Giant Ring Toss)	186			Coordination** Keen vision*	

(continued)

Game Finder *(continued)*

Game	Page number	Social skills	Personal behavior skills	Perceptual and physical skills	Basic motor skills
Humongous Water Foosball	218	Cooperation** Communication*	Self-control**		
Humongous Water Polo	204			Rapid response** Endurance** Coordination*	
Hurdles	138	Cooperation*			Running**
Jumbo Hockey	108	Cooperation**		Strength*	
Knock 'Em Down	190			Strength*	Throwing and catching**
Life Raft	216	Cooperation** Problem solving** Communication* Appropriate touch*			
Lord of the Very Big Rings	188			Keen vision** Coordination** Strength*	
Marco Ball-O	210	Cooperation** Communication*			
Mega Rugby	92			Rapid response**	Throwing and catching** Running*
Merry-Go-Round-and-Round	198	Cooperation (riders and ride masters)** Trust (riders)*		Strength (ride masters)** Endurance (ride masters)*	
Nine-Person Ball Pass	167			Coordination** Strength** Rapid response*	
Octopus	222	Cooperation*		Coordination**	
Orbit	66	Cooperation**		Coordination** Strength*	
Parachute Ball	70	Cooperation** Adaptability* Communication*	Self-control*	Keen vision** Rapid response** Strength*	
Ping Pong Ball and a Fish Bowl	178	Cooperation*	Self-control*	Keen vision** Strength**	
Planet Pass	55	Cooperation**		Strength** Rapid response*	
Poof-a-Ball	175	Cooperation**		Strength*	
Rock-and-Roll-Off	183	Cooperation**		Coordination*	

Game	Page number	Social skills	Personal behavior skills	Perceptual and physical skills	Basic motor skills
Roll-a-Row	180			Keen vision** Coordination*	
Rolling Pin	58	Appropriate touch** Trust*	Self-control**		
Rolling Relays	140	Cooperation**		Strength*	
Ships Ahoy	220	Cooperation** Communication** Trust*			
Shoot the Diameters	43	Cooperation**	Self-control*	Strength**	Throwing and catching**
Sizable Shot Put	152	Cooperation** Problem solving*		Strength**	
Smack-A-Mole	194	Cooperation*		Coordination** Keen vision*	Throwing and catching**
Small-Ball Ricochet	165			Keen vision** Rapid response*	Throwing and catching**
Super Spin	171	Cooperation*		Strength**	
Swim-Overs	206	Cooperation** Problem solving*			
Swim-Unders	208			Endurance** Strength*	
Tilt-A-World	200	Trust** Communication*			
Titanic Tennis	110	Cooperation**		Coordination** Strength*	
Towering Team Handball	98	Cooperation*		Rapid response**	Throwing and catching**
Triple Bounce	148			Coordination** Strength**	Running*
Two-Minute Hoop Bounce	169	Cooperation** Communication*		Rapid response** Coordination*	
Ultimate Ultimate	106	Cooperation**		Endurance*	Running**
Wacky Wall Ball	116				Throwing and catching** Running*
Wallies	132			Rapid response** Keen vision*	Throwing and catching**
Water Bomber	212	Cooperation*		Coordination** Rapid response**	
World-Record Dunking	214	Problem solving** Cooperation*			

Preface

Do you have any large activity balls like Pilates balls or cage balls in your equipment closet? You may know the exercise benefits of these kinds of balls, but do you know how much fun you and a group of participants can have playing with them?

Great Games for Big Activity Balls is for teachers, recreation leaders, camp counselors, and others with access to a large, inflatable activity ball who are looking for new activities. These games will engage people of all sizes, ages, and ability levels in creative, inclusive, large-scale fun.

Great Games for Big Activity Balls contains instructions, safety tips, and useful hints for an almost limitless variety of activities with a large, inflatable activity ball. These games come from our decades of experience organizing and leading play sessions with participants from all walks of life. The games and activities described in this book are unique because they are the most fun and successful when played with an activity ball that is larger than life.

Because most participants have never played with a big activity ball, this book shares tips and pointers on making the activities safe and enjoyable, so that everyone involved has fun, including you! Safety is crucial to the success of this type of play. Games that are played safely can be enjoyed over and over again.

Part I introduces the concept of a big activity ball and addresses logistical concerns. Chapter 1 provides some great reasons to play with a big activity ball. Read all the way to the end if you are looking for some fanciful themes to employ when designing your event. We are sure the ideas will inspire you to come up with even more creative motifs. Chapter 2 covers all the practical details for making the most of this fantastic piece of equipment. It also provides guidelines on buying, storing, maintaining, and repairing a big activity ball.

The seven chapters of part II describe the various games you can play with a big activity ball.

- Chapter 3 is a collection of fun, and often funny, activities that can only be played with a big activity ball.
- Chapter 4, the big sports section, continues in a more familiar vein with adaptations of popular ball games like baseball, soccer, and basketball. These really big versions of well-known sports challenge players to demonstrate their athletic skills in new ways.
- Chapter 5 helps you modify traditional playground games for the special qualities of a big activity ball.
- Chapter 6 shows you how to stage a fun and funny track-and-field event with big activity balls.
- Chapter 7 helps you and your group make your mark in the *Guinness Book of World Records*, or at least have a great time trying.
- Chapter 8 provides guidelines for hosting your own giant carnival. This fun-filled approach to big equipment engages children in safe and compelling physical challenges that are inspired by carnival games and rides.
- Chapter 9 shares ideas for playing with a large activity ball in a swimming pool or lake.

