

Round the Court

How to play this game:

Mark out an area of the playground with a dividing line separating the court/playing area. Put one player in each half of the court with the others lining up behind each half of the court. One player serves the ball by hitting it with their hand into the opposite side of the court. The ball must bounce in the marked area. The player who has just hit the ball then runs clockwise to join the back of the line at the opposite end. The player who receives the ball must catch it before it bounces twice and hit it back into the opposite end of the court before running clockwise to join the opposite queue of children. If a child hits the ball out or fails to catch it before it bounces twice loses a life. When you get down to just two remaining players these two children continue to play but stay in one half of the court. The child with remaining lives at the end is the winner.

Adaptations

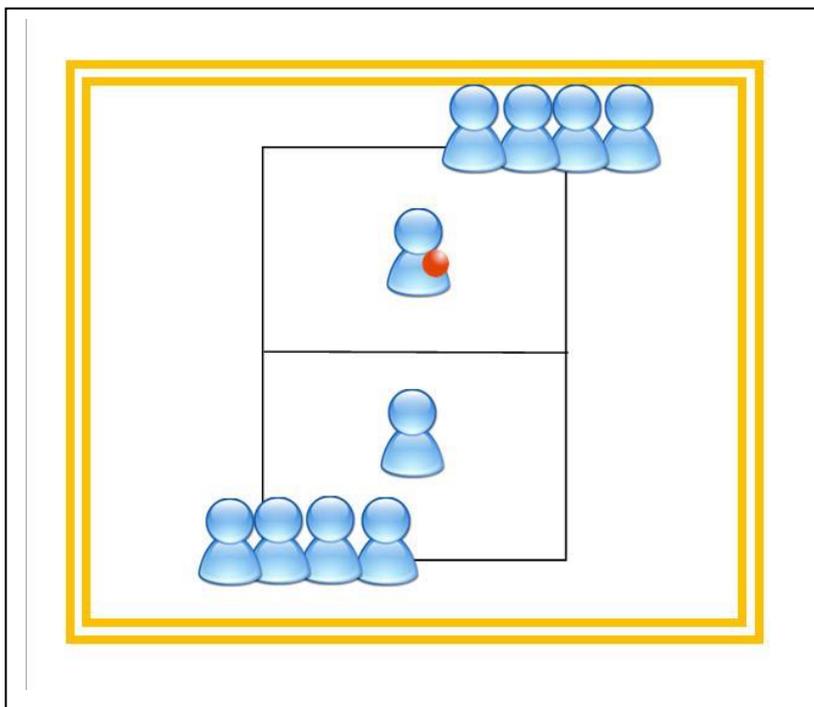
Introduce a raised barrier using a short tennis net or some cones.

Make the court larger to make it a harder game for the children.

If you want to use a short tennis/badminton court or table tennis table and racquets/bats this is an excellent warm-up or drill exercise for that particular sport.

This is also an excellent drill for improving catching, use a tennis ball for a great catching drill for cricket or rounders.

Give the children who are 'out' having lost all of their lives a task to complete, such as a short exercise circuit, in order to earn back one or all of the lives and they can re-join the game



Learning Objectives

- Fitness
- Co-ordination
- Can be used as a fun cool-down or warm-up

Resources

- Activity area
- Volleyball