



Foam jool bong (weapons)

1. Spins 1a-d stationary
2. Show Spins 1a and b and then throw a small plastic ball to them and then they have to hit the ball with jool bong
3. Relay race and they spin 1a as they run to the end and back

Goals

Improve coordination

Improve spinning and spacial awareness

Improve multitasking

Specifications

For activity 3 instructor run alongside and help if nessercary



For activity 2 have 2 groups and an instructor goes with each have the two groups facing the curtain side by side