

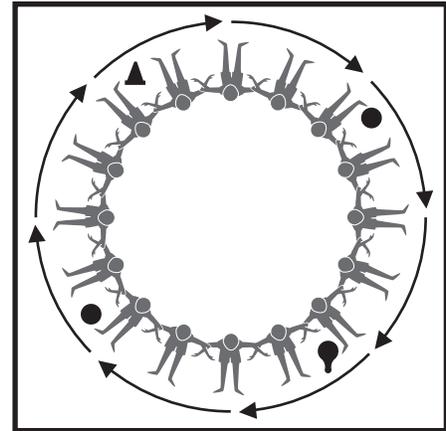


## Ready...

- 1 piece of equipment per 4 students. (Choose larger-sized, light pieces such as cones, utility balls, paddles, etc.)

## Set...

- Students sitting in a circle, facing out. Elbows hooked with neighbors.
- Put 1 piece of equipment in front of every 4th student around the circle.



## GO!

1. The object is to move all pieces of equipment around the circle without using hands.
2. On signal, pass the equipment around the circle (clockwise) with your legs and feet. Try to pass the equipment without letting it touch the ground.

### CHALLENGES

- ★ Can you move the equipment around the circle without allowing it to touch the ground?
- ★ Each of you has 5 seconds to pass the object. Referee yourself and count when you receive the object. Do 5 sit-ups if you take longer than 5 seconds.

### CUES

- ★ Use your abdominal muscles to keep your feet off the ground.
- ★ Work together and help each other.

## ★ Odds and Evens

Pass the equipment to every other student around the circle. (Odds pass to odds, evens pass to evens.)

## ★ Teeny Weeny Beanie

Pass small objects (e.g., beanbags, yarnballs, tennis balls, juggling scarves).

## ★ Caterpillar Pass

Groups of 5 in a line, 1 object per group. The line leader uses feet to pass object to 2nd person, then crab walks to the end of the line. The 2nd person passes to the 3rd, then crab walks, etc. (*Caterpillar line moves towards a designated destination.*)



## HOME

**Rumor has it there was a guy who could make a sandwich with just his feet. Yuck! Don't try it at home. He was a trained professional. But here's an idea: While you are watching TV, work your abdominals, and try passing around towels, paper plates, magazines and other lightweight items with your feet. Stay away from your brother's stinky socks, though. Double yuck!**

### STANDARDS ADDRESSED

#### ● NASPE

#1 Body awareness/object manipulation

#2 Problem-solving

#5, 6 Cooperation and communication

**Your State** (Write in here)

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### TONY'S TIPS

- Place stronger students at every other spot marker to help.
- Modify the pieces to pass, if most are struggling with the task.
- Two Circles: If there are more than 30 students, create 2 or more smaller circles.

### NOTES

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