

# Who Has The Ball?



Students start by moving on the spot. Introduce the object to be passed around.

When teacher calls out, “*Who has the ball?*”, students stop moving.

Student with the ball leads class in a physical activity for a ten count.

Students move on the spot and begin to pass the object around again.

- Burpees
- Crunches
- Stride jumps
- Alternate hands touching toes
- Deep knee bends then leap to the ceiling

**Variations:** Post an activity list on the wall for students to choose from. Have two or three objects going around the room at the same time so there are multiple leaders. Students get to choose who they follow. Use music as they move on the spot. Stop music instead of saying “Who has the ball?”

## **CURRICULUM LINKS:**



**Health and Physical Education: Fundamental Movement Skills**

**Grades 4/5/6:** Combine locomotion/travelling skills in repeatable sequences, incorporating a variety of speeds and levels



**EQUIPMENT:** Rubber Ball, pig or chicken, CD player, DPA CD  
CD Track # 13