

Aeroball

Session Guidelines

Aeroball

This is a highly competitive team sport that requires cooperation, coordination and ball skills in order to win.

- Focus on teamwork, competition, balance, control and ball skills
- Encourage different partnerships and team play

Warm up

Time: 10-15 minutes

Objective

The aim of the warm up is to ensure that all participants have mobilised their bodies and that they have stretched prior to taking part in the activity. Our recommended warm up for this activity is Monsters, although you may use another one that you know.

Monsters

The group stand in a circle. The group must run on the spot shouting “scary feet” repeatedly. The group must then perform the following actions when they are called out by the group leader:

“Big scare” - participants shout “Ragh!”

“Little scare” - participants whisper “Ragh!”

“Kids awake” - participants must crouch and hide until they hear “kids asleep”

“Bunk beds” - participants must shout “Ragh!” and then jump and shout “Ragh!”

Feel free to make up your own scare types as a group and add them in.

Aeroball

Time: 40 minutes

Objective

Aeroball is a highly energetic team activity. Participants work in pairs to throw the balls into the opposite team’s goal.

How do we win?

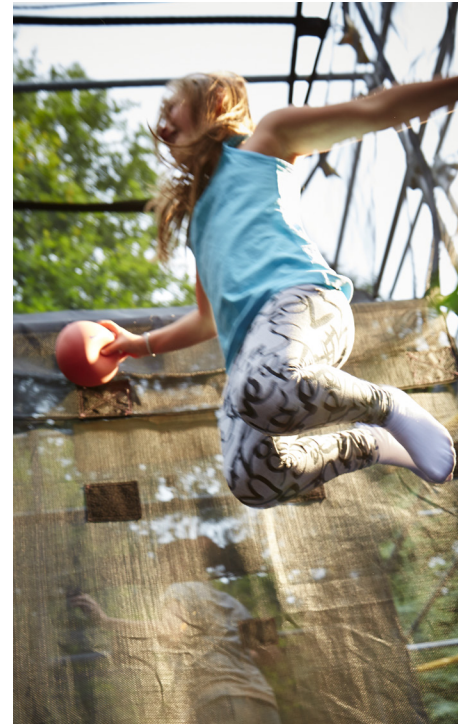
Each pair competes by trying to throw the Aeroballs into the opposing team’s goal. The team that scores the most points wins an Aeroball victor point. At the end of the session, the team with the most Aeroball victor points wins the competition.

What do I do whilst not competing?

There are plenty of jobs to get involved with. All participants that are watching are actively involved in refereeing and ensuring goals do not go unnoticed. Someone must take the responsibility of recording scores on the board provided and ensuring the competition starts and stops at the right time using the sand timer and bell. Those that are resting after a hard effort in the Aeroball area are encouraged to cheer and offer words of support to the other teams as they compete to win.

Safety rules

- Always remove shoes prior to entering the trampoline areas
- Participants should enter the pod head first and exit the pod feet first
- Check and sweep out the trampoline beds before they are used
- Only one person can enter each trampoline bed at a time
- Participants are not allowed to climb on the frame or sit on the springs
- Do not do flips, spins or somersaults
- Never land with your knees locked or your back arched
- Games should not last more than 3 minutes without rest
- Ensure participants take regular breaks to take on fluids
- Report any defects in the Aeroball area





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Adaptations

Battleships:

Participants choose a place to lie-down in their pod. Once they have chosen their place, they cannot move from this position. They will each have one ball to begin with. While remaining in their position, they will throw the ball with the intent to 'hit' the other players' 'battleships'. As soon as the ball hits the trampoline, it 'deactivates the bomb', only a direct hit can score points.

Popcorn:

The aim of popcorn is for participants to keep the balls out of their own pods. Each player will begin with one ball which they must get rid of by throwing it into another player's pod. Every time a ball lands in their own pod, they must throw it out again but cannot throw it into the same pod twice in a row. Games last 1 or 2 minutes (depending on the energy of the group). At the end of the designated time, the player with the fewest balls in their pod, wins.