

Location	Rhythm	Nutrition	Equipment
In/Out	No	No	10 balls, cones/poly spots if outdoors

## Get Ready:

- The indoor version of this game is best played with a smaller group of students (15 or fewer). Bigger groups can play outdoors.
- Create a small obstacle course by rearranging desks or chairs. If playing outside, create one or more obstacle courses using playground equipment and/or cones and poly spots.

**Note:** Any ball that can be rolled, tossed, or kicked safely can be used! Large, light balls (i.e. beach balls) are classroom-safe and easier to grip, while harder (i.e. soccer balls) and smaller (i.e. baseballs) balls provide more of a challenge and are best used outdoors.

## Directions:

- In this activity, each student will try to **roll their ball through the obstacle course using their hands.**
- Form a line at the beginning of the obstacle course. The first person in the line will begin **rolling their ball** through the course.
- When the first person finishes the course, they should give their ball to the next person in line.

**Note:** The teacher may need to tell students when to go to avoid a pile up.

- Encourage students to **dance, jump, do sit-ups, push-ups, wall sits, or balance on one leg** while waiting for their turn.

## Tips:

- Have students **move the ball with different body parts** or **move in different directions (e.g., sideways, backwards)** to keep the game interesting and work on different movement skills.
- Have students complete the obstacle course while **tossing the ball and catching it as they move.** They can toss very high if they have strong skills, or do a very small toss if skills are developing.
- Use a pool noodle, yard stick, or similar shaped object to assist students with limited mobility.

## Standard Connections

### Did You Know?

- Movements that require you **to move multiple body parts through different patterns** help to build **coordination.** Building **coordination** helps you do complex movements more easily—like playing baseball or tennis, or playing the piano or the guitar!

### Show and Tell!

- ✓ *Tell me* one activity you like to do that you think might help you build **coordination!**
- Note:** **Coordination** building activities involve doing multiple things at once. *Juggling, throwing and catching, balancing on different surfaces, playing hopscotch, and doing obstacle courses like we did in today's activity are all examples.*
- ✓ *Show me* a dance move that requires **coordination!**

### Try This at Home:

- Make an obstacle course at home with at least 5 obstacles! Ask for help so that you only use obstacles that are okay to use. Do it inside or outside!

