

OPEN[®]

Winning Wellness Cards

GameDay

GameDay

TOSS 3

Set-Up:

- Create a large activity space using 4 cones to mark boundaries.
- Create pairs of students.
- Scatter pairs of students throughout activity area. Each pair with a ball.

How to Play:

- It's Game Day! This Physical Health activity is called Toss 3. We are going to focus on creating open space while tossing and catching with a partner.
- The object of Toss 3 is to work with as many different classmates as you can while the music is playing. When the music starts, the partner with the ball will begin with a toss. Each pair will make 3 tosses. The partner who now has the ball will travel and find a new partner who does not have a ball.
- You continue to find a new partner after each set of 3 passes.
- We are now going to play Toss 3 using some other skills. For the next few rounds, instead of tossing and catching we will move the ball to our partner using other sport skills.
 - Use Soccer passes. Can be continuous passes or you can trap the ball before passing it back.
 - Use Volleyball forearm passes (bump). Can be continuous bumps or you can catch the ball before passing it back.
- You will continue to find a new partner after 3 passes or bumps.
- When the music stops be ready for the next set of instructions.

Physical Health Game-Day Fact:

- Everyone has something to teach you if you're open to learning. What does it mean to be coachable? There are four keys to unlocking coachability: 1) Listen when someone is helping you; 2) The people helping you want what's best for you and want you to succeed; 3) Do not make excuses; and 4) Ask questions and be curious. Be coachable and use it as your superpower!



Physical Health Card