

Flow, flow, pump

Overview

This ball game is fun, physical and hands-on, to promote teamwork and fitness.

The aim is to familiarise participants with the Snowy 2.0 project and in particular, the tunnel boring machines (TBM).

Materials

Two to three balls (*basketball is recommended*)

Facilitator

Indoor or outdoor space large enough for kids to move around in

Instructions

You will need one ball for this game

1. Form a circle sitting on the ground
2. Introduce the ball to the inside of the circle. Practice rolling the ball around the circle on the ground, making sure all kids touch the ball to keep it moving. Practice speeding this action up. Explain that this represents the flow of the water. They will do this action when they hear, "pump."
3. Facilitator chooses a person to stand and go first. Keep their space open in the circle
4. The chosen person walks around the outside of the circle, gently tapping each child on the shoulder or head while simultaneously saying either "flow" or "pump." ie flow, flow, flow pump
5. When they say "pump!" The child tapped jumps up and chases the person, who runs back to their empty space before being caught. When the others hear "pump" this

is their signal to roll the ball around the inside of the circle as fast as they can. They stop once the person is safely in their spot

6. Repeat game until everyone has had a go

Version 2

Try having the children roll the ball around the inside of the circle constantly at an even pace and switch direction when they hear "pump"

Hint - to build excitement increase the speed on the word "pump"



Tunnel boring machine - Lady Eileen Hudson