



Ball Games

Active Group Activities

INTRODUCTION

There are many active group games that can be played with a ball. Here are three classics: Horse, Piggy in the Middle, and Bowling.

WHAT WE NEED

- A Ball
- A Basketball Hoop
- Bowling pins (or bottles to use as pins)

WHAT TO DO

Horse – Basketball game: Each time a player misses a basket they get given a letter to spell a word, e.g the 1st letter is an H, the 2nd an O, and so on until you spell the word HORSE. The first to complete the word loses.

Piggy in the Middle – 3+ players. Everyone stands in a line, the 2 on the outside facing each other. The outside players pass the ball to each other, while the ones in the middle try to catch it first. If the ball is caught, the player who caught it swaps with the player who threw it.

Bowling – Set up the pins in a triangle shape with the point at the front. Roll the ball towards the pins and try to knock them all down

