

PLANETS DRIBBLING

How to

- Mark out a 1 x 1m square using 4 cones - this is the 'sun'.
- Around the sun, place another 8 cones in a line - these are the 8 planets in our solar system.
- The planets should be increasing distances from the sun: Mercury = 1m, Venus = 2m, Earth = 3m, Mars = 4m, Jupiter = 5m, Saturn = 6m, Uranus = 7m and Neptune = 8m.
- Starting at the sun, dribble your ball to a planet, go around it and then return back to the sun.
- You score points for each planet that you visit, and each planet is worth a different number of points: Mercury = 1 point, Venus = 2 points, Earth = 3 points, Mars = 4 points, Jupiter = 5 points, Saturn = 6 points, Uranus = 7 points and Neptune = 8 points.
- Each planet can only be visited once.
- Dribble to visit as many planets as you can in 45 seconds scoring as many points as possible.

Equipment needed

- Ball
- Cones x 12
- Tape measure
- Stopwatch

Scoring

- Add up the points for each planet you visited in 45 seconds.
- Remember, you can only visit each planet once.
- Top score = 36 points.

School Games Value

- Self Belief.
- Believe in yourself!
- Give it your best.

School Games Leadership

- Use leaders to set up the activity, demonstrate how it's done, count the score, time the activity, encourage participants, coach the top tips, write down the scores.



Top Tips

- Keep your eye on the ball.
- Keep the ball close to your feet for more control.
- Plan the order you want to visit the planets.

Video Link: <https://youtu.be/JYwDcQaIQsQ>