Photos of play groups in different settings tie the themes together and show you and your players just how much fun these activities can be.

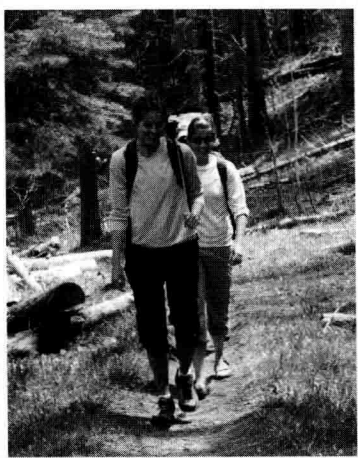
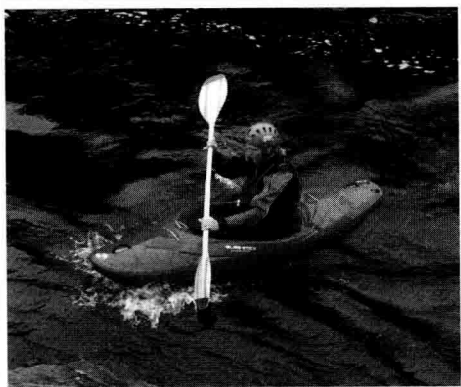
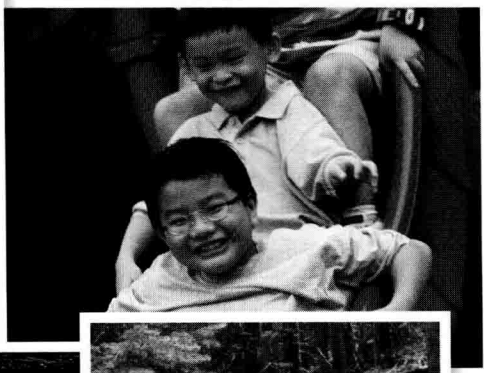
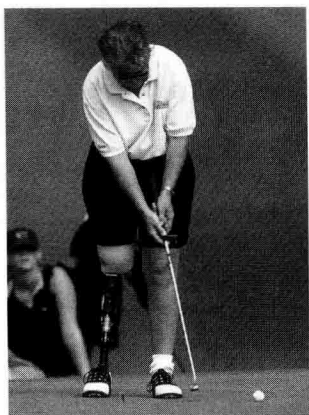
In short, *Great Games for Big Activity Balls* is a complete resource of fun things to do with a really big piece of equipment.

Have any success stories you'd like to share? Did we leave out your favorite game or variation? Please feel free to contact us at bigactivityball@toddststrong.com.

Acknowledgments

We would like to thank all of the organizations and people who helped make this book possible. The following companies provided the large activity balls and other pieces of equipment seen in the photographs: Gopher Sports, Palos Sports, Omnikin, Sissel, and Sportime. See chapter 2 for contact information for these and other companies.

We would also like to thank the students and staff of Sir James Douglas Elementary School and Tecumseh Elementary, both in Vancouver, British Columbia.



You'll find other outstanding
recreation resources at
www.HumanKinetics.com

In the U.S. call 1.800.747.4457
Australia 08 8372 0999
Canada 1.800.465.7301
Europe +44 (0) 113 255 5665
New Zealand 0800 222 062



HUMAN KINETICS

The Information Leader in Physical Activity

P.O. Box 5076 • Champaign, IL 61825-5076

Contents

Game Finder v • Preface xii • Acknowledgments xiv

Part I Learning About Big Activity Balls . . . 1

- 1** Big Activity Ball Games: Huge Benefits, Huge Fun..... 3
- 2** The Nuts and Bolts of Using a Big Activity Ball..... 19

Part II Learning the Games 33

- 3** Big Cooperative Games: Activities Designed for Big Play..... 35
- 4** Super Sports: Traditional Games Played in a Big Way..... 79
- 5** Humongous Playground Games: Large-Scale Versions of Favorite Childhood Activities 115
- 6** Big Athletic Games: Large Track-and-Field Events ... 135
- 7** Ginormous World-Record Challenges: Using Your Big Activity Ball to Earn a Place in History..... 155
- 8** Very Big Midways: Giant Carnival Games..... 173
- 9** Making a Big Splash: Playing Water Games With a Big Activity Ball 203

About the Authors 225

PART

I

Learning About Big Activity Balls

Are you and your colleagues thinking of getting a big activity ball but are wondering if the purchase is worth the time, money, and effort? Perhaps you already have access to a big activity ball but are not sure how to use it. Maybe you are accustomed to your big activity ball, but would like some additional ideas for your players. Part I discusses the following topics:

- Having fun with a big activity ball
- Using a big activity ball as the centerpiece for an event
- Enhancing special events with big activity ball games
- Planning and leading games sessions with a big activity ball
- Staying safe while playing big games
- Buying, storing, and maintaining a big activity ball

