

Game → Comet Catch

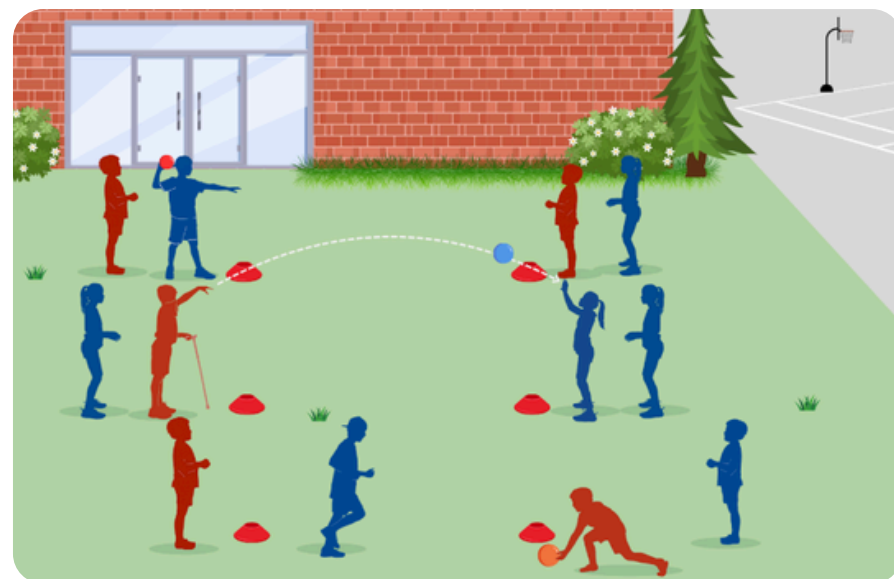
Objective The goal of this game is to throw a “comet” to another galaxy before rocketing to that galaxy.

- Set-Up**
- Divide participants into groups of 4-6.
 - Using a marker (e.g. cone, polyspot) set up a “launch pad” at each end of the activity space.
 - Half of the participants line up behind one launch pad, and the other half line up behind the opposite launch pad, facing each other.
 - Give one participant a soft ball or bean bag (i.e. the comet).
 - On your “GO!” signal, the participant with the comet throws it to the opposite line, then rockets (i.e. runs) to join the end of the line they threw to.
 - The next participant catches the comet, throws it back, and rockets then back to the opposite line.
 - Continue this pattern for a designated period of time.
 - Switch up groups and play again.

- Adaptations and Modifications**
- Use soft and/or large balls to make catching easier.
 - Decrease or increase the distance.
 - Allow participants to roll their balls instead of throwing them.
 - Change the locomotion skill (e.g. galloping, skipping) to get to the other launch pad.
 - Participants can count how many successful throws and catches they complete.

- Safety**
- Ensure a safe distance between groups.
 - Remind participants to keep their heads up when moving from one launch pad to the next.

Diagram: Comet Catch



Equipment Poly spots or cones, soft balls

