



Ball Games

Active Games - Ball

The benefits of being active for physical and mental health are huge. Being active helps release chemicals in your brain (endorphins), which have a positive effect on your mood, not to mention the benefits to your heart, lungs, muscles and bones.

Traditional school yard games are great fun and a good way to get you and your kids active. You don't need much equipment and many can be played indoors as well as outdoors.

Choose games from the list below to get instructions on how to play them.

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Dodge Ball (3+ players)

Age Group:	3+
No. of Players:	3 or more
Indoor:	No
Outdoor:	Yes
Equipment:	Ball - A soft ball is better for younger children

How to play: One player is on and has the ball. They try to catch other players by throwing the ball at them.

The ball has to hit the player below the knee - kicking or throwing the ball hard is not allowed. When the ball hits someone else they are on.

Dodge Ball (8+ players)

Age Group:	5+
No. of Players:	8 or more
Indoor:	No
Outdoor:	Yes
Equipment:	Ball - Something to mark the play area A couple of balls

How to play: Divide the players into two teams. Mark a half way point that the teams cannot cross. Mark a bin area at the back of each side. Each team has the same amount of balls to start.

Players throw the ball to hit players on the other team below the knee. Kicking or throwing the ball hard is not allowed. When a player is hit they have to go to the bin area behind the other team.

A player can be released from the bin area if they catch a ball thrown by their team. One team wins when all the opposite team are in their bin.

Wall Ball

Age Group:	3+
No. of Players:	2 or more
Indoor:	No
Outdoor:	Yes
Equipment:	Ball and a wall

How to play: One player starts the game by kicking the ball against the wall. Each player takes turns kicking the ball from where it lands against the wall.

The ball must hit the wall or the player is out. If only two players are playing - if a player misses the wall they give the other player a point. To make it harder you can mark out a special section on the wall for the ball to hit.

