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Bottle - Bash Soccer

Have fun kicking and bowling at the same time!

What You Need:

- Soccer ball, play ball or any ball to kick
- 10 “pins” made of household objects: paper towel rolls, stacked toilet paper, or empty laundry detergent bottles filled part-way with water to weigh them down.



Instructions:

1. Divide players into two teams - four or more players is best
2. Line up five “pins” for each team, spacing pins two feet apart. The two rows should be at least 30 feet apart.
3. Dribble the ball with feet and pass the ball, trying to knock down opponents’ “pins”, while guarding your own. There are no boundaries, so players can attack the bottles from any direction.
4. Every time a bottle gets knocked down, the ball changes possession (stealing is also permitted). The first team to knock down all of the other team’s bottles wins.

power^{UP} SPUD!

This fun group game is a test of coordination and speed!

What You Need:

- A Soft ball

Instructions:

1. Everyone counts off and then stands with one foot on a designated base.
2. The player who is "It" throws the ball high in the air and calls out one player's number. As the other players scatter, the called player tries to grab the ball. When he or she does, he or she shouts "S", at which point the players must freeze.
3. The ball holder can take two giant steps toward any person, whom he or she then tries to hit with the ball. The target person can evade the throw by moving his or her body, but not his or her feet. If the thrower misses or if the target catches the ball, the thrower earns an S. If he or she hits the target, that person earns an S.
4. Whoever earns the letter becomes "It" and tosses the ball to start the next round. Players are eliminated once they earn S-P-U-D. The last person still in the game wins.



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Hula Hoopla

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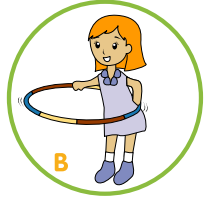
The hula hoop was big in the 1960s and “hooping” is hip again today! A great way to PowerUp! It strengthens core muscles, fosters coordination, and best of all it is fun!

Tips to get you started:

1. Choose the right hoop. Bigger and heavier hoops are better for beginners. A good rule of thumb: when held perpendicular to the ground, the hoop should come up to at least the user's belly button. Look for a heavier hoop made from 3/4 inch tubing.

2. Stand with your feet hip-width apart and one foot slightly in front of the other. Hold the hoop and practice rocking your hips from front to back. Alternatively rock with your feet parallel and rock your hips from side to side. (picture A and B)

3. Find the rhythm. Contrary to popular belief, you don't move your hips in a circle to keep a hoop spinning, it's actually a rocking motion.



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Hula Hoopla con't

4. Stand with the hoop resting against your lower back and pulled slightly toward the back foot (picture B). Rock out: quickly whip the hoop in the direction of your front foot while rocking your hips. (picture C)

5. **Listen to music.** Hooping is rhythmic in nature, so playing music with a moderately fast beat can help new hoopers master the movement!

6. **Take a break.** If your hoop is spending more time around your ankles than your hips, try hand-hooping instead: spin the hoop around your hand horizontally overhead or in a vertical position at your side.

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Family Fun Search and Scavenge!

Supplies needed:

- Paper
- Pencils or markers
- Bag (to collect items)

Explore the neighborhood!

Create your very own scavenger hunt and take a walk around the neighborhood as a family! Make it a nature hunt or a treasure hunt by placing your own “treasure” items around your home and let the kids loose to explore and discover the treasure!

Customize this activity to your very own level of difficulty: one of the easiest ways to do this could be to create a list of things in your neighborhood that would be simple to spot or pick up on your walk. Some examples include: acorn, squirrel, the letter “B”, pine tree, goose, blue bird, maple leaf, twig, frog, etc. Another way to set up the hunt could be a “bingo” board with each item in its own box. The first one to get a bingo wins a prize!

You can do the activity described above anywhere! Why not take an adventure and explore a local park?

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Family Fun Search and Scavenge!

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Example "bingo" board:

Red Leaf	Apple	Water Fountain
Pine Needle	Ant	Bumblebee
Acorn	Bike	Maple Leaf
Blue Bird	Trash Can	Frog


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Quick-Footed Jumping Game

Square off with this traditional heart-pumping test of wits!

What You Need:

- Two players (or multiple pairs of two)

Instructions

1. Players face each other and designate who will be “same” and who will be “different” (like choosing heads or tails in a coin toss).
2. Both then jump in place six times, counting out loud.
3. On the sixth jump, each lands with one foot forward. If they kick out on the same side, the “same” player wins. If they kick out on opposite sides, the “different” player wins.
4. The game continues for an agreed-upon number of rounds, after which kids can change designations — or rest!



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Jump Rope Jamboree


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Whether jumping solo or with a group, there is tons of fun to be had with a jump rope!

Jump solo

1. Choose the right sized jump rope. Stepping on it, with the rope folded in half, it should reach up almost to your shoulders.
2. Stand with your feet together taking one handle of the jump rope in each hand. Let the rope hang behind you so that the middle portion is hitting the back of your feet.
3. Use your hands and wrists to swing the rope over your head. Try to keep the rest of your arms still.
4. When the rope is coming toward the front of your feet, hop over it! Stand on your tiptoes, and push off with the balls of your feet.
5. Try these tricks:
 - Count how many jumps you can do without stopping.
 - Try going backwards.
 - Criss cross your arms in front of you and then try alternating between crossed and uncrossed arms.
 - Jump while alternating feet or on one foot only.
 - Jump in time to your favorite music.

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PowerUp Solo Racket Games



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Whether alone or with a friend, there's tons of fun to be had with a ball and tennis (or badminton or racquetball) racket! Check out these fun, skill-building activities!

- **Bump Ups** - With racquet in hand and palm facing up-see how many times you can bump ball in the air at eye level and catching it on the racquet. Challenge: Do this drill while walking!
- **Bump Downs** - With racquet in hand and palm facing down-see how many times you can bounce the ball waist high. Challenge: Do this drill while walking!
- Now try alternating bump ups and bump downs!
- **Ball Balance** - Balance the ball on racquet strings and try walking 20 feet or more! Touch the ground with the free hand and return to the starting point without dropping the ball. Challenge: Change hands while walking and touching the ground!
- **Wall Rally** - Standing 6-10 feet away, hit 10 consecutive balls against a wall, backboard, or even a closed garage door!