

# Tecumseh's Family in motion™ Playbook



**SWARG**  
South West Area Recreation Guild  
Chatham-Kent    Sarria-Lambton    Windsor-Essex



## What is in motion™?

The national *in motion*™ brand was brought to our Windsor-Essex County region by the South West Area Recreation Guild (SWARG) in 2008. SWARG is a collective action of community partners that encourages a “culture of physical activity” in the Southwestern Ontario region in the tri-county area: Windsor-Essex County, Chatham-Kent, Sarnia-Lambton.

Windsor-Essex Communities *in motion*™ (W-E CIM) is a comprehensive, community-wide health promotion strategy. It was launched to create “a culture of physical activity” in Windsor-Essex County. W-E CIM continues to breed success because of the strength and commitment of its community partnerships. For more information about SWARG and W-E CIM, visit our website at [www.swarginmotion.com](http://www.swarginmotion.com).

## What is Physical Literacy?

Just as children learn language skills through reading and writing, they also need to learn movement skills through playing and trying new things. By mastering fundamental movement skills, children will find it easier to learn fundamental sport skills. The combination of these two types of skills forms the basis of physical literacy and opens the door to new sports and physical activities.

## About this Playbook

Sponsored by Windsor-Essex Communities *in motion*™ and Essex Power Corporation, the contents of this Family Kit have been carefully chosen with a wide range of fundamental movement and sports skills in mind. Most games are best suited to a large space or outdoors.

Have fun as a family using the equipment and games provided. Make up your own games, or just play freely with the items. The skills emphasized in the kit include: balance, coordination, speed, running, catching, jumping, skipping, galloping, and throwing. In addition, this kit emphasizes the development of fundamental sports skills including: aim, accuracy, and stability.

*If using the contents of this kit to perform activities with individuals outside your household, please ensure all COVID-19 guidelines are followed. For more information on provincial guidelines, please visit <https://covid-19.ontario.ca/>.*

## Activity #1 – Bean Bag Toss

### Equipment:

- 2 skipping ropes
- 1 Frisbee
- 2 bean bags

### Fundamental Sports Skills:

- Throwing
- Aim
- Accuracy

### Skill Level:

- Beginner

### Number of Players:

- 1 or more  
(you could challenge yourself!)

### How to Play:

1. Place a Frisbee on the ground
2. Use a skipping rope to form a circle on the ground around the Frisbee
3. Select a line 5 paces away from the Frisbee and mark it on the ground using a skipping rope
4. The player takes the bean bags and stands behind the line to throw them, aiming at the Frisbee
5. The player scores 1 point for every bean bag that lands within the skipping rope circle and 2 points for hitting the Frisbee
6. After each player's turn (2 throws), the player either jumps, hops, skips or gallops to retrieve the bean bags before the next player's turn
  - a. Hint: a jump is bigger than a hop and a hop is smaller than a jump!
  - b. To skip, hop on your right foot while raising your left knee, then alternate legs as you move forward.
  - c. To gallop, take a step with one foot in front of the other (left or right; you decide!) and then let your back foot join the front before stepping forward again with the same foot in front. Try moving faster once you get the hang of it. Hint: if you're doing it right, you should feel like a horse!
7. Play as a game with one or more players. The first one who is able to score a perfect 21 points is the winner.

**Challenge:**

- Speed: who can score the most points in a specified amount of time?
- Distance: try the game again with the marker 10 paces away from the Frisbee

**Discuss:**

What happens to your accuracy when you throw from different distances?  
What happens when you try and go faster?

