

Chase Race

Throw and catch to beat the runner. Can the runner beat the ball?

How to play

- 6-10 players stand in a circle and throw and catch a ball around the circle.
- An additional player runs around the circle trying to get back to the start before the ball gets back to where it started.



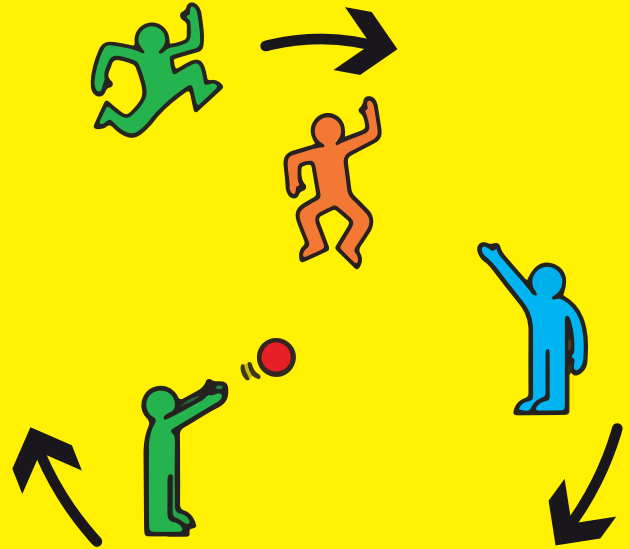
Equipment

Variety of balls, different shapes and sizes.



Safety tips

Remove any obstacles in the path of the runner.



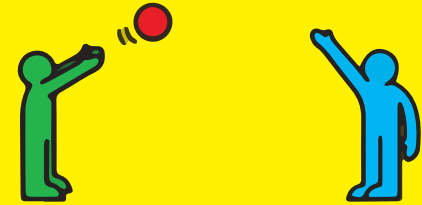
This activity links to the Change4Life Primary Sports Club Flight theme.

Challenging Me: Providing challenges and ideas to develop the whole player

Chase Race

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Thinking Me	Set some team and individual targets to help you to improve.
Social Me	Communicate to make passing more accurate.
Healthy Me	Take turns to be the runner to increase your physical activity levels.
Physical Me	Try having more or fewer players in the circle to see what difference this makes to the runner.
Creative Me	Develop a scoring system to record your or your team's achievements in this game.



STEP: Making the game easier and harder and including ALL young people

Great for playing...

- in Change4Life Sports Clubs
- at playtime/lunchtime



Making this game work in a small space

Create more teams of smaller circles and alter the number of passes or laps to maintain competitiveness.

SPACE Make the circle bigger or smaller to make it easier or harder for the runner.

TASK Throw in different ways: underarm, overarm, right handed, left handed, under leg.

EQUIPMENT Use different balls, variety of sizes, shapes and textures.

PEOPLE Increase/reduce numbers of players in the circle. Introduce more than one runner.