Teachers:
Split the class into 4 groups
Cut the rules out
Give each team a set of rules
(Note that each team will unknowingly be playing by different rules)
Give children 30 secs/1 min to talk through the rules with their group

Rules- Group 1
Line your team up one behind the other
Pass the ball over your head
Next person needs to pass it through their legs
Next person passes the ball over their head
Next person passes the ball through their legs
And so on...
When the last person receives the ball, they must run to the front of the line and the whole team sits down

Rules- Group 2
Line your team up one behind the other
Pass the ball over your head
Next person needs to pass it through their legs
Next person passes the ball over their head
Next person passes the ball through their legs
And so on...
When the last person receives the ball, they must run to the front of the line and start passing the ball again
Continue until each team member has started at the front of the line

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Rules- Group 3

Line your team up one behind the other

Pass the ball through your legs to the next player

Next player passes the ball through their legs to player behind

Continue until the ball reaches the last player

All players sit down when the last player is holding the ball

Rules- Group 4

Line your team up one behind the other

Pass the ball over your head to the next player then run to the back of the line

Next player passes the ball over their head then runs to the back of the line

Continue until the original player is back at the start and then all players sit down

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