



You'll need: Birdies, Scarves, beanbags,

● cones, skipping ropes, foam balls, hula hoops,

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

Energizer



Birdie Stack

Split the group into pairs and give each pair 5 birdies. One player will throw the birdies to the other, who must try to catch them. Once caught, the birdie must be held in the catching hand and all following catches must be made inside the previous birdie, to try and stack them. Have partners switch roles once all birdies have been thrown



Skill Practice



Mini Parachutes

In pairs, players will hold a juggling scarf between them at the corners. Place an object in the middle of the scarf and try to throw and catch it. Try to propel the item as high in to the air as possible before catching it again.



Hoop Moves

Spread items (balls, beanbags, hoops, cones, etc) around the play space. In pairs, give the students two skipping ropes to hold. The pairs have to hold their skipping ropes and pick up the items with it before taking them back to a collection point.

Group Activity



Turnstyle

Split the group into teams of 6 or 7. Each team receives a long skipping rope (or two ropes tied together). Two players are responsible for turning the ropes, while the additional players must run through the rope each time it comes around. Once they make it through, players must run back around and join the line again to see how many they can get in a row.

Progressions and Modifications

Birdie Stack

- Have the throwing player use a racquet to launch to birdie instead of throwing it. This can be a good introductory activity to a racquet sport lesson as well
- Have the catching player try to catch with their non-dominant hand
- Have the catching player hold the birdy stack only by the bottom birdy. This will allow the stack to wiggle and be unstable while trying to catch
- Add more birdies and have the catching player try and create a stack in each hand

Mini Parachutes

- Allow the pairs to switch out their object as they'd like. Heavier objects, such as a beanbag, may be easier to catch than lighter objects, such as a foam ball or whiffle ball
- Have the pairs group up and try throwing the object back and forth to each other
- Group up 3+ pairs and do a passing relay across the gym. Groups will line up with their pairs on one end of the gym. The pair at the rear will have the object and pass it to the next pair in their group. After successfully passing the object, they'll move to the front of the group and get ready to receive the object from the next pair.

Hoop Moves

- Provide each pair with a home base and have a competition to collect the most items.
- Give items different points based on the difficulty level to pick up. Try to compete for the most points.
- Create obstacles such as hurdles or tunnels for to move over or around when travelling with the item.
- Tell the players they can only squat or lunge when trying to get lower to pick up the item.
- Have the players close their eyes/wear blackout shades and have a third person direct their movements to pick up the item.

Turnstyle

- Have all players pair up and try to run through each pass together, or have all players try to run through on the same pass
- Challenge players to see how many runs they can get without missing a pass
- Have the rope holders swing the rope away from the group. This will make timing more challenging for the runners