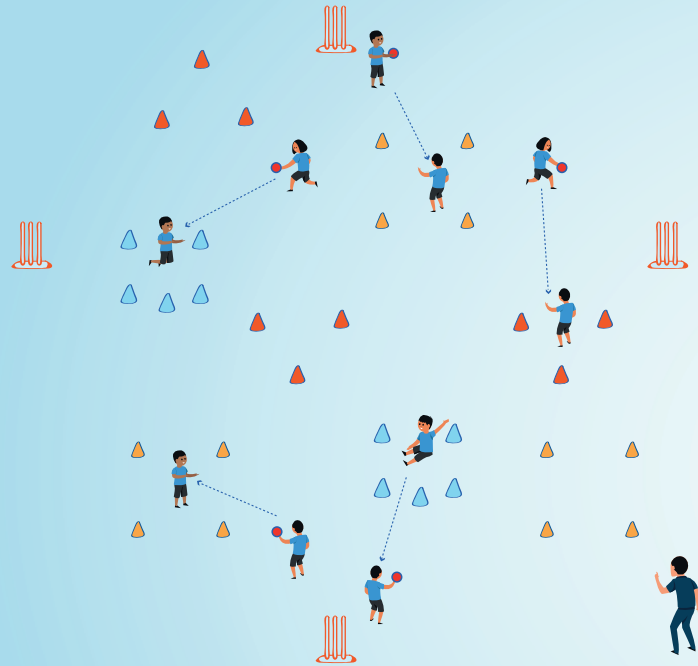


VISIT THE SOLAR SYSTEM



Aim

- ✓ Practice catching
- ✓ Develop throwing
- ✓ Communicate and work together

Equipment



Organisation

- ✓ Cones are set up into different coloured shapes (planets) around the playing area.
- ✓ In pairs with a ball players begin by visiting all "planets of the same shape.
- ✓ The player without the ball runs to the shape and the player with the ball throws it into the shape for them to catch.
- ✓ Introduce scoring and throwing the ball at stumps, on a call from the activator, that are set up on the outside of the playing area when the group are ready

Covid 19 Modifications

- Spread shapes out in a larger area to avoid mixing closely
- Clean balls in between rounds of the game
- Avoid mixing up pairs up once they are set

COMPETITION CORNER

Putting a timer on the game and challenging pairs to score as many points as they can will make this a really competitive game. Also why not consider having one group that tries to intercept catches to make it more challenging.

CHANGE IT! Adaptation / Variation

Easier:

- Use bigger tennis balls for players that struggle to catch initially.
- Allow players to roll the ball into the area
- Double up on the sets of stumps, or use an All Stars Pop up banner, as a larger target

More Challenging:

- Increase the size of the playing area
- Increase the distance that the stumps are away from the playing area.
- Keep changing the score of each planet to challenge thinking skills.

GET THE ADULTS INVOLVED

Once All Stars have had a go with their partner, send them off to grab their parent or guardian and challenge them to beat their score.