

Cannonball Alley

How to play this game:

Mark out a large rectangle. Children gather at one end of the rectangle. When the adult/leader says "Go", the children run to the other end of the rectangle. As they run, one or two children who are standing along the longer sides of the rectangle throw/roll soft balls at the children's legs. If a child is hit on or below either knee then they are out. (You may want them to sit out until a new game begins, join the throwers or ask them to perform some forfeit, e.g. say a nursery rhyme, say the alphabet, sing a song, etc. before re-joining the game at a safe time.) When all the children have reached one end of the rectangle, they must wait until the adult/leader says "Go" before they run to the other end. This prevents chaos and gives the throwers time to collect their 'ammunition'. This game works well indoors and on grass. It is not as safe to play on a hard playground as children sometimes fall while playing it but it can be done.

Adaptations

Change the method of travel, e.g. skipping, hopping or jumping.

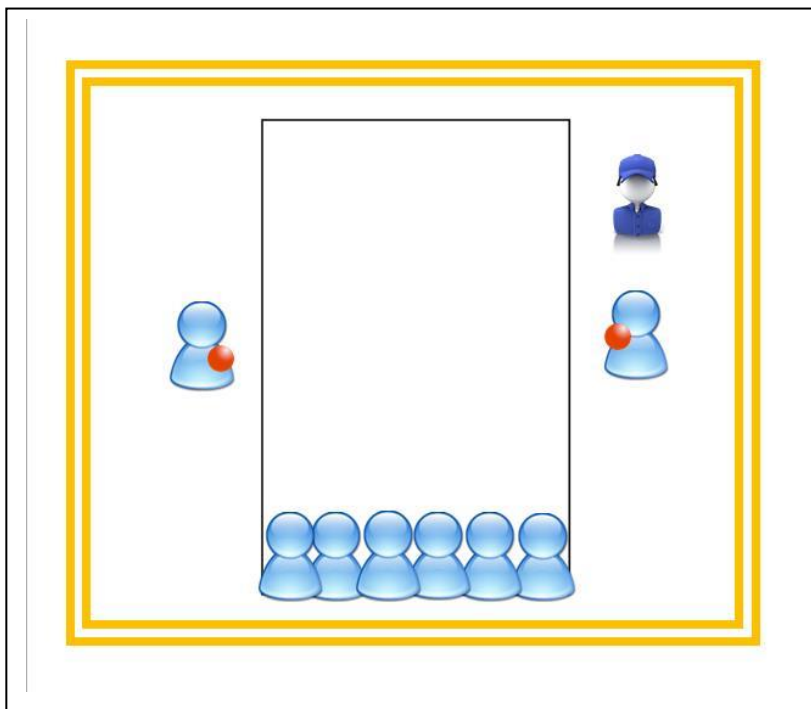
You can change the size of the ball as long as you are using soft balls.

Give the throwers more than one ball each, allowing them two or three makes the game a little more tactical for the runners.

If you have a longer area introduce two pairs of throwers, each spaced out along the sides. This means that the runners have to get through two waves of potential tagging.

Introduce some safe areas using throw-down spots, limit the amount of time to a few seconds that players can stand in the safe-areas.

If you want to develop this as a team game simply give half of the runners a bib of one colour and the other half a different coloured bib. The winning team is the children who have most players left after a set number of runs through the alley.



Learning Objectives

- Taking turns
- Running fast over short distance
- Reaction time
- Can be used as a fun cool-down or warm-up

Resources

- Activity area
- Cones (or something to mark out the rectangle)
- Soft balls