

Name: _____

BELGRAVE PLAY & CONNECT

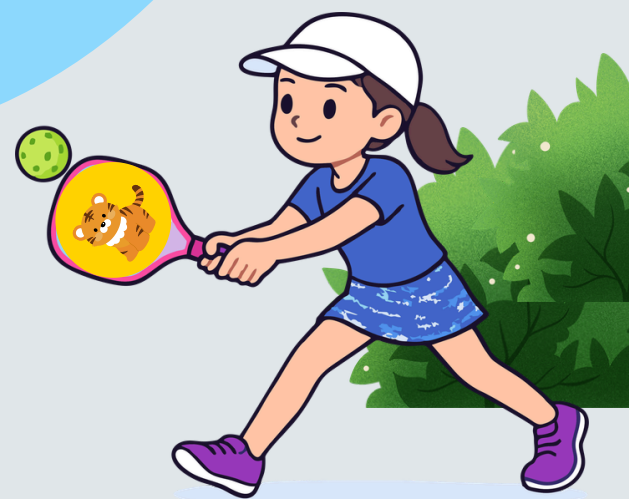
ACTIVITY BOOKLET



Hi,
I'm Eva, I live in the beautiful Yarra Ranges and
I love to play pickleball.

I would like to acknowledge the Wurundjeri
Woi-wurrung people, the traditional owners of
the land and waterways where I live and play,
and pay my respects to Elders past, present
and future.

In this booklet you'll meet my friends Mateo,
Sage, Arjun, Pantea and Buddy as we share
some of our favourite tips on playing downball,
pickleball, basketball and games in the park.
Let your imagination run wild.





Pantea and Buddy's Downball (Four square)



How to start:

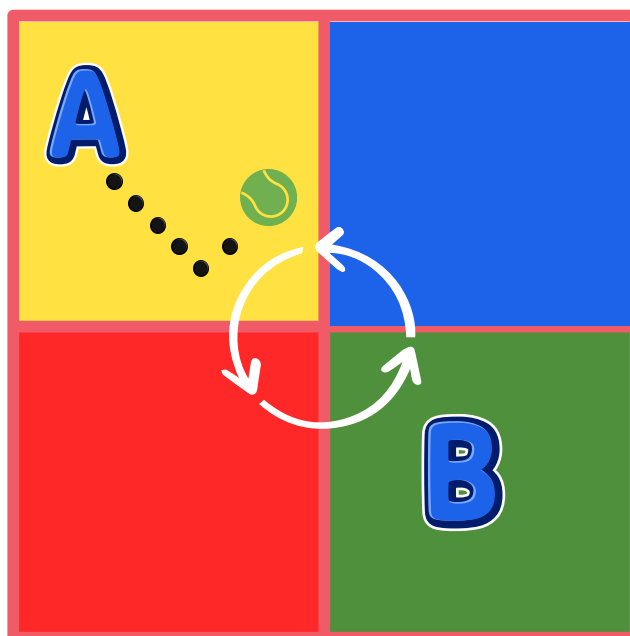
Player in Square A begins the game.

Bounce the ball once in your own square, then hit it into another player's square.

How to play:

When the ball comes into your square, let it bounce once. Then hit it to another square.

You need one bouncy ball and a minimum of 2 players.



You're out if:

- You miss the ball.
- The ball bounces twice in your square.
- You hit the ball out of the court.

Rotation:

When a player is out, everyone moves one square anticlockwise

Goal:

Try to get into Square A and stay there the longest.

Extra Games

Around the Court

- Hit the ball into each square once without getting out.

One-Bounce Challenge

- Hit the ball after exactly one bounce. Too early or too late = out!

Speed Round

- Play normally... but faster! If the ball slows down too much, last hitter is out.

Eva's Pickleball

You need paddles, pickleball and a net.
You need a minimum of 2 players.



Basic Rules

- Stand on opposite sides of the net.
- Serve underhand diagonally across the court.
- The ball must bounce once on each side of the net before there is a volley (a shot out of the air).
- Hit it back and forth.
- The game continues until there is a fault.

Faults:

- Ball bounces twice.
- Ball goes out.
- Ball hits the net and doesn't go over.

