



# Catch the Skeleton

**Physical activity links** Muscular control, motor planning, spatial awareness, kicking skills, proprioceptive skills, visual tracking

**Language/literacy links** Co-operation, counting

**Equipment** As many balls as possible (can be different sizes or the same), one with a picture of a skeleton taped on.

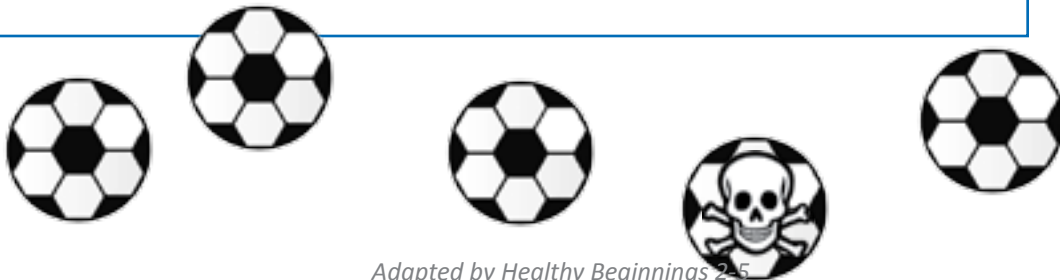
**Where** Outdoors or indoors

## Let's play

1. Spread balls out on the floor.
2. Divide the group into two teams, one on either side of the room.
3. Using **ONLY YOUR FEET**, and with the balls **ON THE GROUND AT ALL TIMES**, you will try and push all the balls to the other team's side, while the other team tries to do the same to you.
4. On go, the game begins.
5. At the end, count the balls and see which team has the skeleton.

## Try this way

- Having the skeleton can be either good or bad, or the skeleton can be removed altogether with the goal to have the least amount of balls possible.
- Adapt for the seasons. Swap the skeleton for an Easter bunny or the main character in a book the class is reading.



Adapted by Healthy Beginnings 2-5