



Circle In - Circle Out



be fit for life
moving alberta

Equipment

- Open activity space
- 1 ball for every 2 participants

Activity Description

- In groups of 8 to 14, have participants form 2 circles (inner and outer) of equal number.
- If available, have the inner-circle participants stand on a marked circle.
- Each participant in the inner circle starts with a ball, facing an outer circle participant.
- Those in the inner circle underhand throw the ball to the participant directly opposite them in the outer circle.
- The inner circle participant side shuffles immediately to the right to receive a throw from the next person in the outer circle. The leader may choose to maintain the same throw or alternate throws between the circles.
- Participants continue throwing to each other while the inner participants continue moving around the circle.

Setup



Skills Explored

Stopping, walking, underhand throw, overhand throw, catching

Tips...

- Keep your eye on your target
- Communicate with other participants, call for the ball when you are ready, call the name of the participant you are passing to

Safety

- Keep your eyes open, watching for balls from other participants
- Work on shuffling side to side instead of crossing your legs to step sideways

Remember...

The development of fundamental movement skills (FMS) does not happen by chance; children need the opportunity to practice within a supportive learning atmosphere. One that includes:

- Developmentally appropriate activities
- Visual demonstrations
- Descriptive feedback
- Encouragement

Variations...

- Try other ways to pass the ball, overhand throw, underhand throw, kicking pass
- Add in forward and backward movement. Throw the ball, run forward, high-five your partner, run backwards to your place in the circle, receive the ball, then shuffle to the right.
- If participants are not able to throw at the same time, or end up waiting, have fewer people in the inner circle compared to the outer
- Adjust the distance between the circles depending on skill level.
- This is a great progression from Circle Goal in the FUNdamentals cards.

