

OPEN[®]

Winning Wellness Cards

GameDay

GameDay

SWITCH

Set-Up:

- Create 1 activity area per 12 students with a target in the center of each area.
- Use spot markers to create a shooting circle 6-8 feet from target. This delineates the offensive area (outside of the spots) and the defensive area (inside the spots).
- Create teams of 6 students. One team begins inside the spots on offense and one team begins outside the spots on defense.
- One team will begin with pinnies or colored wristbands to identify their team.

How to Play:

- It's Game Day! This Physical Health activity is called Switch. The object of the game is for the offense to score a goal. Three passes must be made before a shot is taken at the target.
- When a goal is scored or an interception is made (defense gains possession), players yell "SWITCH!" On this signal, teams switch positions; offense becomes defense and defense becomes offense. But remember, play doesn't stop while players rotate in/out so you will need to move quickly and be ready!
- Defensive teams must stay inside the spot markers but may move throughout the defensive area. Offense must stay outside spot markers but may move throughout the offensive area. If a player breaks this rule 3 times, she/he must sit out for 1 minute while the other team has a Power Play.
- Continue play until you hear the stop signal.

Physical Health Game-Day Fact:

- Sometimes you face a challenge that will require more than what you can give – mentally, emotionally, and/or physically. Appreciative humility unlocks the help you need and allows you to grow and expand through the support of others. Remember, it's okay to ask for help! So, when you find an activity or task challenging, don't let your ego prevent you from opening yourself up to incredible support, help, and encouragement from others.

