

HEADS, SHOULDERS, KNEES, BALL



Heads, Shoulder, Knees...Ball



Aim

- ✓ Fast reactions
- ✓ Listening
- ✓ Competition

Equipment



Organisation

- ✓ All Stars find a partner and start facing each other either side of a cone with a ball on top. A few yards behind each All Star is another cone.
- ✓ All stars touch body parts as instructed by activator.
- ✓ When they hear 'cone' they race around the cone behind them.
- ✓ When they hear 'ball' they race to pick up the ball quicker than their partner

CHANGE IT! Adaptation / Variation

Easier:

- More time between each instruction
- Use small number of instructions
- Shorten distance to cone behind them
- Use larger balls

More Challenging:

- Speed up the rate of instructions
- Vary instructions to complete tasks as well as finding body parts
- Start with their backs to each other
- Increase distance to cone behind them

COMPETITION CORNER

Scores can be kept in one to one matches or accumulate scores for one team versus another. A great way to rotate who plays against who is by forming a competition ladder where after five rounds, the winners move in one direction and the losers move the other way.

GET THE ADULTS INVOLVED

All Stars can play against their adults. Adults can also keep score between a pair of All Stars.