

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

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

### Energizer



### Handball Challenges

Level 1: While sitting down, throw a foam ball from your feet up into your hands

Level 2: Begin sitting, throw foam ball from your feet, catch while in a kneeling your crouched position

Level 3: Begin sitting, throw foam ball from your feet, catch while fully standing up

### Skill Practice



### Crossover

Each half of the gym belongs to one team. The goal of the game is to get your entire team across the other teams side, into the endzone. Once you cross over onto the other teams half of the gym you can be tagged - go down on one knee and stay on one knee until a teammate frees you by giving you a high five, then take a free walk back with your partner. Once you make it to the end zone safely, you can either stay there or help your teammates that are stuck. If you free someone after being in the safe zone, you must go back to your side and "restart".



Use a smaller space to make dodging more difficult or make the "safe zone" smaller (hoops, or a gymnastic mat).



Use a wider are, to allow for more running room or use a larger (endzone style) safe zone.

### Group Activity



### Crossover the Flag

Use the same style set-up as Crossover. However, the goal is not to get every teammate into the safe zone, but to travel to the safe zone without being tagged and grabbing a pinnie. The goal is to return the pinnie to your safe zone without being tagged. In this game, everyone must wear a coloured scarf (in their pocket/waistband). To "tag" someone, you pull their scarf. Once pulled, it is placed on the ground and that is where you must sit to wait to be saved. The game ends when one team as stolen all pinnies, or after a predetermined amount of time.



Use a more narrow playing area, to make dodging opponents more difficult. Allow scarves to be tucked tightly, making grabbing them more difficult. Impose time limit for those in the safe zone stealing beanbags.



Make sure scarves are pulled all the way down to kid's knees, making it easier to grab, use a wider area, with a large "safe zone", no time limit for beanbag stealers.

### Debrief



- What strategies worked best for you?
- What strategies didn't work for you?