

- **You'll need:** tagging tool, foam blocks, foam balls, bean bags, cones
- **You can play:** outside, in the gym, on the blacktop

## Game 1

### Toss Tag

Spread out about ten hoops around the activity space with a different size ball or object in each hoop. Choose three to four players to be taggers. Once tagged, players must find a hoop and toss the object up in the air and catch it five times before they are back in the game. Encourage players to choose a new hoop/item each time. A variety of objects in the hoops allow players to adjust to different speed/weight/texture of the item.



Decrease the size of the play area to increase the speed of the game



Use objects that are more difficult to catch such as foam blocks, bean bags etc

## Game 2

### Fly the Bird

Give each player a beanbag (bird) and have them move around the play area. Players can carry their bird on their shoulder, hand, head etc. When the teacher/leader calls out 'Oh no! My bird flew away!' players throw their bird into open space and chase after it. Repeat a number of times, changing the movement or body part that their bird is balancing on.



Balance bean bag on different body parts while moving around the space



Demonstrate and cue the throwing movement patters each time,

## Game 3

### Not in My House!

Divide play area into two sides using cones in the centre line with one team on each side of the area. Spread foam balls out everywhere in the play area. Players must try to keep their side (their house) clean and tidy by throwing the balls to the other side. When they throw the balls, players can call out 'Not in my house!'. To increase difficulty, challenge players to throw with their non-dominant hand.



Change the way players move in the space (gallop, skip, backwards walk etc.)



Decrease distance between corners to slow the game down

## Mindfulness



### Calm Bodies