



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

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

Energizer



Option: Elastic Band or Throwy McCatchGame

Have kids choose between revisiting Elastic Band or Throwy McCatchGame. Challenge them to improve from the previous try, or to try a new piece of equipment.

Group Activity



Tails

Every participant starts with a tail tucked into their side. The goal is to steal someone's tail before they can steal yours. Once you've stolen a tail, take a knee to tuck it in so that people know you're off limits for that moment. If you're down to no tails, you're not out of the game. The goal is to finish with as many tails as possible, but there is no definitive ending to the game (play for 5-10 minutes as it is tiring).



Use a larger space to make the game a little more exhausting. A smaller space makes it more agility focused.



To make tails easier to grab, ensure they are hanging to the knee and that players are not blocking their tail

Group Activity



Team Ball Tag

A game that builds off of Team 11 pass. Two people with pinnies are "it". They try to touch others with a ball, all within an allotted space. Players cannot move their feet when holding the ball; they can only pass to other people wearing pinnies. If a player is tagged they put on a pinnie and join the taggers team. Use a smaller playing space and increase the size as kids get good at the game. Encourage kids to work together to build a strategy to tag everyone.



Larger space (harder for taggers). Smaller space (harder for runners). To make make it even easier on taggers, allow players to roll or bounce the ball.



Larger ball makes tagging easier. Enclose the space more if taggers are having trouble tagging anyone - or add a third or fourth tagger to start.