



Ready...

- 1 beanbag (or anything “grabable”) per 2 students
- Music and player

Set...

- Students in pairs, sitting cross-legged on floor, facing each other, hands on knees.
- Place beanbag between each pair.

GO!

1. The object of the game is to grab the “apple” (beanbag) before your partner.
2. The music will play, and when it stops, try to grab the apple before your partner. I'll give you different things to do while the music plays.
3. First, hands on knees! When the music stops, grab the apple!
4. Now, try with your hands on shoulders.
5. *(Try with other challenging ways to grab the apple and be in ready position.)*
 - Lay back, knees bent, like a sit-up position. Can you do a sit-up to the beat of the music?
 - Can you start in push-up position?
 - Can you lift a back leg while in push-up position to the beat of the music?
 - Can you lift each hand in push-up position to the beat of the music?
 - Can you think of another way to start?

*SPARK™ IT UP!

*Push-up Hockey

While both are in push-up position, facing each other, try to score a goal by sliding the beanbag between your partner's hands.