

## SESSION 5

1 PLAYER OR MORE

OUTDOOR

BALL GAMES

# Ice Race

**Frozone** can create frozen paths of ice which he can skate on really quickly



### HOW TO PLAY

- 1** Place four socks on the floor.  
Ensure there is a big gap between the socks.  
Each sock represents a building.



- 2** Quickly bounce the ball from one building to the other.  
How many buildings can you visit in 30 seconds?  
Repeat the game and try to beat the score.



- 3** Using your feet, kick the ball towards a building, run after it and try to stop the ball as close to the building as possible by freezing it.



- 4** Working together, one person kicks or rolls the ball.  
Accelerate and try to overtake the ball, put your foot on top of the ball to stop it before it reaches the building.



Disney



FOR ALL