## Activity #2 – Pass Ball

### Equipment:

- 2 skipping ropes
- 1 tennis ball

### Fundamental Sports Skills:

- Throwing
- Scoring Goals

### Skill Level:

- Intermediate

### Number of Players:

- 6-8

### How to Play:

1. Decide on a playing area and place skipping ropes at either end of the playing area in a line on the ground to mark the "goal" area
2. Each team begins by standing on their half of the playing area and with one of their players standing in the opposite end's "goal" area
3. One team starts with the ball and passes the ball to teammates to move the ball up the playing area, with the goal of reaching their own player with the ball, who is standing in the "goal" area
4. Players must pass the ball within 3 seconds and are only allowed to take 3 steps with the ball before they must pass it. The players can choose either an overhand or underhand throw
5. Once the team is successful in getting the ball to the player in the "goal" area, switch players in the "goal" area and let the other team begin with the ball

### Challenge:

- Use more than one tennis ball in the game
- Try bouncing the ball in between passes

### Discuss:

What types of communication did you use to make your team successful?  
What strategies were helpful to get the ball to the person in the "goal" area?

## Activity #3 – Tail Chase

### Equipment:

- 2-4 scarves or streamers (whatever you have available at home)

### Skill Level:

- Beginner

### Fundamental Sports Skills:

- Dodging
- Gaining Possession

### Number of Players:

- 2+ (in partners or singles)

### How to Play:

1. Each player puts one or two of the scarves/streamers in the back of their pants. If using two scarves, space them evenly apart. These are the tails.
2. One person counts down from ten to begin the game.
3. The goal of the game is to take the tail from your opponent(s).
4. When an individual has lost all their tails, the tails are returned and the game is played again.
5. Count how many times the tail can be removed in a certain period of time.
6. There is no body contact allowed.

### Challenge:

- Add more players to the game
- Play the same game as outlined above, but give each player a ball to dribble while playing

### Discuss:

What strategies were successful when trying to get your partners tail?  
How did it impact your game to have more players and/or a ball to dribble?

## Activity #4 – Pickle in the Middle

### Equipment:

- 1 ball or beanbag
- 1 Frisbee

### Fundamental Sports Skills:

- Throwing
- Gaining possession

### Skill Level:

- Intermediate

### Number of Players:

- Groups of 4

### How to Play:

1. Groups form a triangle with one player in the middle
2. Players try to complete passes without dropping the ball/beanbag or having the player in the middle intercept the pass
3. If the ball/beanbag is dropped or if the player in the middle intercepts the ball, the thrower and person in the middle change places
4. Switch roles after 5 complete passes
5. The player in the middle may not grab the ball from the opponent's hand

### Challenge:

- Decrease the playing area to make it more difficult
- Try the same game using a Frisbee

### Discuss:

Teamwork is an important life skill! How was teamwork important in this game in order to be successful?

## Activity #5 – Mix-it-up Relay Race

### Equipment:

- 2 beanbags
- 2 skipping ropes

### Skill Level:

- Intermediate

### Fundamental Sports Skills:

- Jumping
- Throwing
- Catching
- Running

### Number of Players:

- 2-4 (teams or 1v1)

### How to Play:

1. Decide on a playing area large enough for 2 teams to compete side-by-side
2. Choose a starting line and mark it with something you have available at home (toy, paper, tape, etc.) and players will line up behind it by team
3. 10 feet from the starting line, place a skipping rope in front of each team's "lane"
4. 10 feet from the skipping rope, place a bean bag in front of each team's "lane". This will be at the end of the race (20 feet from the start).
5. After someone yells "go!" players will leave the starting line and crab walk until they reach the skipping rope
  - a. To crab walk, sit on the ground and with bent knees, put your feet flat on the floor in front of you, then lean back on your hands with your fingers facing your feet. Lift up your bottom, using your hips so your body almost looks like a table. Shuffle your hands and feet to walk while keeping your bottom off the ground.
6. Once they reach the skipping rope, they will need to skip 3x before advancing
7. Racers must then side-shuffle all the way to the bean bag
  - a. To side-shuffle, turn and face the side stepping out using your foot closest to the direction you're headed, the other foot will join until your feet are together. Repeat. (Hint: When moving fast, it should feel like you're galloping like a horse!)
8. Once they reach the bean bag, they will throw it up in the air as high as

- they can so that they can quickly spin around before catching it again
9. Once they've caught their bean bag, they'll put it back on the ground where they found it and run back to the starting line to tag their next teammate
  10. Each player takes a turn until all members of your team have completed it. The first team finished wins!

