**The Whole World in their Hands**

**Description**

The aim of the exercise is to transfer a large gym ball from one end of the gym to another.

The exercise starts with the ball resting on a large tyre at one end of the gym, and is completed when the ball is placed on a second tyre at the far end of the gym. The ball must not touch the floor at any point during it’s journey across the gym.

**Equipment**

2 large tyres

1 gym ball (inflated to 48 inch diameter or larger)

**Setup**

The ball is placed on the first tyre and members of the group sit around it.

**Rules**

* The ball cannot touch the floor
* The ball cannot touch the hands or arms of any group member
* If either rule is broken, the ball must be returned to the tyre, and the exercise repeated from the beginning.