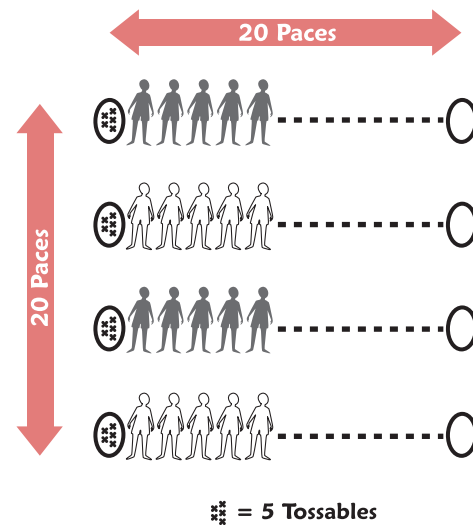


## Ready...

- 1 tossable per student
- 2 hoops per group of 5 students

## Set...

- Create medium (20X20 paces) activity area. Place 2 hoops on opposite sidelines for each group of 5.
- Create groups of 5; standing in a file line at 1 hoop. The line moves toward the hoop on the opposite sideline.
- Fill hoops at this end with 5 tossables.



## GO!

1. The object is to move the tossables from your hoop to the one on the opposite sideline.
2. You do that by passing it down your line in centipede fashion, where all are in a line facing the filled hoop.
3. The 1st in line grabs the tossable and hands it overhead to 2nd in line. The 2nd in line takes it and hands it between legs to the 3rd in line. Third in line hands it overhead. Fourth between the legs, and so forth.
4. As soon as you have passed the tossable, run to the other end of your line and wait to receive it.
5. Continue until you reach the opposite sideline with the tossable. Drop it in, and the whole group runs back to the other hoop and repeats until all the tossables are out of their hoop.
6. When finished, your group moves around the perimeter, moving 1 tossable in centipede fashion.

### CHALLENGES

- ★ Can you move the tossables without dropping them even once?
- ★ How quickly can you remove your tossables from your hoop?

### CUES

- ★ As soon as you hand off the tossables, run to the end of your line.
- ★ It's not a race. Focus on working together well.



## Toss

Stand shoulder to shoulder in your lines. Use an underhand toss to pass the tossable from person to person.



## Animal Walks

Rather than running, move to the end of your line using X (call out various animal walks, such as bear walk, crab walk, 3-legged dog, etc.)



## Fitness Add-On

Before you move to the end of your line, do 2 push-ups (or name any fitness exercise).



## ACADEMIC

**Social Studies** - A brigade is a group organized for a specific task. Before modern fire equipment, fires could quickly destroy a village or a large city. The 1666 Great Fire of London destroyed 13,200 homes, 88 churches, and 100s of buildings. "Rattle Watchers" rattled an alarm to call for community help. Water-filled buckets were passed down a line of men to the fire and returned empty by a line of women and boys.

### STANDARDS ADDRESSED

#### NASPE

#1, 2 Spatial awareness, manipulation of tossables

#3, 4 Cardiovascular endurance

- #5, 6 Cooperation, accepting challenges

**Your State** (Write in here)

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### PAULA'S POINTERS

- Bring hoops closer together for groups falling behind.
- Throw in some fun tossables like veggie beanbags, Koosh® balls, etc.
- Encourage groups to work together.

### NOTES

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