### Challenge:

- Instead of running back to the start line, try hopping on one foot!
- Get creative! Switch up the relay by changing how you get from place to place. Try jumping, crawling, somersaults, etc.
  - To do a somersault, crouch down and place your hands on the floor, then put your head down on the floor in between your hands, tilt forward and let your body roll over onto your back, continuing until landing on your feet again. Practice on a soft surface like the carpet or a pillow!
- Play on your own and time yourself. Can you beat your fastest time?

### Discuss:

Which part of the relay was the most challenging for you?  
Did you cheer on your teammate when it was their turn? How did encouragement affect their results?

## Activity #6 – Guess My Number

### Equipment:

- None

### Skill Level:

- Beginner

### Fundamental Sports Skills:

- Running
- Dodging

### Number of Players:

- 4 or more

### How to Play:

1. Choose a "home base"
2. Choose someone to be "It" – "It" picks a number between 1 and 20 and keeps it a secret from the others
3. The other players form a circle around "It" (about 3 feet away from "It" and 10 to 15 feet away from "home base"). "It" closes their eyes.
4. The players walk around "It" clapping and counting out loud
5. When they get to the number that "It" chose, "It" opens their eyes and chases the group to "home base" trying to tag someone.
6. If "It" tags someone, they become the new "It"

### Challenge:

- Choose a new "home base" farther away
- Add your own rules to make it trickier (e.g. everyone has to hop on one foot!)

### Discuss:

Aerobic exercise is good for our heart!  
After 5 rounds, place your hand over your heart. What do you notice?

## Activity #7 – Sevens

### Equipment:

- High wall (no windows)
- Tennis ball

### Fundamental Sports Skills:

- Throwing
- Catching

### Skill Level:

- Intermediate

### Number of Players:

- 1 or more

### How to Play:

1. Draw a line about 5 feet from the wall and stand behind it. Begin with "onesies"

Onesies: Throw the ball against the wall and catch it

Twosies: Throw the ball against the wall, let it bounce in front of the line and catch it. Repeat.

Threesies: Throw the ball against the wall and clap before your catch it. Repeat this two more times.

Foursies: Throw the ball against the wall, spin around and catch it after the first bounce. Repeat this three times, changing direction of your spin each time.

Fivesies: Throw the ball against the wall, clap twice behind your back and catch it. Repeat this four times.

Sixies: Throw the ball against the wall, get down in a push-up position, then jump up and catch the ball after the first bounce. Repeat five times.

Sevensies: Throw the ball against the wall, clap your hands once in front and once in back, before catching the ball. Repeat this six times.

2. Earn one point for each step and repetition. A perfect score (no mistakes) is 25 points. Try to beat your high score or compete against others!

### Challenge:

- Give yourself a time limit

### Discuss:

Did your score change once you were timed?

## Activity #8 – Hamburger Haven

### Equipment:

- 1 tennis ball per team
- 1 Frisbee per team

### Fundamental Sports Skills:

- Balance
- Jumping

### Skill Level:

- Intermediate

### Number of Players:

- 2-4 (teams or 1v1)

### How to Play:

1. Select two boundary lines
2. Each team lines up behind one line
3. Place "hamburger" (ball) on "tray" (Frisbee)
4. The first person in each team carries the "tray" to the second boundary line. If the "hamburger" falls off the tray, that person does 3 jumping jacks before continuing
  - a. To do a jumping jack, jump out with your feet apart and your arms up from your sides to form the letter "X" with your body, then jump back with your arms down and feet together to form a lower case "l"
5. When the player gets to the boundary, they turn around and return with the "tray" to their team
6. The next player in line repeats the pattern until everyone has gone
7. Make it a race to see which team will finish first

### Challenge:

- Increase the distance between the boundary lines to make it harder
- Try switching hands half-way through without dropping the "tray"!
- Try running with your "tray"

### Discuss:

What happened to your balance when you ran vs. walked?  
Which team had to do the most jumping jacks?

