

seated team score

Work as a team to score those goals!



how to play



Mark out a play area with masking tape and divide it in two (like in football). Mark out a goal either end. Two teams of three to six play against each other.

Each player has a hoop. Place it flat on the floor and sit with your bottom inside it, legs outside it, feet flat on the floor – that's a seated balance. As a team you'll need to work out where to sit in your 'half'; in a line or spread out?

Players spin on their bottoms and maintain their balance to move the ball with their feet or legs towards the goal by passing it to another player. Players can intercept the ball between passes with their feet. Who'll score the most goals in ten minutes?

Safety: leave enough space between the hoops.

equipment



Hoops, large beach ball or Swiss ball or balloon ball (or similar).

sporting connection



This game needs you to have a seated balance position. So it's terrific for developing strong core muscles needed in sports like rowing, canoeing and cycling.

did you know?

The biggest muscle in the human body is the Gluteus Maximus – the muscle running through our bottoms. This is really important in Olympic sports such as cycling and rowing that require a lot of leg power.

wider club activities

seated team score

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

Make space between players bigger/smaller
Change the shape of the play space

task task

Play standing and passing with hands
Play standing on one leg
Play kneeling using your arms
Play sitting on Swiss balls or on space hoppers
Use a rolling action rather than kicking or throwing the ball with feet
Players can also sit in a chair to play; for example, players who have balance issues or wheelchair users who prefer to stay in their chairs

equipment

Use a smaller or larger ball
Introduce more than one ball
Use balls of different shapes to produce unpredictable rolls

people

Play in pairs
Play in smaller/larger teams
Play three or four teams at once by placing goals at each of the four sides of the play area