

Ultimate Space – Three Ways to Play

Activity

Resource: Play for All

Division(s): Junior Intermediate

Location: gymnasium, outdoor field, tarmac, large activity space

What's It All About?

These versions of Ultimate Space are quick to set up, can be played in various locations, and can be customized for the number of participants and the available time. Participants learn about and practise working as a group to invade another group's territory and knock down their target. Each version of the activity is designed for maximum participation and inclusion for everyone in a fun and welcoming environment. They are designed so that everyone feels valued and encouraged to participate to the best of their abilities.

Considerations

- Select the version of the activity that best meets the interests and needs of participants who choose to take part in this intramural activity.
- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the needs and interests of participants during play and maximize the fun, inclusion, and participation of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, and meaningful participation for everyone. Encourage participants to add any variations of

their own.

Safety

- Visually inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

Version 1: Ultimate Space (small group play)

Equipment

- 2 hula hoops per game
- 2 pylons per game and 2 balls per game (for the target)
- Different coloured pinnies; 1 per participant
- Variety of balls to pass; 1 per game

How to Play

- Divide participants into small groups (e.g., 4 – 6). Use pinnies to identify groups.
- Participants set up an activity area by placing a hula hoop (the “crease”) at each end. Inside each hula hoop, participants place a pylon with a ball (target) on top. Two groups play in each activity area.
- Groups decide the ball with which they would like to play.
- The game begins with a round of Rock, Paper, Scissors, with the winner gaining possession of the ball.
- A participant with the ball cannot move and must try to score or pass the ball to a participant in their group.
- Participants without the ball try to move into open space to receive a pass.

- The group with the ball works together to pass the ball and hit the opposing group's target. To score a point, the target must fall to the ground.
- When a target is hit, it is placed back on top of the pylon. Play begins again with the opposing group taking possession.
- Participants try to intercept passes from the other group without using body contact.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance the fun, inclusion, and participation for everyone. Encourage participants to add any variations of their own.

Variations

- Decrease the size of the playing area.
- Create a larger crease around the target (e.g., use tape on the ground).
- Roll the ball rather than throw it.
- Add more targets and balls to the game to allow more participation.
- Participants choose the object they want to send (e.g., rubber chicken, soft-skinned ball).
- Increase the number of targets.

Version 2: Pass to Score (pair to pair, 3 to 3)

Equipment

- Cones or pylons to define each playing area
- Objects to pass; 1 per group (e.g., variety of balls, discs, bean bags, rubber chickens)
- Pinnies; 1 per participant

How to Play

- Divide participants into pairs or triads.
- Match up pairs/triads to make two groups. Use pinnies to identify each group.

- Participants set up a rectangle or square playing area using cones, pylons, or floor lines to mark the boundaries.
- Participants decide on the object to pass and how they will pass it between group members (e.g., throw, roll, or kick while the object keeps contact with the ground).
- Participants decide who will start with the object by playing Rock, Paper, Scissors.
- The group who starts with the object attempts to make 5 successful passes without dropping or losing possession of the object.
- If the group successfully passes 5 times, they receive 1 point and the object goes to the other group.
- If the object drops or is intercepted, the object goes to the other group.
- Participants try to intercept passes from the other group without using body contact.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance the fun, inclusion, and participation for everyone. Encourage participants to add any variations of their own.

Variations

- Decrease the size of the playing area.
- Roll the ball rather than throw it.
- Change the number of passes that must be completed to score.
- Do not keep score.
- Change the object.
- One participant changes place with a participant from the other group after each successful attempt to gain 5 points or after a pre-determined time.

Version 3: Group Juggling (cooperative play)

Equipment

Objects to send (e.g., variety of balls, rubber chickens, discs, hockey pucks)

How to Play

- Divide participants into groups of 5 or 7, with each group having an odd number of participants.
- Have each group form a circle, with participants spaced far enough apart to be able to pass and receive an object.
- Each group chooses an object to pass and how they will pass it between them (e.g., throw, roll, or kick while the object maintains contact with the ground).
- One participant begins with the object and passes it to any participant who is not standing directly to their right or left. Have the first participant call out the name of the person to whom they are sending the object, so the participant is ready to receive it.
- Participants continue to pass the object while calling out the name of the receiver, until every participant has received and passed the object and the object returns to the starting participant.
- Once the group has completed a pass to each participant, groups attempt to pass the object in the same sequence. Remind participants to continue to call out the name of the participant to whom they are sending the object to—this provides a cue to help them be ready to receive the object.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance the fun, inclusion, and participation for everyone. Encourage participants to add any variations of their own.

Variations

- Increase the size of the circle.
- Add more participants to the circle.
- Reduce the number of participants in each circle.
- Alter the way the object is passed.
- Change the choice of object that participants are sending.
- Add more objects for participants to pass sequentially while completing the sequence.