

● **You'll need:** foam balls, cones, pinnies

● **You can play:** outside, in the gym, on the blacktop, field

## Game 1

### 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 etc.



Add challenges like throwing with non dominant hand, add in a second ball etc.



Use larger ball or object and start partners close together

## Game 2

### Hot Potato Tag

Divide the group into partners with one ball between the two. Partners pass the "potato" back and forth until they hear the leader call out "Hot Potato!" Whoever catches the potato last is it and must toss it to themselves 5 times and then try and tag their partner who is running away. Once the leader says "Cold potato!" they reset and pass again. If the partner is tagged before the reset, continue passing.



Have partners balance on one foot while passing back and forth



Start partners close together with a larger object. Decrease amount of time that players have to tag each other

## Game 3

### Endball

Similar to handball but replacing the goals are coned end zones. Make two teams with each starting on their own end zone. To score, a player from the offensive team must catch the ball behind the opponent's endzone. Players can take 3 steps with the ball but must pass to at least one teammate before scoring. Interceptions are allowed. Marking players must be an arm's length away when defending (no contact). If skills are varied within the class, introduce the three pass rule where students must make at least three passes before scoring in the end zone.



Players must make 5 passes before scoring



Start with team 10 pass where teams just have to make 10 passes to score a point. Then progress to endball

## Mindfulness



### Stretch of the Day