

W9678 Go Ball Activity Ideas

Basketball “WINS”

Additional Equipment Required:

W8869 Spot Markers – Set of 6, one each red, blue, yellow, orange, green and purple
Basketball Ball
Basketball Goal (official style goal or a portable kids goal like W4260, W8231, or W9187)

Place the spot markers on the floor or ground at various distances from the goal. Players will be shooting from the spots, so place the spots at distances that correspond to the players abilities. Divide the players into 2 or more teams. One team tosses the Go Ball and calls out the number and color of the dice when the ball stops moving to establish where shots will be attempted from and the number of successful shots required for this round. If the dice came up 5 and yellow, each team would be required to successfully shoot and score 5 shots from the yellow spot. At the start of a shot some part of one of a player’s foot must be touching the required spot. When shooting each team, rotates through all of their players. Teams keep track of how many total shots (hits and misses) it takes to reach the required number of baskets. The team that requires the fewest total shots gets a letter in the words “W-I-N-S”. Thus the first time a team requires the fewest shots would earn the letter “W”. If two or more teams tie, then each team shoots one shot each until the tie is broken. Once a letter is earned in a round, the Go Ball is tossed again to start the next round. The shooting order for the next round picks up where the last round ended for each team (so that the best player for each team doesn’t get to start each round for that team) The first team to earn WINS, wins the game.

Options: This version is designed to quicken up the pace of the game and increase the activity level. Instead of having teams shoot sequentially and keeping track of which team reaches the required number of shots in the fewest attempts, all teams will shoot simultaneously and the first team to reach the required number of successful shots wins that round and earns a letter. Each team would call out the number of successful shots they have completed after each successful shot. Since multiple players won’t easily be able to touch the same spot at the same time, the organizer should either place multiples of each colored spot in about the same location. Alternatively if multiple goals are available, a goal and set of spots could be assigned to each team and the instructor would toss the Go Ball and call out the requirements for that round. In this set-up the players on a team would rebound for one another, but would still rotate who is shooting.

When used with W4260 or W8231, younger players can use the Go Ball as the basketball.

Soccer “Wins”

Additional Equipment Required:

W8869 Spot Makers – Set of 6, one each red, blue, yellow, orange, green and purple
Soccer Ball
Small Goal (hockey or soccer goal) – like W9458, W7234, W8131, W8132, W5551

Basically the same as the Basketball Wins game except in this game players are kicking soccer balls into a goal. Note to avoid slipping and potential accidents, the ball should be placed beside the spot and players should not step on the spot marker when shooting.

Hockey “Wins”

Same as basketball and soccer games, except floor hockey equipment is used.

Station Dice

The instructor sets up 6 activity stations and assigns one station to each color. A cone, floor marker or similar item is used to easily identify a station’s color. One or more Go Ball are placed at a central location. Players toss a Go Ball and note the color and number when the ball stops rolling. They then proceed to the corresponding station and do the activity the number of times that was on the Go Ball. When finished, they return to the Go Ball, toss again and repeat this process until told to stop. This makes a great instant activity to do for a short period of time before a PE class or after school program.

Nutrition Challenge

All players can be on one team or they can be divided into 2 teams. Each team tosses the Go Ball and notes the color and number when the ball stops rolling. The team must then name the food category that corresponds to the color they rolled and name different foods that fall into that category. No foods can be repeated except in the yellow (oils) category.

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