



COMMONWEALTH GAMES CHALLENGE

WEEK 6 – BOX BALL

Box ball is a team game in which someone is 'on'. The attacker has a sponge ball and has to throw the ball at the group aiming for the target area.

The group can defend the target area as if they were boxing. If a participant is hit in the target area they are on as well.

The target area is the torso (chest and shoulders including arms), not the head.

One person volunteers to be on, the others find a space in the marked 'game zone' or ring.

The person who is on then aims to recruit new members to his/her team by throwing the sponge ball at the group.

If he/she hits them on the target area, they join him/her.

The game ends when no one is left who hasn't been hit by the ball.

