

Game



Snowflake Keep Up

Objective

To practice the skill of striking an object with the hand, hand-eye coordination and teamwork.

Set-Up

- Divide children into small teams of 5 or 6.
- Each group forms a circle and has one soft ball (i.e. snowflake).
- Children must work together to keep the snowflake up using only their hands.
- The snowflake should not touch the ground.
- A player cannot strike the snowflake 2 times in a row.
- Play for a designated period of time.
- Alternately, when the snowflake is first hit, everyone says the first letter of the alphabet "A". Then B, C and so on.
- Team tries to get through the alphabet without letting the snowflake hitting the ground.
- If the snowflake hits the ground, simply start over again.

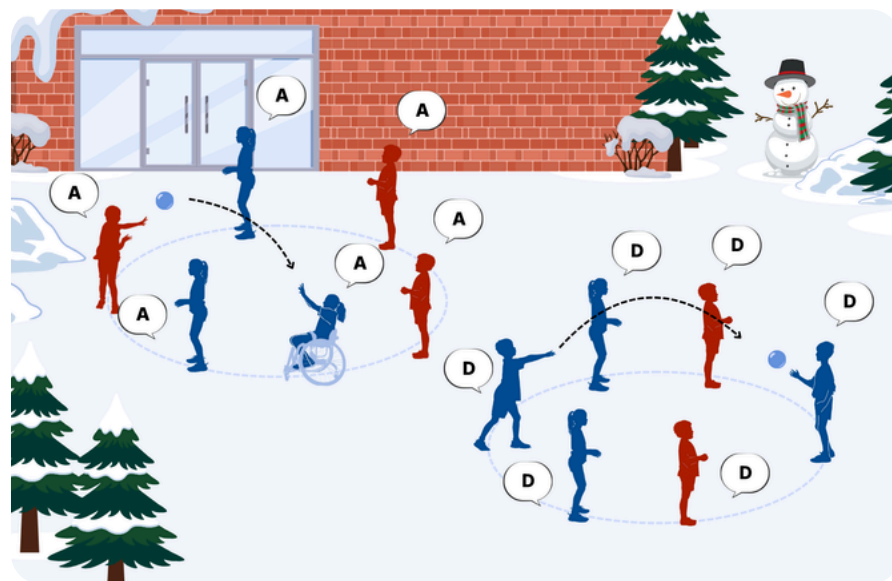
Adaptations and Modifications

- Increase or decrease the size of the group or circle.
- Use a larger or smaller ball.
- Add more than 1 ball to the circle.
- Have children only strike ball with right hand. Then only strike with left hand.
- Instead of saying alphabet, can count the number of times the ball was hit.

Safety

- Remind children to keep their eye on the ball at all times to avoid being hit by it.
- Make sure there is enough space between children so they don't accidentally hit each other.

Diagram: Snowflake Keep Up



Equipment Soft balls

