



● You'll need: foam blocks, cones, foam balls, mats or hoops

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

### Energizer



### Steal the Flag

Divide the group into partners. Each partner gets two flags, which they will place in their waistband. Have the partners balance on one leg, while they try to steal both flags from their partner. Increase the challenge by having each partner stand on an unstable surface or limit the playing area.

### Skill Practice



### Balance Challenge Relay

Teams of 3-5 kids. Each team member lines up down the gym with 1 foam block. The first teammate has 2 foam blocks. 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. Grab a scarf to mark a checkpoint!



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.