



## **Perimeter**

**Equipment Required:** A ball of any size

**Space Required:** Small to large

**Group Size:** Any

**Exercise will Enhance:** Teamwork

**Brief Overview:** Keep ball on the wall while students pass the ball around the gym with their feet.

**Instructions:** Select a ball of any size. Have the team lie down on their backs close together in a line with their feet closest to the gym wall. One student starts with the ball pushed up against the wall with their feet. Students must pass the ball down the line to their teammates around the gym using only their feet. The ball must stay on the wall. Once the ball is passed to the next teammate, the athlete gets up and goes to the end of the line, waiting for the ball to come to them again. Repeat until the whole perimeter of gym has been covered.

**Discussion points:**

1) What do you feel like you took away from this activity?