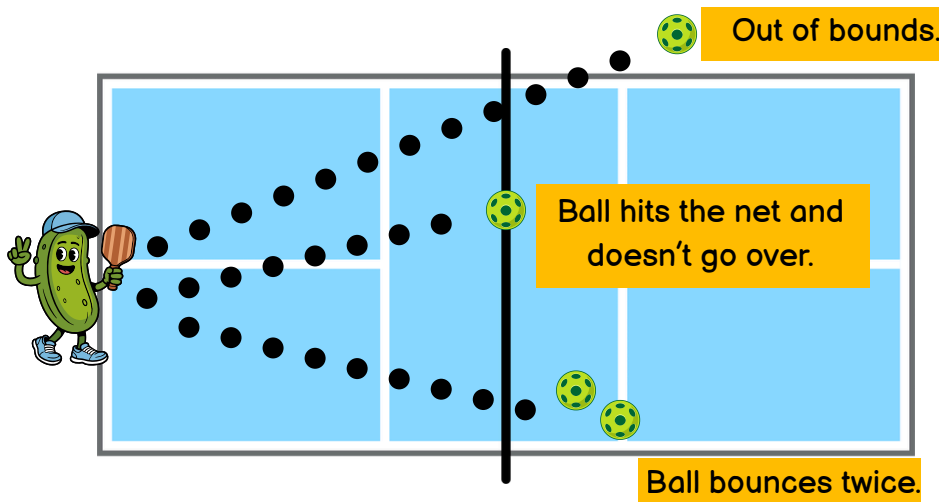
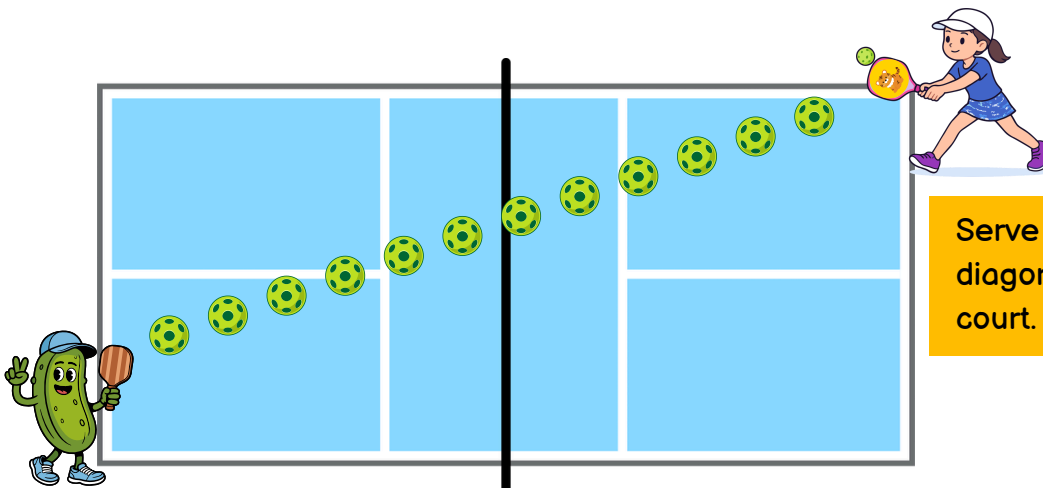
Fun Challenges

Longest Rally: Count how many hits you go without stopping.

Serve Challenge: Count how many serves in the right box.

Mini Match: First player to 5 points wins.

Soft Shots Only: If someone hits too hard, restart the rally.



Mateo's Basketball

You need one basketball per person (play by yourself or with a friend).



Basic Rules:

- Dribble the ball while moving.
- Pass or shoot the ball.
- Aim for the hoop and take score.
- Take turns and play safely.



Extra Games

Dribble Relay

- Dribble to a marker and back. Race another player or time yourself!

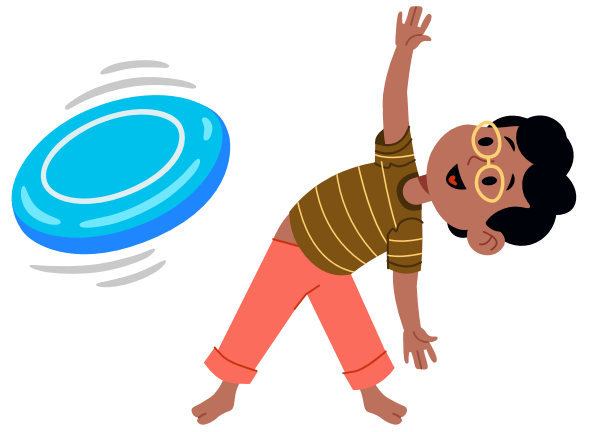
Knockout

- Two players shoot for the hoop. If the second player scores before the first, the first player is "knocked out."

Around the Key

- Choose 4-5 shooting spots around ring, using the markings on the ground.
- Take one shot from each spot. How many can you score out of 5?

Arjun's Frisbee Fun



2 players (minimum).

Basic Rules

- Stand facing another player.
- Take turns throwing and catching the frisbee.
- Take one step backwards after each successful catch.
See how far apart you can get without dropping the frisbee.

Extra games:

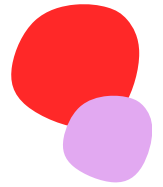
Target Challenge

- Place 3 targets (such as hoops, cones, or buckets) at different distances.
- Take turns trying to land the frisbee on or inside each target. Score 1 point for every target you hit.

Catch Streak

- Stand facing another player and count how many catches you can make in a row without dropping the frisbee. Can you beat your best score?





Sage's Word Search

Can you find all 16 words?

