

YOU SHOULD
STAY!

EXAMPLES OF
EXERCISES THAT
PROMOTE HEALTHY
COMPETITION
AND FUN



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YOU SHOULD STAY! THE FLY CATCHER

1

Divide the group into two or more teams. Each team will form pairs and get in line. There is a balloon per each team and each player has a fly catcher. Each couple has to get to the end of a circuit passing the balloon back and forth to each other and come back and pass it to the next couple. First team to finish wins.

Outcome: Hand eye coordination, movement in space, equilibrium, collaboration, healthy competition, fun.



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GET THE FLAG

2

Divide the sport field in two halves and form two teams. There are two flags in each half of the field and the two rival teams have to protect their own and try to steal the other team's. If a player gets touched in the opposite team's half court, he's caught and has to leave the game. The flag is at the center of a circle made by cones, and this is called the safe area. Inside this area a player cannot be touched. At the end of a time limit the team with more flags is the winner.

Outcome: Team play, running, fun, strategy, healthy competition.



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YOU SHOULD STAY! BUCKETBALL

3

Create two or more equal teams. Each team has to form pairs. Each pair has to perform the created path and come back to the starting/finish line. The pairs have to race while dribbling a tennis ball through cones, and at the end of the path they will have to shoot the ball into the bucket that will be filled with water. Then they have to run back and pass the ball to the next couple. The first team that finishes the path wins.

Outcome: Teamwork, fun atmosphere.



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1, 2, 3, 4 - SQUAD!

4 Gather at least 8 participants and create two equal teams. In the sports field, create a spot in every corner, thus having 4 spots. Each member of the team should be waiting in one of the four spots, and they will have to carry out an activity according to the position in which they are. At every corner the squad keeps forming by adding another teammate. The participants that are waiting on the different corners have to cheer for the opponent participant from the other team.

Activity 1: eggs and spoon – one team member has to carry an egg with the spoon in your mouth without using your hands.

Activity 2: jump in sacks – two team members have to get in the sacks and complete the established path.

Activity 3: jump the rope – three team members have to jump the rope in 3 and at the same time move forward until the next point.

Activity 4: wheel barrels: four team members have to do a wheelbarrow race until the finish line.

Outcome: Fun, healthy competition, coordination, teamwork.

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THE RELAY

5

Make teams of at least 3 participants each. The members of the team have to tie each foot to a piece of plastic (in the shape of a rectangle), in this way they will make a line with their feet attached. The game consists of going from the start line to the finish line by using coordination and communication. The team that completes the path in the shortest time wins.

Outcome: coordination, cooperation, fun.



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