

PowerSkills



Great Games

Moving skillfully and thinking strategically

SPUD!

- Warm-up by doing some walking type activities then some light stretching.

Ready!

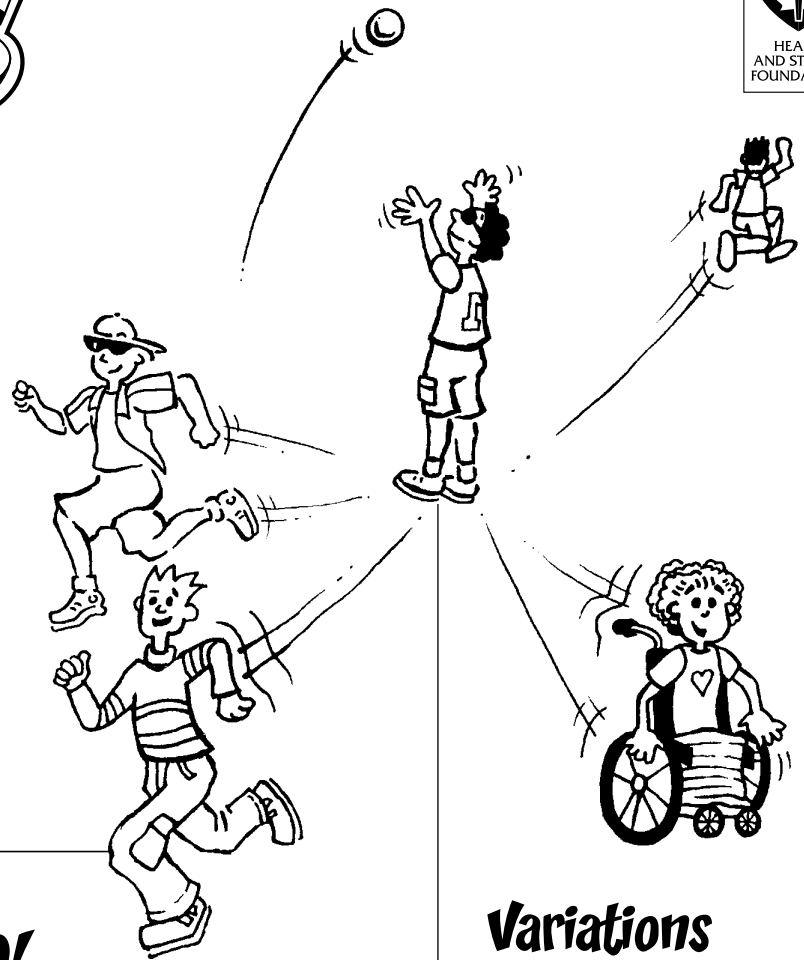
- Invite a few family members or friends to play.
- Use a sockball or tennis ball.



Set!

Learn the game

- Jack has the ball so he stands in the middle of the group.
- When everyone is ready, Jack tosses the ball high into the air and shouts the name of one of the other players "Abdul!". Abdul now has to quickly catch the ball.
- Meanwhile Jack and the gang scatter in all directions. Once Abdul catches the ball he yells "FREEZE!" and everyone else must stop and not move their feet.
- Abdul can take 5 giant steps toward the closest player and then try to hit them with the ball. Gentle throws only!
- Abdul now starts the game again by tossing the ball.



GO!

- If Abdul is successful, the targeted player gets a letter in the word S-P-U-D. If Abdul misses, he gets a letter in the word SPUD.
- The object is to try not to get all the letters of S-P-U-D first.
- Once someone gets the entire word SPUD the game is over and you can start again!

Variations

Try the same game except throw the ball against a wall instead of in the air. Think of other ways to increase the challenge.



Heart Leaders!



Interview friends, family members and neighbours to find out what physical activities they like to do. Find out what motivates them to do their favourite activities. Accumulate a list of all their motivating factors. What factors from the list do you consider the most motivating?