P	I	C	K	L	E	B	A	L	L	S	O	C	P	M
B	A	S	K	E	T	B	A	L	L	I	G	N	C	K
Y	B	E	L	G	R	A	V	E	R	W	X	E	V	W
S	H	O	I	P	G	T	E	N	N	I	S	Z	M	G
A	X	H	Y	U	F	R	I	E	N	D	O	H	K	C
A	E	Z	E	N	C	H	E	A	L	T	H	U	E	Q
P	L	M	G	P	H	O	N	A	T	U	R	E	R	T
Z	Q	U	S	T	E	P	S	P	S	L	N	Y	F	J
U	O	S	X	K	F	S	P	O	R	T	M	K	I	U
W	A	L	K	I	E	E	E	M	A	B	O	W	B	D
P	A	R	K	H	L	T	S	F	R	S	U	Y	S	M
O	P	L	X	L	E	S	T	B	Q	Y	P	L	A	Y
I	P	J	T	X	O	X	Q	Z	D	I	M	O	V	E
B	I	K	E	K	O	N	F	K	O	A	F	L	L	T
T	E	A	M	N	W	F	I	D	F	U	N	Q	Z	U

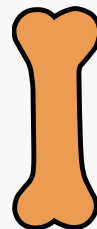
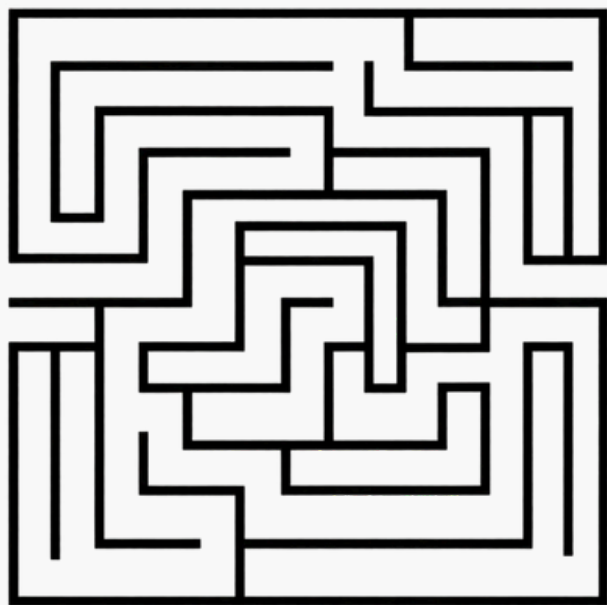
PICKLEBALL
BASKETBALL
TENNIS
BELGRAVE

WALK
STEPS
PARK
FRIEND

PLAY
HEALTH
MOVE
BIKE

FUN
TEAM
SPORT
NATURE

Help Buddy find his juicy bone



Spot the Difference

Spot the 8 differences. Circle them in picture B. Answers on page 10.

A.



B.



Pantea's Points Blitz



cut the cards out



complete the activity



add your points to pg10



2

RIDE or ROLL

Ride or roll 4 times around the courts.



1

SWING

See how high you can go on the swings.



4

BOUNCE

Bounce a ball 10 times in a row. Be careful not to miss a bounce.



1

EXPLORE

Explore the park. How many different animal tracks can you see. 1 point for each different track.



4

PICKLE

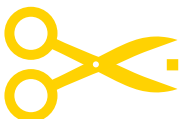
Bounce the pickleball on the paddle 4 times in a row.



2

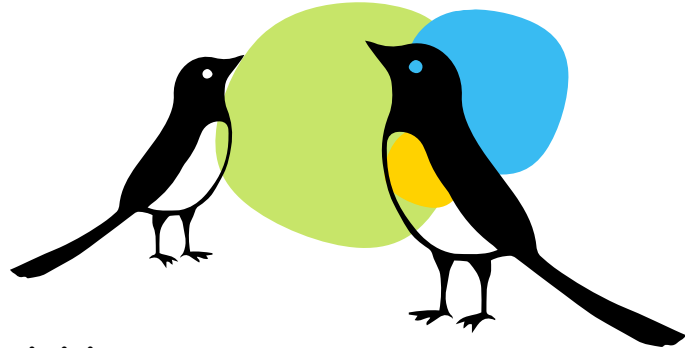
TIPTOE

Tiptoe along the lines on the court. Don't fall off.



PICKLEBALL





Scores

Add up your scores for each of the activities.

Activity	Points
Sage’s Word Search Give yourself 5 points if you found all 16 words.	
Buddy’s Bone Give yourself 5 points if you found a way for Buddy to get his bone in the maze.	
Spot the Difference Give yourself a point for each difference you found. 8 points maximum.	
Pantea, Eva, Mateo and Arjun’s games Give yourself a point for each activity you tried.	
Pantea’s Points Blitz Add up all your points.	
Scavenger Hunt (coming soon) Give yourself 20 points for completing the hunt.	

Spot the difference answers: 1. Shrub on the left of dog is missing 2. Downball changed from red to purple 3. Yoga pose facing the other way 4. Picture on the pickleball paddle is missing 5. Running girl is missing 6. Basketball jersey changed from purple to yellow 7. Tennis ball changed from blue to yellow 8. Tree on the right is added



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