

## Ballgame – a simple fun game

<b>Date, time and location</b>	As an energizer throughout the course; needs some space, so preferably outdoors; takes 5min
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### Learning objectives

By the end of the session, participants will be able to:

- laugh out loud
- catch and throw balls
- have concentrated on a simple but demanding task

### Resources needed

- A diversity of balls (at least 5) and people to throw them

### Session Plan

Activity	Time	Teacher / facilitator	Students / participants
Throw ball person to person	10 total	“We are going to throw this ball in a pattern, so that each person throws and catches it once. You always receive it from the same person and you throw it always to the same (another) person”	Throw balls to each other
Repeat		Repeat the throwing sequence exactly as before	
Repeat		And again	
Add another ball		Add another ball after first is 3-4 people away	
And another		And again	
And another		And again	
And another!		And again	