

ADVANCED BEGINNER

WARM UP GAMES

Pick one game to play each week.
Aim for a quick start and maximum fun!



GAME	INSTRUCTIONS	EQUIPMENT
<i>BUILDERS & BULLDOZERS</i>	Two teams: the "builders" aim to flip the cones right way up. The "bulldozers" aim to tip cones upside down. Mix it up with different locomotions. Ask Cam about ball variation to mix it up!	2 different coloured plastic cones. Half upside down.
<i>ROCK, PAPER SCISSORS BATTLE</i>	Two teams, begin at opposite end of the path. Gymnasts jump towards each other through the hoops. Once in front of another player: rock paper scissors, Winner advances and loser joins the back of their line. Every time team reaches the opposite end they can collect a gem. Winning team ends with the most gems.	Hoop path set out from diagonals on floor. Set of gems at each end.
<i>CLUMPS</i>	Gymnasts move around the floor in various locomotions as directed by coach. When music stops, coach yells out a number and a shape/letter e.g 5 people and a car. Teams need to create the shape with their bodies.	Music.
<i>CHUCK & RUN</i> (chuck the chicken)	Split classes into two teams Team A: Chucks the object away, forms a circle and completes runs around the circle, one player at a time. Team B: Runs to collect the object, forms a line and completes over and under tunnel ball style. Once complete, they yell stop to the runners and then they chuck the object away and game repeats. Teams count their total number of runs across the game to determine the winner.	Rainbow plush dog toy
<i>POISON BALL</i>	All players on the floor and coaches around the outside boundary. <u>Throw ball gently.</u> If they get tagged, perform action on rubber floor before returning e.g rope skip, start jump.	Exercise ball
<i>RELAY RACES</i>	Chose your race: Pit foam tower, body parts, ball throw etc	N/A