## Activity #9 – Slithery Snake

### Equipment:

- 1 skipping rope

### Skill Level:

- Beginner

### How to Play:

1. Have one person hold the skipping rope on the ground and wiggle it slowly or quickly depending on the age of the players
2. Players will take turns jumping over the rope without getting touched by the "snake"

### Challenge:

- Add another skipping rope to create two "snakes" and see if the players can jump over one after the other. For older players, see if they can do a super jump and make it over both snakes!
- Increase the wiggle speed to make it trickier

### Fundamental Sports Skills:

- Jumping
- Dodging

### Number of Players:

- 2 or more

### Discuss:

How many jumps in a row can you get without getting touched by the "snake"?

## Activity #10 – Helicopter

### Equipment:

- 1 skipping rope

### Fundamental Sports Skills:

- Jumping

### Skill Level:

- Beginner

### Number of Players:

- 2 or more

### How to Play:

1. All players stand in a circle around one player who is the “helicopter”
2. The “helicopter” holds the skipping rope on the ground and spins it slowly around in a circle
3. The other players have to jump over the rope each time it spins by them
4. If they touch the rope, they become the new “helicopter” and must trade places with the person in the middle

### Challenge:

- Instead of becoming the new “helicopter” when you get out, try doing 5 jumping jacks or a push up before continuing the game! Take turns being the “helicopter” after 5 rounds.
  - To do a jumping jack, jump out with your feet apart and your arms up from your sides to form the letter “X” with your body, then jump back with your arms down and feet together to form a lower case “l”
  - To do a push-up, lay on your stomach with your hands flat on the ground under your shoulders, lift up your body so that the only thing touching the ground is your hands and toes (this is called a plank position). Then, slowly lower your body towards the ground while bending your elbows until you are about 1 inch away from the ground before pressing back up into your plank position.

### Discuss:

Try working together as a team to see how many rotations you can get without anyone being touched by the rope! Were you able to beat your last record?

## Activity #11 – Bean Bag Race

### Equipment:

- 2 bean bags
- 2 skipping ropes

### Fundamental Sports Skills:

- Balance
- Running
- Walking

### Skill Level:

- Beginner

### Number of Players:

- 2 or more

### How to Play:

1. Mark a start and finish line using skipping ropes
2. Balance a bean bag on your head and race from the start to the finish line
3. If the bean bag falls off your head before you make it to the finish line, you must pick it up and go back to the start line to begin the race again
4. The first person to successfully reach the finish line without the bean bag falling is the winner

### Challenge:

- Try two bean bags on your head instead of one!
- Try the race again while balancing the bean bag on different parts of the body (e.g. shoulder, knee while hopping on one foot, etc.).

### Discuss:

Did balancing the bean bag affect your regular racing speed?

Which body part was the most difficult for the bean bag to balance on?

## Activity #12 – Frisbee Flip

### Equipment:

- 1 Frisbee
- 2 tennis balls

### Fundamental Sports Skills:

- Running
- Throwing
- Catching

### Skill Level:

- Intermediate

### Number of Players:

- 2 or more

### How to Play:

1. Players will compete in pairs
2. Divide the players into two teams – “team top” and “team bottom”
3. Determine a start area and place a Frisbee there
4. Determine a spot away from the start area (at least 10 feet away) to put a tennis ball (if more than 2 teams, put additional tennis balls in other directions but make sure they are the same distance away from the start).
5. Players will choose a partner from the opposing team
6. To begin, flip the Frisbee in the air like you were flipping a coin
7. If it lands on its top, the players from “team top” will run. If it lands on its bottom, the players from “team bottom” will run.
8. Players run to their tennis ball, pick it up and throw it to their partner at the start area, once their partner catches it they can run back to the start area and give their partner a high five
9. First pair to successfully high five at the start area will receive a point
10. The first partners to reach 7 points win the game!

