

# Body Zorbing

## Session Plan

<b>Session Length:</b>	1.5 – 2 hours
<b>Session Aims:</b>	To experience a brand-new activity in a safe environment.
<b>Equipment Required:</b>	Body Zorb balls, pump, and knee pads
<b>Suitable Activity Areas:</b>	Flat area checked thoroughly for slip and trip hazards. All sharp objects must be removed.

## Session Set Up

The Zorbs should be in a coned off grass area free of sharp objects. Ensure the Zorbs are not left unattended whilst blown up. Knee pads should be at the activity area in different sizes ready to use.



## Session Introduction & Welcome Activities

Explain to the group that they are going to take part in an exciting activity called body zorbing. Discuss with the participants if they have done body zorbs before. Demonstrate how to get in and out of the body zorb.

Do a warm up activity with the participants:

**Baked Beans:** Give the participants a list of types of beans and an action to go with each. e.g.:

Runner beans = Run around

French beans = say “ooh la la”

Dwarf beans = Walk around

Broad beans = Make yourself as wide as possible

String beans = All join hands in a row

Baked Bean = Curl up into a ball on the ground and make a raspberry noise

Any activity that gets the arms and legs ready for running and rolling in the body zorbs is sufficient.

**Rolling:** Allow participants to have a turn at getting in the body zorbs and roll around, to get them used to being in the zorb.

## Main body of Session

### Practical Content

**Relay Race:** Split the participants into two teams and the first participant in each team should get in the body zorb. On “go”, they should run to the marker and back; and then give the body zorb to the next participant to go.

**Body Zorb Tag:** Using the body zorbs, two participants play a game of tag. One participant is given a set time (e.g. 30 seconds) to catch the other participant. They then swap, so that they both have a turn at being the chaser.

**Body Zorb Battle:** Mark an area with cones, and allow two participants to run around the area in the body zorbs, trying to knock each other over. Each time they knock the other participant over, they receive a point. Play first to three or five.

**Body Zorb Sumo:** Mark a circle with cones. To start with, using the body zorbs, two participants try to knock each other over. To progress the game, the participants try to knock each other out of the marked area (whilst keeping within a second boundary). **NB:** the participants should start no more than 4m apart, and the staff member should brief them to only jog towards one another.

**Body Zorb Football:** Using the body zorbs, two participants play 1 V 1 football. Make two goals, one at each end of a rectangular area. The staff member plays the football into the rectangular area and the two participants compete for the ball, knocking each other over as they go. Their aim is to score a goal in their opponent's goal. This can be played with more participants (i.e. 2v2, 3v3), depending on the number of zorbs you have.

### Review

Ask the participants what their favorite Body Zorb game was. Congratulate all the participants and announce any winners from games. A certificate can be awarded to winners of different games.