

GAGA BALL

ACTIVITY INSTRUCTIONS



Critical Thinking



Innovation



Empowerment



Collaboration



Inclusivity



Purpose

OUTDOORS, WE CAN BUILD AND NAVIGATE LIFE-SKILLS, KNOWLEDGE, VALUES AND ATTITUDES USING OUR HEADS AND HEARTS TO MAKE DECISIONS.

Guidelines for supervisors

General Guidelines

- Gaga Ball is a dynamic style of dodgeball played in a circular pit.
- The aim of the game is to be the last one standing.

Equipment

- Gaga Ball (or dodgeball)
- Gaga Pit

How to Play

- The game begins with all players standing with their backs against the walls of the pit.
- One player throws the ball up into the air.
- The ball is in play after it has bounced 3 times, at which point players must leave the wall.
- Players must hit the ball at each other with their hands in the pit.

Rules for Elimination

- A player is eliminated and must leave the pit if they are hit by the ball below the hips, or below the knees to make the game more challenging.
- Players must not hit the ball twice in a row.
- A player who causes the ball to leave the pit without bouncing first is out.
- If the ball is caught in the air on the full, the person who hit the ball is out.

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EOTC: Real-World Learning

Education Outside The Classroom (EOTC) makes learning tangible. Our motto: *"Outdoors, we can build and navigate life-skills, knowledge, values and attitudes using our heads and hearts to make decisions."*

We highlight specific EOTC outcomes during activities.

Think confidence on the rock wall, curiosity exploring nature, communication through teamwork, and resilience facing challenges.



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JUMPING PILLOW

ACTIVITY INSTRUCTIONS



Confidence



Curiosity



Courage



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- The jumping pillow will be available for use between **8:00 AM and 5:30 PM**. During these hours, OBA staff will be responsible for inflating and deflating it.
- To use the jumping pillow outside of these hours, your group must request it.
- The jumping pillow must be supervised by a competent adult to maintain group control.

Rules

- No more than **12 people** should be on the jumping pillow at one time.
- For safety, participants must be in **bare feet**. No shoes or socks are to be worn on the jumping pillow.
- Do not dig in the sand surrounding the jumping pillow. The weight of this sand is what keeps the pillow on the ground, and without it, the pillow could blow away and cause serious harm.
- No sharp objects are allowed on the jumping pillow, as they will damage the material.

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SLACKLINING

ACTIVITY INSTRUCTIONS



Communication



Purpose



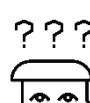
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Critical Thinking



Resilience



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General Guidelines

- The aim of this activity is to challenge participants' balance as they walk along the length of the line.
- Since this is a physical activity, all participants must wear appropriate clothing.
- Only **one person** is allowed on the line at a time.
- All other participants must stay at least **2 meters** back from the line.
- A **spotter** can assist a participant by walking beside them. The participant can hold the spotter's shoulder for support if required.
- Encourage participants to keep trying! It's not easy, but the ultimate goal is to walk the full length of the line.

Tips for Participants

- Keep your **big toe** on the line.
- Look forward and find a still spot to focus on.
- Keep your arms out to help with balance.

Variations

- **Backwards:** Try to walk the line backward.
- **Blindfolded:** Put on a blindfold and have someone help guide you.
- **Plastic Cups:** Fill a plastic cup with water and try to walk the line spilling as little as possible.

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