### Challenge:

- Try moving the tennis balls farther away for a longer run

### Discuss:

How many times did the Frisbee land on its bottom? Were you keeping track?

## Activity #13 – Wall Ball

### Equipment:

- High wall (no windows)
- Tennis ball

### Skill Level:

- Advanced

### Fundamental Sports Skills:

- Running
- Throwing
- Catching

### Number of Players:

- 2 or more

### How to Play:

1. One player starts with the ball
2. Throw the ball against the wall and catch it after one bounce or in the air
3. If the ball hits the ground before hitting the wall, if the other player catches the ball in the air after it hits the wall, or you fumble the ball when trying to catch it, you must run and touch the wall before the other player throws the ball at the wall
4. If the player does not touch the wall before the ball hits it, the other player wins a point
5. Alternate turns after each point is scored
6. The first player to 15 points wins

### Challenge:

- Try with more players and compete as a team
- Stand farther away from the wall to make it trickier

### Discuss:

Did the game get more difficult when you added players?

## Activity #14 – Unfreeze a Friend

### Equipment:

- Bean bags

### Fundamental Sports Skills:

- Balance

### Skill Level:

- Beginner

### Number of Players:

- 2 or more

### How to Play:

1. Players place a bean bag on their head and must move around the play space while keeping their bean bag balanced
2. If the bean bag falls, the player must let it drop to the ground and freeze in place
3. Other players may help by picking the bean bag up off the ground and placing it back on the frozen player's head, while trying not to drop their own!
4. If they drop their bean bag, they must now freeze and wait for another player to unfreeze them

### Challenge:

- Start off slow and then pick up the pace to make it more challenging
- To add an aerobic element - instead of freezing, perform an exercise to get back into the game (e.g. 5 jumping jacks, star jumps, push-ups, lunges, etc.)
  - To do a jumping jack, jump out with your feet apart and your arms up from your sides to form the letter "X" with your body, then jump back with your arms down and feet together to form a lower case "l"
  - A star jump is similar to a jumping jack, except you form the letter "X" in the air before landing back down in your letter "l" position
  - To do a push-up, lay on your stomach with your hands flat on the ground under your shoulders, lift up your body so that the only thing touching the ground is your hands and toes (this is called a plank position). Then, slowly lower your body towards the ground while bending your elbows until you are about 1 inch away from the ground before pressing back up into your plank position.
  - To do a lunge, step forward with one foot and let your back foot's

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heel come off the ground. Bend both your knees at the same time until your back knee is about 1 inch away from the ground before standing back up and stepping back together with your feet. Alternate legs.

### **Discuss:**

What happened to your balancing abilities when you started to move faster?

## Activity #15 – Ball Scramble

### Equipment:

- Bean bags, balls, or stuffed animals (anything that can be thrown)
- Skipping ropes

### Skill Level:

- Beginner

### Fundamental Sports Skills:

- Throwing
- Speed

### Number of Players:

- 2 or more

### How to Play:

1. In a large playing area, lay down a skipping rope (or two) to create a center line
2. Gather as many balls, bean bags, stuffed animals and anything else that can be easily thrown and distribute the items evenly between two teams
3. Each team will stand on opposite sides of the center line and cannot cross the line into the other team's side
4. Set a timer for two minutes
5. At "Go!" players start tossing balls/items into the opposing team's side, gathering and returning any balls/items that get tossed in their own
6. When the timer sounds, everyone freezes and the round is over
7. The balls/items are counted and the team with the fewest on their side wins!
8. Play as many rounds as you like!

### Challenge:

- Try a 30 second speed round!
- Increase the size of the play area to make it more difficult

### Discuss:

What strategies did you use to make sure your team was successful?

