

# Boulder Runner

## Prep

- 1 Omnikin Ball (33"-72")

## Set

- Arrange students to form 1 larger outer circle and a smaller inner circle.
- Students in both circles face each other.
- Place Omnikin ball in path between the 2 circles, path should be size of ball.

## Teach

- Work together to push the Omnikin® ball around the circle.
- Bend your knees slightly with your feet shoulder-width apart.
- To push ball, keep hands up and open. Meet ball with palms/fingers ready.
- The runner begins directly opposite the Omnikin® ball.
- On signal, we will move the ball to chase the boulder runner.
- Ball pushers work together to tag the boulder runner.
- Both the runner and the ball can change directions at any time.
- Boulder runner, keep moving and be aware of where the ball is.
- When we tag the player, they choose another player to be the Boulder Runner.

