

## 2. Tennis Ball Bear Crawl

### Description

Arrange pupils in 5 groups behind a start line of 5 spot markers or cones stretched across a basketball court, PE hall or yard. Invite pupils to assume a bear-crawl position (hands below shoulders, knees off the ground under hips, balls of feet and toes on the ground) behind the spot marker with the tennis ball balanced at the small of their back.

Invite the pupils to bear crawl around a marker opposite their marker and home while maintaining the tennis ball balanced in the small of their back. If the ball drops to the ground, the pupil must return to the starting position.

### Equipment

- 1 tennis ball per pupil.
- Cones or spot markers

### Variations

- Decrease the distance the pupils have to travel and/or switch the object to one with less movement, such as, a beanbag
- Increase the distance the pupils must travel and/or switch the object to a bigger sphere – football or basketball.
- Invite pupils to vary the direction they are travelling to sideways and backwards.

