

# Go Play Ball!

## Beat the Ball



### What's Needed

- 5+ players, ages 6 – 8
- 1 large ball
- an open area

### How to Play

- Players stand in a circle.
- 1 player rolls or passes the ball to the player next to him and then runs in the opposite direction around the outside of circle. The ball continues to be rolled or passed around the circle as the runner races back to his spot trying to beat the ball.
- Each player takes a turn running around the circle.

### Variations

- Continue rolling the ball. Have runners start to run around the circle as soon as the player to their right returns to base.

### Ability Adaptation Guidelines

- Decide before playing:
  1. Action – how to pass/number of times ball passes.
  2. Equipment – ball (type/size).
  3. Pace of travel.



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