

## Buzz

### How to play this game:

Mark out a playing area, e.g. a large rectangle or section of a netball court. Divide the children into two teams. Team A has to get members of Team B out by hitting them below either knee with the ball. The B players run around the area avoiding the child with the ball. The A players cannot move whilst in possession of the ball, but must pass it to a team member if they themselves cannot hit an opponent.

Keep a count of the number of children hit below the knee in the time.

Encourage children to move into a space and not chase after the ball or beanbag. After a minute or two change roles

### Adaptations

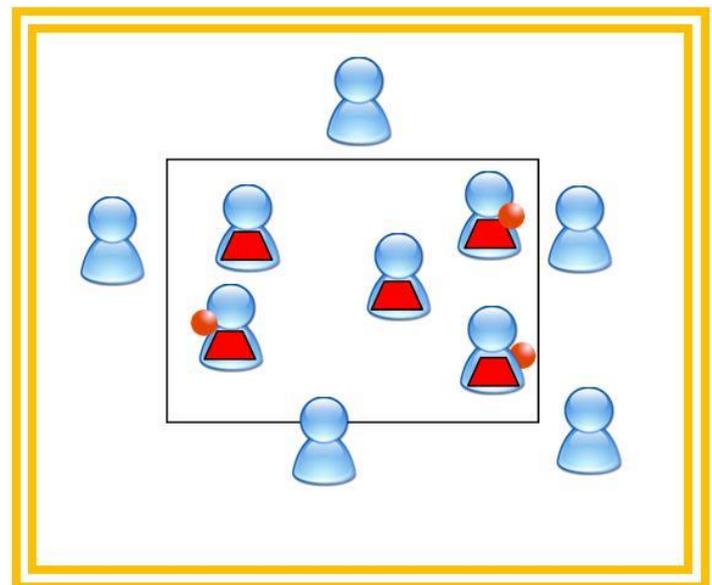
This works best in an enclosed space so that balls are not rolling far away. If you can, separate the children into 3 teams and have one team acting as ball retrievers for the team in the centre space.

Alternatively get the team who are trying to not get hit by the ball or the beanbag to occupy the central zone and have the tagging team on the outside.

Increase the number of balls that you are playing with.

Increase the size of the space that the team who are trying to tag are in and at the same time reduce the space that they team trying to evade the balls have.

Introduce a lives system whereby if a player is hit below the knee once they lose a life (maybe have to hop around instead of run) so that the game is not over too quickly for some children.



### Learning Objectives

- Fun cool-down or warm-up
- Cardiovascular fitness, running fast over short distances
- Reaction
- Co-ordination and agility.

### Resources

- Activity area with marked out space (or cones)
- Softball(s) or beanbag(s)