



BASQUE PELOTA

Let's play and have some serious fun!

How to play

- We have modified this game to make it a one-on-one challenge.
- Just see how much fun it can be!
- Each child has to shoot a ball, using a cup, into their opponent's goal (marked out by two objects 2-3 meters apart) and defend their own goal with their body.
- Each time they score, they get one point.

HOW

Play with 2 strong plastic cups, a ball (ping-pong, rubber or similar), 4 markers (plastic bottles, cones, cans, or similar objects).

WHO

2 players
Basic game
and variation 1: 6+
Variations 2-4: 7+

WHERE

At home (room, terrace)
or outdoors
(garden, yard, park).

One game leads to another

- 1 Change hand, double hand**
Play with one hand, then the other, then with both.
- 2 Block with the cup**
It gets complicated: this time you can only use the cup, not your body, to block the ball. As this is harder, we suggest you reduce the width of the goalposts at the start. When you get better, you can return them to the original position.
- 3 One cup per hand**
Hold one cup in each hand. Your chances of shooting and throwing will get better. Try blindsiding your opponent, feint with one hand then throw with the other, or pretend to throw in one direction and change at the last second!
- 4 In movement**
Extend the play area up to 8-10 meters and mark out a center line. You can move freely around your half... try shooting on the move and after a jump!

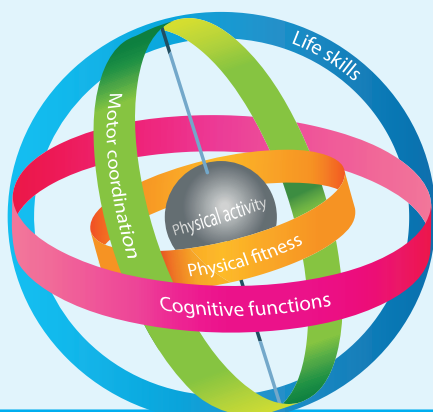
How the game becomes a story

The family storyteller can start off like this: "Mean Mr. Winter has got himself a snowball shooter to bombard our houses with freezing snowballs... we can't let him win; we have to fight back! Snow is lovely outdoors, not in our warm and cozy houses" Now continue the story using your imagination...

Fun games for a joyful growth

Joy of moving method

This game is inspired by the scientifically recognized Joy of moving educational method that encourages children to get moving through play and enables them to improve or acquire skills in an engaging and joyful way. The games challenge your kids by training the 4 rings which are fundamental for their growth, ranging from physical fitness and motor coordination to cognitive functions and life skills.



Getting inside the game

This game involves aiming and throwing and requires players to dose their strength. The difference here is a cup is used to first throw and then also block the ball, a sort of "homemade" racket game. Players need to block - therefore intercept or deflect - the ball, and blocking may involve muscle power for jumping. To come closer to the features of sport games, where the player who manages to surprise the other has an advantage, we have introduced a variation that trains the use of divided attention. In fact, when playing with two cups you have to keep your eye on both directions, ready to read feints!

Put your own twist on the game and build a play community

Try elaborating this game. Organize a tournament if there are more than two players. For example, what rules will you lay down if there are four of you (2 vs 2) with two goals to defend and two to attack?

Share with others your family playtime moments by tagging [@kinderjoyofmoving](#) and using [#kinderjoyofmoving](#) we have more fun together!

Growing up active, growing up happy!

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