

## **Game: Sit Down Ball**

Equipment Needed: 1-2 balloon for 2 groups

Space: small stage space

Set Up: Blow up one balloon and place it on the floor in the middle of the two teams.

People Needed:

- 2 teams of 3-4 students
- 1 student or volunteer in the middle (maid)

Objective: The team with the most point in 2 minutes wins!

### **Game Play:**

- The teams are lined up facing one another and close enough to touch hands in the middle.
- A balloon is placed between the teams.
- Players are supposed to get the balloon from the middle and hit it over the other team's heads.
- Both teams must stay sitting down and use only their hands.
- If a team gets the balloon behind a team's line, they get a point.
- Play the game for a set amount of time or until a team has a certain number of points.
- To make this game more challenging, add a second balloon, or add in that they can only use their feet or heads etc.