



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

of Premier  
Education

## Circle Catch

Sponsored by British Dodgeball



**Overview:** A game of reflexes and concentration that gets children involved.

**Time:** 5 - 10 minutes.

**Equipment required:** Soft ball or bean bag.

### Benefits:

- Boosts team spirit as you try to get a highscore as a team..
- A great exercise for improving throwing and catching skills indoors.
- Improves children's ability to multi-task.

### The Game:

1. Arrange yourselves in a circle.
2. Stand in the middle of the room with a soft ball or bean bag, and throw it to a child in the room.
3. The child must catch it and pass it back.
4. As a group, count out loud every time the ball is is successfully returned to the middle - see how high you can count!

### Added Challenges:

1. As a team building exercise, the child who catches the ball can name another child for the teacher to throw to.
2. For older children, add the rule that children must clap whilst the ball is in the air, before they catch it.
3. If a child forgets to clap or claps before the ball is thrown, they need to do 10 star jumps