

AT HOME RESOURCES



These high energy activities incorporate fundamental movement skills and can be played in your living room or a large play area.

Drop It, Catch It (3 or more players)

Equipment:

A soft ball (The size of the ball depends on the age of the players; the smaller the players, the bigger the ball)

Instructions:

1. Starting with a soft ball, position yourself with enough space to catch or drop a ball.
2. One person is control of the ball and is the caller.
3. The caller will throw the ball to others playing the game.
4. The caller must say "drop it" or "catch it" before tossing the ball to the other players.
5. The player receiving the toss must do the opposite of what is being asked of them. the caller says, "drop it" the person receiving the ball must "catch it" and vice versa.
6. If the person receiving the ball does the wrong action, they become the new caller.



Lava

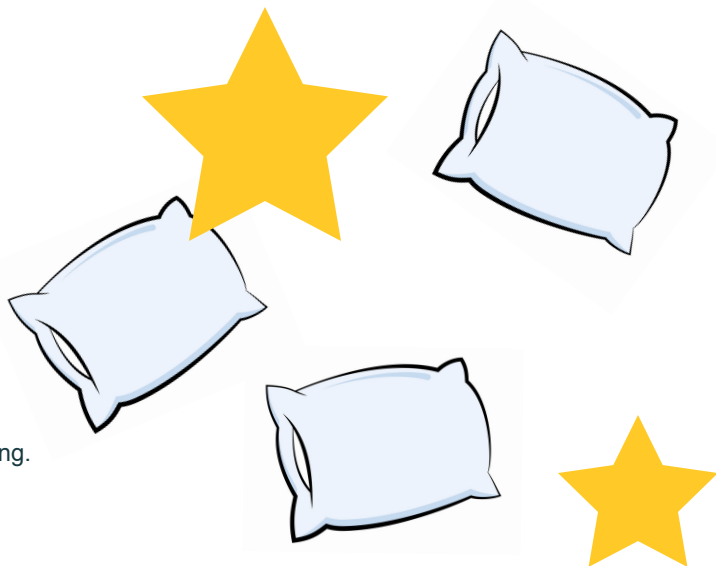
Equipment:

- 3 pillows
- 2 blankets
- Painter's tape

Instructions:

1. Start by standing on a blanket and completing 5 jumping jacks
2. Jump to a pillow without touching the floor (lava)
3. Jump to another pillow without touching the floor
4. Jump to a blanket and complete 5 jumping jacks
5. Jump to the last pillow without touching the floor
6. Repeat the course

Participants can also use painters tape as a balance beam instead of jumping.



ST. JOHN'S