



Game Details

- **Equipment Needed:** Foam Blocks, Cones
- **Skills:** Balance, Locomotor
- **Grades:** K-7
- **Game Type:** Group Activity, Warm Up

How to Play

Give each player a foam block (pizza). Everyone is it. Players run around while balancing the block on their palm like a pizza and try to knock other people's pizza off their hands by using only one finger. If your pizza gets knocked off, you do 5 jumping jacks (or exercise of choice) to join back in. Reminder: pal must be open and not holding the block and the block needs to be balanced away from the body not resting on body parts.

Modifications

- ▲ Adjust the size of the playing area
Have participants balance their block on the back of their hand, or on their elbow
- ▼ Give players a pool noodle to use to knock off each other's pizzas to extend their reach