



● You'll need: Scarves (or pinnies), cones ● You can play: outside, in the gym, on the blacktop

Energizer



Beanbag Defense

Place two lines of pylons down across from each other to make goals. Have one child between each set of pylons across from their partner. The children assume a push-up position (with feet or knees on the floor). Give one beanbag to each pair. The players try to slide the beanbag into their partners goal while trying to protect their own goal. Partners can keep track of points and face off a new partner when they are ready.

Skill Practice



Flip the Disks

Tape the numbers to the inside of the frisbees. Place the frisbees around the gym so the numbers are facedown and distribute them so that the frisbees with more points are farther from the middle line.

Split the participants into two teams and assign each team to half of the gym. To earn points, players try to cross the line into the other team's side and turn over a frisbee so that it's points are displayed. But if they are tagged while on the other team's side they must kneel and wait to be saved. A teammate can save another by high fiving them and then walking back to their side of the gym. Let the game run 3 - 5 minutes and then tally up the points on each side.

Group Activity



Equipment Relay

Students break into small teams for 3-4 and start on one side of the gym. On the other side, set up random pieces of equipment (the more the better). One at a time, a member from each team will run to the opposite side and grab one piece of equipment. They must then run back and hand it to the next person on their team. That person must carry the first piece, and grab a second, and so on. If you drop a piece of equipment while you are running or during the hand off, your entire team must restart. The team with the most items by the end of the game (regardless of what they are) wins.



Use larger, heavier items like hockey sticks, basketballs or racquets



Use a smaller space and allow kids to drop equipment during transitions only