ACTIVITY IDEAS
From Robin Olberding
Heartland AEA 11

1. TWISTER-
   a. play as a regular game
   b. bean bag toss onto colors
   c. draw a colored card and either touch the spot or toss the beanbag onto the correct color.
   d. Match a variety of objects to each color - can do this as a relay

2. BEACH BALL-
   a. toss and catch
   b. hit with hand to one another (volleyball)
   c. push to each other

3. MINI-BASKETBALL-
   a. drop and catch to self
   b. bounce in succession (cue: push, push). Each time the ball comes up, push it back down
   c. bounce and catch with partner
   d. toss to self and catch
   e. toss and catch with partner

4. SOCKEY STICKS-
   a. push a ball from one spot to another
   b. hit a small ball back and forth to each other
   c. play Hockey

5. BALLOONS-
   a. toss and catch
   b. hit with hands and keep up in the air
   c. hit with different body parts
   d. kick
   e. count how many times they can keep it up in the air
   f. hit with fly swatters

6. YARN BALLS-
   a. throw to a target (box, hoop, trash can)
   b. toss and catch with partner