



Back to school theme week games

Theme week- back to school

Warm up-10 min

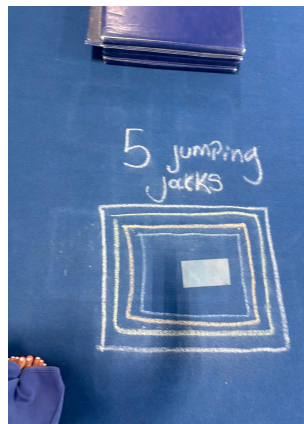
Conditioning-5 min

- Who can hold a wall sit the longest, handstand, plank, ect.
- Climbed rope the highest
- Or normal conditioning

Games-4 games each game 10 min

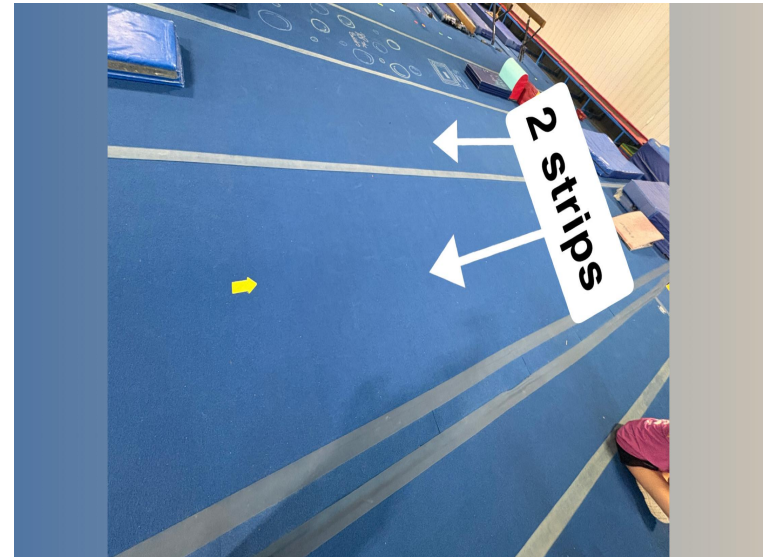
1. Obstacle course
2. Floor is lava
3. Simon says
4. Pass the ball with feet

Obstacle course



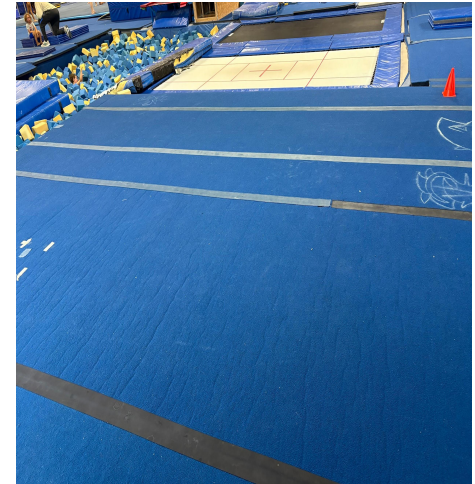
Floor is lava

Next to obstacle course- add different type of mats all over floor, make room between them so kids can jump to different mats, grab cones and place them on mat you don't want kids to jump on to make it more difficult, if there is more than one kid on the mat when you say stop, they are out.



Simon says

Split the tumbling floor in half and use one half for simon says other half for pass the ball game, for simon says you will line the kids up and tell them things like “simon says do 10 sit ups last person to finish loses” or “simon says do forward rolls to end end of the floor first person there wins”



Pass the ball

Sit in a circle and start with one block pass it with feet only, if someone drops the block or their feet touch the floor they are out, add a block when you think it's time to make it harder.

