

● You'll need: foam balls, foam blocks, mats

● You can play: in the gym

Energizer



Partner Squats

Divide the group into partners. Partners stand back-to-back and link arms. The goal is to squat down fully and back up to a standing position without losing balance or coming apart. Increase the challenge by attempting with three or more people, and by going for 5 or 10 squats in a row.

Skill Practice



Float the Pond

Teams of 3-5 kids. Each teammate is given their own foam block, with one extra per team. The goal of the game is to work together to move across the gym as fast as possible, without touching the gym floor. Teammates shift from block to block. If any teammate touches the floor, the entire team must restart.



Balance on one foot at a time only. Do not allow kids to use each other for balance.



Use polypots for balancing and have kids do squats/burpees when they fall off instead of restarting.

Group Activity



Fury Road

Divide your group into teams of 4-6. Each team is given two gymnastics mats, which they use to move across the gym (with everyone on one mat, the second mat can be moved forwards). The goal of this game to get from one side of the gym and back without touching the floor. Foam balls will start spread out randomly in the gym. If your team is able to reach a foam ball and grab it, they can use it to attempt to hit another team with the ball, shoulder and below. If your team gets hit (or if you fall off your mats) your entire team must restart. You can use mats to protect yourself from incoming balls.



Allow players to catch a ball to defend themselves, thus sending the throwing team back. Challenge teams to complete as many lengths as possible if they are having lots of success.



Balls must hit waist and below. This game can also be played without foam balls - this way it is simply a race.

Debrief



- How did you communicate with teammates in a hectic environment?