

- **You'll need:** Foam balls or small soccer balls, ropes, cones
- **You can play:** outside, in the gym, blacktop, field

Warm Up

Aeroplane Adventure

Participants move around the playing area pretending to be airplanes flying high in the sky or low to the ground. Encourage everyone to keep their eyes up so they don't crash into other planes.

- ▲ 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

Active Safari Adventure

Have participants spread out at one end of the open activity space. Call out the name of an animal (snake, monkey, elephant, giraffe, frog, cheetah, rabbit, lion, and flamingo). Participants then move towards the opposite end of the space performing the animal movement.

- ▲ Challenge participants to move only when leader is facing away. When leader turns around everyone must freeze like the animal
- ▼ Use both visual and auditory cues each time you change the animal

Game 3

Egg Hunt

Place lots of balls in one net/area at the end of the play area. Participants have to run to the balls, select one to take and then use their feet to get the ball to the other end of the play area before kicking the ball in to the net. Then they have to run and get another ball and repeat the process. If you don't have a net use cones or ropes!

- ▲ Increase the distance from the start to the balls to the net.
- ▼ Move the net closer to the balls and verbally cue keeping the ball close to their feet.

Game 4

Walk the Dog

Give each participant a ball and have them dribble around the area (depending on ability level they can walk or run). When the leader shouts "Oh no! My dog ran away!" the participants kick their ball as hard as they can and chase after it. Repeat several times.

- ▲ Make the play area smaller to encourage more spacial awareness
- ▼ Use a large area so that participants can focus mostly on their own ball and kick