



Irish Primary PE Association
Cumann Corpoideachais Bunscoile na hÉireann

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IPPEA Conference 2017

Kinball

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Kin-Ball an exciting alternative game which challenges pupils to co-operate to manoeuvre a giant ball. This unique game is highly inclusive as well as extremely active. It also supports pupils in their learning about the importance of team work and accordingly can contribute to the challenges strand unit of the PE curriculum.

Equipment: Official Kinballs are available for purchase from <http://www.overspeeduk.com/> Large inflatable/oversize balls can in some instances be suitable as alternatives for those wishing to play Kinball occasionally with their class. Balls with an inflated diameter of over 70cm work best.

Safety rules:

- Do not hit the ball with your head.
- Always hit the ball with two hands.

Co-operative games

Kinball Indiana Jones

https://www.youtube.com/watch?v=NXXhE3f-f_w

The players are positioned in two circles; the larger outside circle is surrounding a smaller inner circle. The players from the two circles face each other and the distance between them should be large enough for the ball to pass between them. Using only their hands, the players will push on the ball to allow it to move forward between both circles. The objective here is to have the ball rolling in the speedway (between the circles) as fast as possible



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for a pre-determined amount of laps. Time the group or else challenge them to change direction quickly.

A player is then identified and will become Indiana Jones. He/she will have to run between both circles away from the big rock (the ball) that the others are rolling towards him. When that player gets touched, another Indiana Jones is designated. An adaptation is the people on the outside can change the direction of the ball and Indiana must react accordingly.

A player is then identified and will become the planet hunter. He/she will have to run between both circles in order to touch the ball that the other participants want to keep away from him. During the game, the ball and the player can switch direction. When that ball gets touched or when the planet hunter is exhausted, another planet hunter is designated.

Safety tips: Make sure you tell your players to keep their feet on the ground at all times and never kick the ball. You should also request that the ball stays on the ground while playing the game.

Planet catchers

The players are spread around the hall in groups of 4-6, with each team wearing different colour bibs. Teams spread their players evenly around the space. The teacher/designated pupils stands in the middle and then throw the ball high in the air in any direction and calls out a team colour (e.g blue). The players of the designated team must then run and catch the ball before it touches the ground. To successfully catch and control the ball teams will have to work together as the ball will be too large to catch individually. Upon catching they return it to the centre of the hall and the process is repeated.

Official Kin Ball game: <https://www.youtube.com/watch?v=MdMigQFFGLY>

Divide the pupils into groups of 4
Demonstrate how to hold the ball.

- 3 pupils lean down with one knee on the ground
- sit on heel (bum on heel)
- hands up in air palms facing upwards
- head down
- in a square around the ball
- One person stands ready to hit the ball



Demonstrate how to hit the ball using one of 2 options:

- Push
- Clap and Clench hands together and hit with forearm

A game is usually played by three teams in different colour bibs. While playing, one of the three teams is in possession of the ball and is the attacking team. Players of the offensive team must call out one of the two other teams by saying the colour of the team and then throw/hit the ball inside of the court's surface. All team members must be in contact with the ball when the ball is hit.

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Once the hit is made, the designated team must catch the ball before it touches the ground. Players can catch the ball with any part of their body. When a team is not able to catch the ball before it touches the ground, a point will be given to the two other teams and the team that dropped the ball will restart the game at the offensive. If the team succeeds in catching and controlling the ball, no points will be given and the team will then have 10 seconds to throw/hit the ball back to another team.

References:

- Ideas adapted from newsletters by the Quebec Kinball Association. Available for download from the following website; <http://www.kin-ball.qc.ca/classeur/>



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