

# Rollerball



## Objective

A competitive physical activity which requires teams to work together.



## Equipment

- Balls – different sizes for each round.



## Preparation

- Split the children into two teams.
- Have each team sit down in a circle so that each child has their shoulders touching the teammates either side of them.
- Have children lay their legs out flat.
- Provide each team with a ball and place at the bottom of someone's legs near their feet. Start with a football and then reduce the size of the ball as the teams play.



## Instructions

- The aim of the game is for the ball to be transferred around the group using only their legs.
- If the ball touches the floor the closest player must pick up the ball to re-start.
- Each team must work cooperatively and communicate effectively to move the ball around the circle without it dropping onto the floor.
- Once a team has managed to pass around the first ball, provide them with a smaller ball to add more difficulty.



## Other information

- Increase or decrease the size of the ball.
- Ask the children to widen the circle so their shoulders are no longer touching.
- Blindfold children so they can only communicate through speech.

