

## Moving: Week 3

### INSIDE: Sock Darts

Need:

1 large towel, 1 hand towel, 1 wash cloth

A pair of socks for each player, roll the socks into a ball

Set Up: In a room, fold the large towel in half and set at one end of the room. Fold the hand towel and place it in the middle of the large towel. Fold the wash cloth into a small square and place it in the middle of the hand towel. Get a pair of socks that has been rolled into a ball together.

Play: 2 or more players

On one end of the room, set up the targets. On the other end, make a line where people will throw the socks at the target. Take turns.

Variations:

1. Just toss and see who gets the center.
2. Break into teams and score each toss. On the large towel = 2 points, on the hand towel = 5 points, on the wash cloth = 10 points, missing completely = 0 points.
3. Players could call out where they will land. They get 5 points if it's correct. They lose 5 points if it's wrong.
4. Just toss and leave the socks there. The closest to the winner of that round.
5. Set up an on going tournament and play as pairs until a final round between the two best. Give a dq to the winner.

### OUTSIDE: Noodle Balloon Game

Need:

A Pool Noodle for each player (you might cut a full noodle in ½)

Balloons

Optional: Cloths Basket

Set Up: Blow up some balloons. Optional: Set out a Cloths Basket

Play: 1 to 100 players (need noodles and balloons for all.)

Game 1: Everyone has a noodle and there is one balloon. The goal is to keep the balloon in the air. Only one hit per person. Count how many times you can keep the balloon in the air.

Game 2: Everyone has a noodle and each have their own balloon. The goal is to be the one who keeps your balloon in the air the longest. Say go and all try to keep their balloon in the air.

Game 3: Everyone has a noodle and there is one balloon. Set out a clothes basket in the middle of the group. The goal is to hit the balloon into the basket together. Only one hit per person.

Create your own games and play hard, play fair, nobody hurt.