

● **You'll need:** paper, scissors, cotton balls, hoops, bean bags, foam blocks

● **You can play:** gym, blacktop, outside

Warm Up

Red Fish Blue Fish

Tape a red star fish and blue fish on the wall. Have the children move around in different ways (running, skipping, galloping, jumping, hoping etc). The leader then calls out "Red Star Fish" or "Blue Fish" – the kids then find the correct fish. Once finding the fish they then do a movement. Red Fish = Lay on the ground like a star fish. Blue Fish= two jumps.

▲ Make the space smaller to work on spacial awareness and dodging

▼ Use a large space to give everyone more of their own space

Game 2

Cotton Ball Run

Place all cotton balls at one end of the space, with corresponding coloured hoops at the other end. Kids have to pick up one cotton ball at a time and run it to the right colour hoop.

▲ Move the hoops further away to encourage more movement. Try throwing cotton balls instead of dropping

▼ Move hoops closer to cotton balls and verbally cue

Game 3

Target Practice

Students break into 2 groups and try to hit targets (hoops taped to wall or fence) by throwing a beanbag with an underhand toss. Run and grab beanbags after everyone has thrown. After a while try with an overhand toss.

▲ Stand further back from target. Try overhand throws

▼ Move close to the target and try a target that is low to the ground

Game 4

Bowling

Give each participant a few foam blocks to set up as their 'pins' and a couple bean bags. Participants stand back from their pins and underhand throw the bean bag to try to knock the pins all down.

▲ Stand further back from the pins and try overhand throws

▼ Use foam balls instead of bean bags and roll the ball to knock the pins down