

# DOWN, DOWN, DOWN

Number of participants: Teams of 2

Duration: 1 min-10 minutes

Age Restrictions: may be difficult for younger children

This game originated in Australia and is played between two players

Space Requirements: There needs to be a clear space for participants to pass the ball between them

Supplies:

Tennis ball or Bean Bag or anything you can throw and catch easily

Activity Instructions:

- 1) Start off with a tennis ball. Have pairs stand a fair distance apart (based on age ) ie. 10 steps
- 2) Throw ball continuously back and forth until somebody drops the ball.
- 3) When someone drops the ball you progress up the chain:
  - One knee
  - Both knees
  - One elbow
  - Both elbows
  - Chin
- 4) Catch the ball and throw the ball from that position.
- 5) If you drop the ball from the chin position you lose.

Variation: have the participants compete in teams. Ie. Last team to have a participant lose will be the winners. This can be used when people are not throwing fairly.