

#ReactionChallenge

Achieve the challenge

React as quickly as possible by clapping when the ball bounces



Play the video

Scan this QR code on your mobile device to watch how the game is played.

How to play

1. Make one person the leader with a ball in their hand
2. All other players stand close by and start on 3 lives
3. When the leader bounces the ball, the players must react and clap
4. If the leader doesn't bounce the ball and a player claps, they lose a life

Equipment

Essential

- A ball

Optional

- If you don't have a ball, you could play by saying a certain word, or by stamping your feet

Spirit of The Games



Honesty:

Is it important to admit when you have made a mistake?



Respect:

How do you react when someone reacts quicker than you do?

Safety

- Ensure there is enough space between players
- Be careful to control the bounce of the ball

Skill up

- What is your starting position? How can you make yourself ready to react?

Link it up

- This game involves focus and quick reaction times which are skills used in combat sports such as Judo and Fencing

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Roles for leaders and officials

- Oversee the dropping the ball
- Watch out for players making mistakes and losing lives
- If anyone looks unhappy, find out how you can make it better.

Including Everyone

- Ensure you give voice commands alongside dropping the ball.
- Players can use actions such as nodding or winking instead of clapping.

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** The person dropping the ball stays in the same place
- T** Drop the ball from an increased height
- E** Use a lighter ball to drop
- P** Have one person dropping the ball

HARDER

- S** The person dropping the ball moves around the area
- T** Drop the ball from a decreased height
- E** Use a heavier ball to drop
- P** Have two people dropping a ball

Change it up

- Instead of clapping when the ball bounces, try to catch the ball before it hits the ground.
- Increase the number of people dropping the ball and try to react to catch the one that drops.
- Give different instructions for different actions e.g if the ball drops you must clap, if the ball is thrown high you must stomp.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

Smiles Checker

It's important to make sure you can answer yes to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.