

- **You'll need:** foam ball, pinnies, cone, scarves
- **You can play:** outside, in the gym, on the black top

Game 1

Tornado Catching

In pairs, one partner has a scarf and the other stands with their back turned to their partner. Partner with the scarf will say left or right, designating the direction their partner is to turn to face their partner and then catch the scarf. Increase difficulty by naming naming left and right sides after colours, or animals and adding additional scarves. Players should be focusing on agility, and having a quick reaction time.

- ▲ Have catchers start on their belly, in a V-sit, or plank. Progress to a ball.
- ▼ have partners start closer together, and progress to challenges when ready

Game 2

TI Chase

Kids stand in a large circle. Leader assigns a child to start as the "Runner" on the outside of the circle. They have to try to run around the outside of the circle 2x and return back to where they started before the other students pass the ball, hot potato style around the entire circle. Select new children every time.

- ▲ Have two balls be thrown around the circle at once
- ▼ Separate players into two circles to increase contact with the ball

Game 3

Team Ball Tag

Start with 3 people as taggers, and have them wear a pinnie. It is their goal to tag other players who are not wearing a pinnie by tapping them with the ball. Taggers may only pivot when holding the ball, and can only pass to other taggers. If a player is tagged they put on a pinnie and join the taggers team. Play until all players become a tagger (wearing a pinnie).

- ▲ Add a second ball for the taggers part way through as taggers increase
- ▼ Start playing in a smaller space a increase size as players improve

Mindfulness



Stretch of the Day