

Moving: Week 1

INSIDE: Pong Race:

Need:

20 plastic/paper cups

2 ping pong balls

Set Up:

On a table, make two rows of cups, left to right, 10 cups each.

Play: for 2 players; the goal is to bounce the ball into all your cups and do it before your opponent does.

With the ping pong balls in hand, say GO.

Players then bounce the ping pong ball into the cups on their side of the table.

When your ping pong ball goes into a cup, turn that cup upside down.

The first to get all their cups turned upside down, wins.

OUTSIDE: Bottle Kick Ball:

Need:

Kick Ball

Bases

Full Bottle of Water

Set Up:

Put out the bases.

Put the bottle in the middle of the space.

Play: for as many players as you want; the goal is to play a variation on kick ball as long as you like.

Discuss the regular rules of kick ball. Pick two teams.

The variation is that instead of throwing the ball at the player to get them out, the defensive team needs to throw the ball the water bottle and tip it over.

After each out, you need to reset the bottle for the play to continue.

A few things:

You can only hit the bottle with the ball. People can not tip over the bottle.

If a kicker hits the bottle down with their kick, they are out.

Play can be very fast; make sure everyone gets a chance.

Play as many innings as you wish and keep score.

The winner is the one with the most runs.