

- **You'll need:** hoop or polyspots, foam balls, cones, bean bags, bucket/ball bin
- **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

### Elastic Band

Have everyone find a partner and one foam ball between them. Partners start close together and throw the object back and forth. For every successful throw/catch they get to 'stretch the elastic band' by taking one step farther apart. Pairs continue moving back for each successful throw/catch. If the ball drops the elastic band snaps back and partners start at the beginning.



Add in challenges if needed like non-dominant hand, catch with one hand etc.



Start partners close together with a large object

## Game 3

### Popcorn Shooter

Set up a large 'popcorn bucket' (ball bin) in the middle of the play area with ten to fifteen polyspots or hoops scattered around from varying distances. Players work as a team to get all of the foam balls into the bucket by throwing one at a time while standing on a polyspot or hoop. Players must try throwing from a different spot each time and throw one ball at a time. For a challenge try timing the rounds to see how long it takes!



Move hoops and polyspots further away from the bucket. Try throwing with non-dominant hand



Decrease distance between hoops and polyspots from bucket

## Mindfulness



### Calm Bodies