

Power Skills



Cooperative and Teamwork Challenges

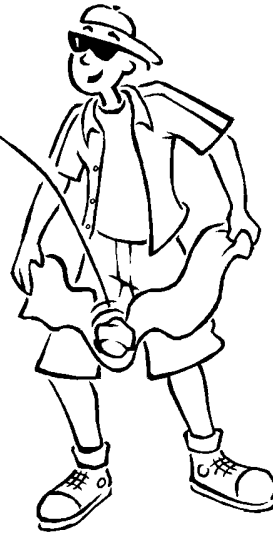
Team Games and Fair Play

TOWEL CATCH



Ready

- The object of the game is to use the towel to send the ball (sock ball or tennis ball) to your partner.
- Invite a friend to play.
- Each player gets a towel.
- Hold the towel loosely between your hands at waist height.



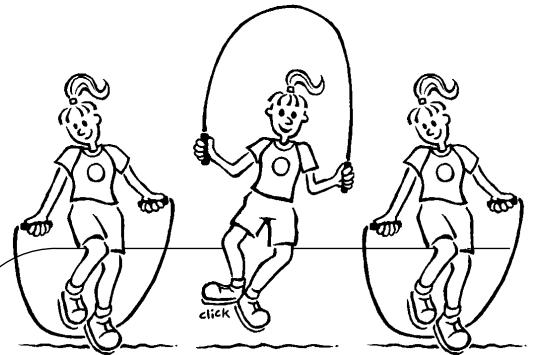
Set!

- Ask your partner to place the ball in the middle of the towel.
- Pull your hands apart quickly.
- Snap! Just like a trampoline the towel shoots the ball through the air.

GO!

- Work together to perfect your skill.
- How far can you snap the ball?
- Can you catch the ball using the towel before it bounces?
- What effect does a bigger towel have on snapping and catching the ball?
- Can you make up a towel catch game for partners?

Send us your ideas for towel games at HeartHealthyKids@hsf.on.ca



Skipping for Fun and Fitness

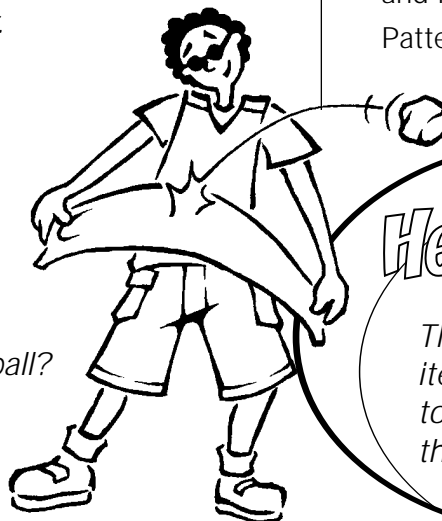
Heel Click

Start with the skipping action first - jump twice on your right foot, then twice on your left in a 'swaying' action.

Click Away!

Jump on your left foot, then jump and click heels to the right side, land on your left foot. Then jump on your right foot, click heels to the left side and land on your right foot.

Pattern - "left click left, right click right..."



Heart Leaders!

Think of other household items that you can use to send and receive the ball safely.

