

Skee-Ball

Watch this activity demo on  YouTube 

The Goal:

Score as many points as you can in 3 rounds of play.

What You Need:

5 bins or targets (various sizes), 3 fluff balls (or sock balls)

How To Play:

- Arrange 5 targets close together. Assign a point value (1-5) for each. (Targets can be plasticware, buckets, laundry baskets, or even paper plates.)
- Stand 5-10 paces away. Use an underhand throw to toss each fluff ball towards the targets. Record your score.
- Play three rounds. When finished, add each score to calculate a grand total.



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Pillowcase Race

Watch this activity demo on  YouTube 

The Goal:

Complete the Pillowcase Race as fast as you can!

What You Need:

Pillowcase, 2 Cones (or spots), Timer

How To Play:

- Set 2 cones or spots 10-15 paces apart.
- Start at one cone with both feet inside the pillowcase.
- On the start signal, hop down and around the far cone to finish at the cone where you started.
- Race against the clock or against friends.
- Have a lot of friends? Make it a relay!



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Hot Potato

Watch this activity demo on  YouTube 

The Goal:

Have the lowest score possible by NOT being the player holding the “Hot Potato” when the music stops.

What You Need:

Any Tossable Object, Music and Music Player

How To Play:

- Stand facing a partner. Or, form a circle with friends.
- When the music starts, pass the tossable (e.g. bean bag, foam ball, sock ball).
- When the music stops, the player holding the object receives a point.
- When the music plays again, repeat the process.
- The objective is to have the LOWEST score at the end of the activity.



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Bag Toss

Watch this activity demo on  YouTube 

The Goal:

Toss a bean bag into a hula hoop to score points.

What You Need:

1 Hula Hoop, 2 Spots, 6 Bean Bags (3 of one color and 3 of a different color)

How To Play:

- Place a hula hoop on the ground. Put the spot in the center of the hoop. Put another spot marker approximately 10 paces away from the target you created.
- This game is best played against a partner, but you can also play alone.
- Take turns tossing one bean bag at a time towards the target.
- Scoring:
Inside Hoop = 1 point, Touching Hoop = 2 points, Touching Spot = 3 points



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Tic-Tac Whoa!

Watch this activity demo on  YouTube 

The Goal:

To be the first player to get 3 bean bags in a row (row, column, or diagonal).

What You Need:

9 Hula Hoops (or spots), 2 Bean Bags, Spots (5 of 1 color & 5 of a different color)

How To Play:

- Make a tic-tac-toe board by placing the 9 hoops in 3 equal rows of 3 (3X3).
- Stand with a partner 10-15 paces away. Assign each team a spot color.
- Player 1 tosses his/her bean bag. If the bean bag lands in an empty hoop, then that player will move to the hoop and place a spot inside the hoop, collect the bean bag, and then run back to the start.
- Now it is time for Player 2 to have a turn.
- Continue until someone gets three spots in a row (row, column, or diagonal).

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