

Power Skills

Great Games

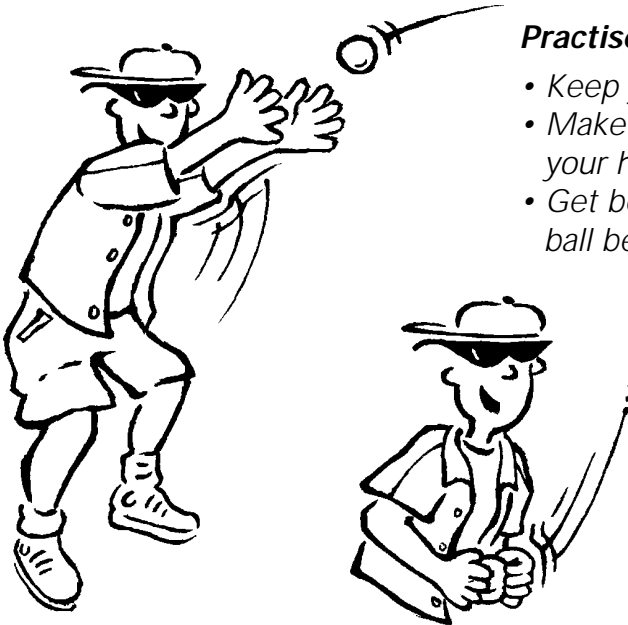
Moving skillfully and thinking strategically

BASEBALL - WALLYBALL

Ready

Learn The Skills

- Do some jumping jacks and light stretches to warm up your body and throwing arm.
- Find an area outside with a wall to throw a ball against.
- Invite a family member or friend to join you.



Practise Your Catching Skills

- Keep your eyes on the ball.
- Make a basket shape with your hands.
- Get below and behind the ball before you catch it.
- Reach towards the ball.
- Bring the ball towards the center of your body.

I Can...

- Make a basket with my hands.
- Reach towards the ball.
- Get below and behind the ball.
- Cushion the catch by bringing the ball close to my body.



Practise your underhand throw

- Stand looking at your target with your toes pointed forward.
- Swing your arm like an elephant's trunk.
- Step forward while throwing using the opposite foot to your throwing hand.



Heart Leaders!

Invite a younger family member or neighbour to join you. Teach them what you know!



Power Skills



Set!

- With your parent/helper, mark off a target on a wall and set the boundaries.

Learn the Game

Objective - Use your throwing and catching skills to outsmart your opponent.

- One player throws the ball at the target area on the wall. The other player moves to retrieve the ball and throw it at the target again.
- If the ball stops or falls out of bounds before you can catch it, or you throw the ball outside the target, your opponent scores a point.
- Try to throw from different angles, heights or speeds that makes it difficult for your opponent to return the ball.

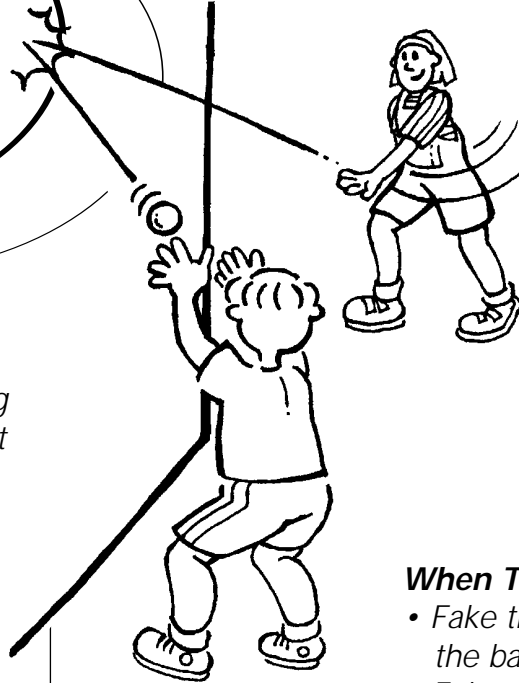
Change the Game!

Draw a line on the wall.

All throws must:

- Be above the line.
- Be below the line.
- Bounce once.
- Bounce twice.

Tell us about a great game you know - HeartHealthyKids@hsf.on.ca



Go!

Play the game and have fun!

Tricks of the Trade

When Retrieving the Ball:

- Try to anticipate where your partner will throw.
- Stand on the balls of your feet for agility.
- Get behind and below the ball.
- Once you throw the ball - get into position to receive the next ball.

When Throwing the Ball:

- Fake that you are going to throw the ball to the left, then throw it right.
- Fake throwing the ball hard at the wall, then throw it lightly.
- Fake throwing the ball high at the target, then throw it low.

Two Target Challenge!

- On a wall, draw two targets with chalk.
- Play baseball wallyball but now you must hit into one target and your partner the other.
- After a point is scored, switch targets with your partner.
- Think of ways to make it more challenging.

Heart Leaders!



Organize a throwing game at school. Modify the game...

- to include more people.
- to make it cooperative.
- to be played in all four seasons.

Send us your ideas! HeartHealthyKids@hsf.on.ca