



# INDIANA JONES (RAIDERS OF THE LOST ARK)

## *Participants*

Any number of participants

## *Time Allotment*

5+ Minutes

## *Activity Level*

Low

## *Materials*

- Large Cage Ball works best. Beach ball could sub but is less fun.
- Large open room or outdoors
- Optional: Stuffed animal

## *Method*

- Have students stand in 2 circles one small circle in the middle and then a large circle surrounding the smaller circle. The inner circle should face outward and the outer circle should face inward. There should be enough room between the two circles for the cage ball to fit and roll around the circle freely. Participants will be pushing the cage ball around in a circle between the two lines of people.
- Instruct the participants to begin moving the ball around the circle working as a team to push the ball with their hands. Ask the participants to get the ball going around the circle as fast as they can.
- Once the ball is moving at a good pace the facilitator will walk around the outer circle and randomly hand the stuffed animal to a participant. When this occurs the participant will step into the circle, holding the stuffed animal, with the ball and attempt to run around the circle and return to their spot before the ball catches them (think duck, duck, goose). Make sure you also select people in the inner circle to run.

## *Variation(s)*

- Alternative if a stuffed animal is not available: Once the ball is moving at a good pace the facilitator will walk around the outer circle and randomly tap participants on the shoulder. When this occurs the participant will step into the circle with the ball and attempt to run around the circle and return to their spot before the ball catches them (think duck, duck, goose).

## *Regulation Modification Options*

Use the option most appropriate for the youth's level of regulation:

- Each time a runner gets struck by the ball prior to reaching their spot they will lead the group in a regulation technique.
- Each time a runner is struck by the ball prior to reaching their spot they will step outside the game, regulate themselves with a regulation technique and then return to the game.
- If a person pushing the ball gets too aggressive the facilitator can stop the game and have that participant lead a regulation technique for the group.