



ARCH BALL

PURPOSE & FOCUS

Working as a team

PARTICIPANTS

Any even number of participants.

TIME ALLOTMENT

5 - 15 Minutes

ACTIVITY LEVEL

Low

MATERIALS

- Two basketballs, soccer balls, yoga balls, etc.

METHOD

- Participants are divided into two equal teams. Each team forms a line, one in front of the other, about arms distance apart.
- The ball starts in the front and must be passed over the head to the back of the line.
- When the last person receives the ball, he/she must run with it to the front of the line and continue passing the ball.
- The first team to return the ball to the original lineup wins.

DISCUSSION

- What went right and what could have gone better?
- Did it feel like everyone was working together?
- Did everyone cheer one another on?