## Activity #16 – Popcorn

### Equipment:

- Bean bag or ball

### Skill Level:

- Advanced

### Fundamental Sports Skills:

- Throwing
- Catching
- Jumping

### Number of Players:

- 3 or more

### How to Play:

1. Players stand in a circle with one bean bag or ball
2. To start, the first player jumps and throws the item underhand to another player
3. Receiving player must catch and throw the ball to another player while jumping in the air
4. This continues until either the ball is dropped, the receiving player does not catch the ball, or the throwing player does not jump while throwing

### Challenge:

- Keep count of how many times you can successfully throw and catch the bean bag or ball without it hitting the ground
- For more players, add a second throwing item to make it more difficult
- Increase the size of the circle for a greater challenge

### Discuss:

How did the game change when you increased the size of the circle and added more players and balls?

## Activity #17 – Frisbee Lawn Bowls

### Equipment:

- 1 Frisbee per player
- 1 tennis ball

### Fundamental Sports Skills:

- Throwing
- Aiming

### Skill Level:

- Intermediate

### Number of Players:

- 1 or more

### How to Play:

1. Best to be played outdoors on a flat surface
2. Someone throws a tennis ball so it lands approximately 30 feet away
3. Players will stand in a line and throw their Frisbees one at a time, with the goal of landing as close to the target (tennis ball) as possible.
4. If one of the participants manages to land their Frisbee on top of the target, they automatically win the round and receive 1 point, otherwise whoever's Frisbee is closest at the end of the round receives 1 point
5. The first player to score 5 points wins!

### Challenge:

- Play by yourself and see how close you can get to the target by measuring your distance after each throw

### Discuss:

What strategy did you use to make sure your Frisbee landed close to the target? When playing solo, were you able to beat your record?

## Activity #18 – Deck of Cards Workout

### Equipment:

- 1 deck of playing cards
- Skipping ropes

### Fundamental Sports Skills:

- Jumping
- Endurance

### Skill Level:

- Intermediate

### Number of Players:

- 1 or more

### How to Play:

1. Lay a deck of cards face down on a table and take turns flipping a card over to complete an exercise based on the card you flip:  
Hearts – Squats  
Clubs – Lunges  
Cards 2 to 10 – complete that number of reps for the assigned exercise  
Cards Jack, Queen, King – complete 20 jumping jacks  
Cards Ace, Joker – use the skipping rope to skip 10 times
2. Complete until you have made it through the entire deck!
  - a. To do a squat, stand with your feet shoulder-width apart and bend your knees while keeping your bum back. Your knees should stay over top of your feet at all times (imagine sitting on a chair). When your knees reach a 90-degree angle, stand up straight again.
  - b. To do a sit-up, lay on your back with your knees bent and your feet flat on the ground. Place your hands behind your head and use your abdominal muscles to pull your head up off the ground until you are in a sitting position and then lay back down. Make sure you don't pull on your head with your hands!
  - c. To do a jumping jack, jump out with your feet apart and your arms up from your sides to form the letter "X" with your body, then jump back with your arms down and feet together to form a lower case "l"
  - d. To do a push-up, lay on your stomach with your hands flat on the ground under your shoulders, lift up your body so that the only thing touching the ground is your hands and toes (this is called a plank position). Then, slowly lower your body towards

the ground while bending your elbows until you are about 1 inch away from the ground before pressing back up into your plank position.

- e. To do a lunge, step forward with one foot and let your back foot's heel come off the ground. Bend both your knees at the same time until your back knee is about 1 inch away from the ground before standing back up and stepping back together with your feet. Alternate legs.

### Challenge:

- Everyone's turn! Try having the whole group complete all the exercises in the deck of cards together.

### Discuss:

Which card was the most difficult to do?  
Which card was your favourite?

## Activity #19 – Plank Race

### Equipment:

- Skipping ropes

### Skill Level:

- Intermediate

### Fundamental Sports Skills:

- Running
- Core strength

### Number of Players:

- 2 or more

### How to Play:

1. Mark a start and turnaround line on the floor with skipping ropes (approximately 20 feet apart or more)
2. Players line up and get into a plank position with their hands at the start line, facing the turnaround line
  - a. To plank, lay on your stomach with your hands flat on the ground under your shoulders, lift up your body so that the only thing touching the ground is your hands and toes. Keep your body flat like a table.
3. On "Go!" everyone stands up and runs to the turnaround line before making their way back to the starting line and getting back into a plank position
4. The first player to run there and back and get back into a plank position wins!

