

Pogo Ball

Australian **NYDA** Distributor

Pogo Ball

Traditional Use

Stand on platform and bounce up and down, trying to stay balanced.

Individual / Partner / Group Activities

1. Individual -

- Bounce while travelling forwards, backwards, side to side
- Bounce and skip with rope forwards and other directions
- Bounce in circular pattern
- Bounce / skip at different tempos – perhaps with music

2. Partner

- Hold hands and bounce (one pogo ball)
- Holds hands and bounce each partner on a pogo ball
- Throw and catch a ball while bouncing

3. Group

- Relays
- Tag (all students on a pogo ball, use flag belts)
- Choreograph a bounce routine to music
- Long rope skipping

Tabloid Sport Activities

- 1.** Time / count partner for specified amount.
- 2.** Bounce a circuit
- 3.** Stationary bounce
- 4.** Skip & bounce

Suggested Games

1. Tail Tag: Each player wears a flag belt and tries to tag each other whilst bouncing around in a designated area.

2. Pogo Theft: As in “Rob the Nest”, divide group into four small teams who then sit in one of the four corners of a square playing area. Mark each area with a flat hoop of various different colours. One hoop is to be placed in the centre of the playing area. The aim of the game is for teams to ‘steal’ beanbags from the centre hoop (one at a time and return them to their team’s hoop). Specify a time limit.

The only means of travel is by bouncing on a pogo ball. Only one person may move at any time. Teams may choose to steal from on another if they wish.

Game variation 1: Use numbered beanbags, where the highest total of numbers (on beanbags) at the end is the winning team. (Numbers = points.)

Game variation 2: Use alphabet beanbags, where teams get bonus points for spelling out words with their beanbags. This is a great literacy game.