



Game Details

- **Equipment Needed:** Foam Balls, Foam Blocks
- **Skills:** Balance, Catching, Throwing
- **Grades:** 3-7
- **Game Type:** Skill Practice

How to Play

Players get into partners and each kid gets their own foam block to balance on and one foam ball per pair. Kids set up their blocks in the play area about 3 feet away from each other and pass the ball back and forth while balancing and trying to make sure their feet don't touch the ground. If they fall off the blocks they must do 5 jumping jacks (or exercise of choice) to get back onto the block.

Modifications

- ▲ Change the throwing object to increase difficulty (beanbag or tennis ball)
Balance on one foot on the foam block or throw with non-dominant hand
- ▼ Change the throwing object to decrease difficulty (scarves)
Have kids balance with two foam blocks (one for each foot)