

SESSION 4

1 PLAYER OR MORE

OUTDOOR

BALL GAMES

Make a force field

Violet makes force fields to keep everyone safe



HOW TO PLAY

1 Using eight socks, make two squares with a gap between them.

These squares represent buildings.



2 Make a force field by bouncing and moving with the ball around the outside of the square in a clockwise direction.

Practise a couple of times then race your partner.



3 Make a force field by bouncing and moving with the ball around the outside of the square in an anti-clockwise direction.

Practise a couple of times then race your partner.



4 See how high your force field can go by bouncing your ball as hard as you can, can you catch it?

See who can make their ball bounce the highest.



Disney