

Travelling Through Distractions

Explain the game objective:

To walk across the playing field (gym or other designated area) without being touched by the ball and without colliding with other students.

Divide the class in two teams:

Those who travel and those who throw balls.

Travelling students

Students walking across the playing field simulate cars and pedestrians.

- Select three student volunteers to walk across the playing field to demonstrate.
- Students begin on the end of the field.
- Signal the students to cross from one end of the playing field to the other.
- As they walk, students try to avoid balls rolled towards them.
- If a student is touched by a ball or another player, they are to join the group of students rolling the balls.
- Have half the students walking while the other half are rolling the balls.

Students rolling the balls.

Students rolling the balls are simulating possible dangers that we might encounter when travelling such as pedestrians crossing, cyclists, and animals crossing the street.

- Place the students rolling the balls on the sides of the playing field.
- Give each student one ball.
- Students must roll their ball in order to touch the students crossing the playing field.
- Before students roll their ball, they must give a verbal or non-verbal warning of their intention by calling out the name of the student they intend to hit or giving an arm signals as a warning.
- Once a ball has been rolled, it must be retrieved by the thrower.

In order to encourage students to reflect on the various distractions they encounter when travelling, the game must be played three different times.

The first time, students walking across the playing field will do so without distractions, simulating an ideal travelling situation.

The second time, students crossing will have a hearing impairment – they will be listening to music or the teacher will play very loud music, simulating travelling situations with hearing distractions such as driving a car with loud music.

The third time, students crossing the playing field will have a visual impairment – they will be blindfolded, simulating visual distractions when travelling such as texting.

Teacher note:

Always be weary of student safety. You might choose to add safety guidelines before and during the game if necessary.