

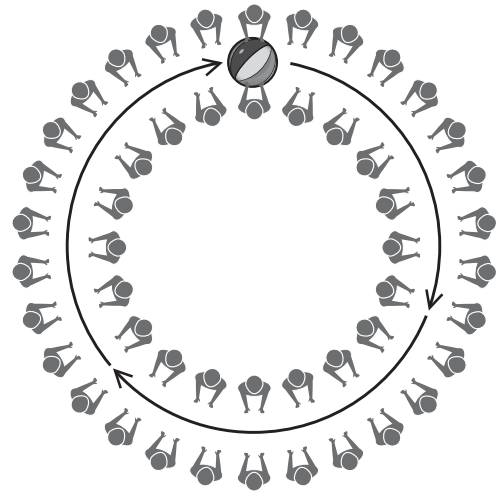


Prep

- 1 Omnikin® ball (33 – 72")
- Music and player (optional)

Set

- Arrange students to form 1 larger outer circle and a smaller inner circle. Students in both circles stand and face each other.
- Place the Omnikin® ball in the pathway between the 2 circles; pathway should be about the same size as the Omnikin® ball.



Teach

1. To get ready for *Boulder Runner*, you will practice pushing the Omnikin® ball around the pathway between the circles.
2. How many times can we move the ball around the circle in 1 minute? Start slowly and get faster.
3. **Cues**
 - Keep your hands up and open. Meet the ball with palms and fingers ready.
 - Bend knees slightly, feet shoulder-width.
 - Work together.
4. **Challenges**
 - How many loops can the ball make in 1 minute, switching directions after every loop?
5. **Boulder Runner**
 - Now that we can move the ball around the pathway, I need a volunteer to be the Boulder Runner. She or he begins directly opposite the Omnikin® ball.
 - On signal, we will move the ball to chase the Boulder Runner. Both Runner and ball can change directions at any time.
 - When we tag the player, she or he chooses another player to be Boulder Runner.
6. **Cues**
 - Boulder Runner, keep moving and be aware of where the ball is.
 - Ball pushers work together to tag the Boulder Runner.
7. **Challenges**
 - How quickly can you tag the Boulder Runner?
8. **Think About...**
 - How did you encourage each other as a class while you were playing?
 - How did that encouragement help you move the ball around the circle faster?

BOULDER RUNNER

EXTENSIONS



Double Circles, Double Balls

(Need 1 more Omnikin® ball.) We will add a second ball for *Double Circles*. The goal is to see how many times the balls can go around without either of them touching each other.



Double Runners

We'll have 2 Boulder Runners in the middle of the boulder's pathway. Do not change directions. The ball and the Runners must always both be traveling in the same direction. How long can the Runners avoid being tagged by the ball?



HOME INTEGRATION

Playing *Boulder Runner* with an Omnikin® ball is safe. Playing *Boulder Runner* with a real boulder would be a bad decision. Skateboarding with full pads and a helmet is safe. Skateboarding with no helmet or pads is also a bad decision. Do what you can to prevent injuries. Wear the gear – that's why they make it!



STANDARDS ADDRESSED

NASPE

#2 Problem-solving

#5, 6 Cooperation, communication and trust

Your State (Write in here)



TEACHING TIPS

- Be sure students are safe and stay alert. Omnikin® balls are lightweight, but they still have a lot of force!
- If you have limited space, have students sit and use their elbows to push the ball. Runners have to use a bear walk to get away.

NOTES