### Challenge:

- For more of a challenge, have the person wait before saying "Go!", forcing the racers to hold their plank pose and making them less prepared for the start of the race. To make it trickier, the person can yell things other than the word "Go!", such as "Goat!" or "Gorilla!". Players must remain in their plank pose until they hear the real word, "Go!".

### Discuss:

What did you notice about your racing abilities after having to stay in your plank pose for a longer time period?

## Activity #20 – Memory Moves

### Equipment:

- Music (optional)

### Skill Level:

- Intermediate

### Fundamental Sports Skills:

- Dancing
- Balance
- Memory

### Number of Players:

- 2 or more

### How to Play:

1. Players form a circle and play some music
2. One at a time, someone will enter the middle of the circle and will perform a quick dance move of their choice before selecting the next person to enter by tapping them on the shoulder and trading places in the circle
3. The next player will need to mimic the dance moves of the last person who was in the middle, adding on their own move at the end
4. Continue the game until all players have had a turn and all dance moves have been added on
5. Anytime someone forgets a dance move or performs the moves in the incorrect order, the round starts over

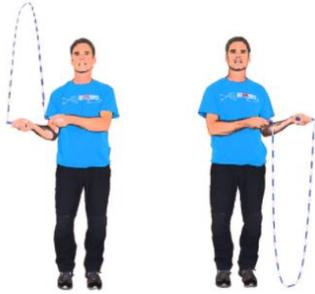
### Challenge:

- Add more players to the game to create even more dance moves that you need to remember!
- Try an infinity round where you keep taking turns and adding dance moves until someone messes up. Count to see how many you can add on before the game starts over!

### Discuss:

How many moves were you able to add on before somebody made a mistake?

## Fundamentals – Skipping



### Side Swing

1. Twirl rope to one side
2. Repeat on the opposite side
3. Twirl rope alternatively from side to side



### Double Side Swing & Jump

1. Twirl rope to left side
2. Twirl rope to right side
3. Jump over rope

### Single Side Swing & Jump

1. Twirl rope to left side
2. Jump over rope
3. Twirl rope to right side
4. Jump over rope

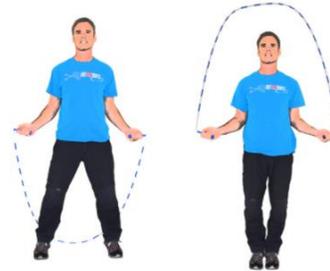


### Skier (side to side)

1. Jump left
2. Jump right

### Bell (forward and backward)

1. Jump forward
2. Jump backward



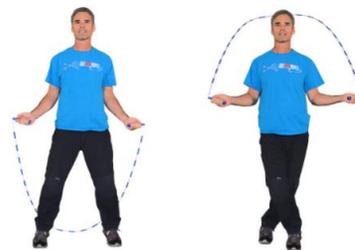
### Straddle (spread together)

1. Jump to a straddle position
2. Return to basic bounce



### Scissors

1. Jump to a stride position with left foot forward
2. Jump and reverse position of feet



### Straddle Cross

1. Jump to straddle position
2. Jump to crossed legs

## Fundamentals – Catching & Throwing



### Underhand Throw

1. Face your target
2. Arm looks like a lower case "l"
3. Swing, step, throw (always step with opposite foot)



### Frisbee Grip

1. Thumb on top
2. Fingers on the bottom



### Overhand Throw

1. Side to your target
2. Arm is an uppercase "L"
3. Step, twist, throw



### Frisbee Throw

1. Point
2. Cross
3. Step
4. Flick



### Catch

1. Reach – hands out toward the ball
2. Grab – grab the ball
3. Give – bring it into your body



### Frisbee Catch

1. Alligator Snap
2. Crab Claws

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