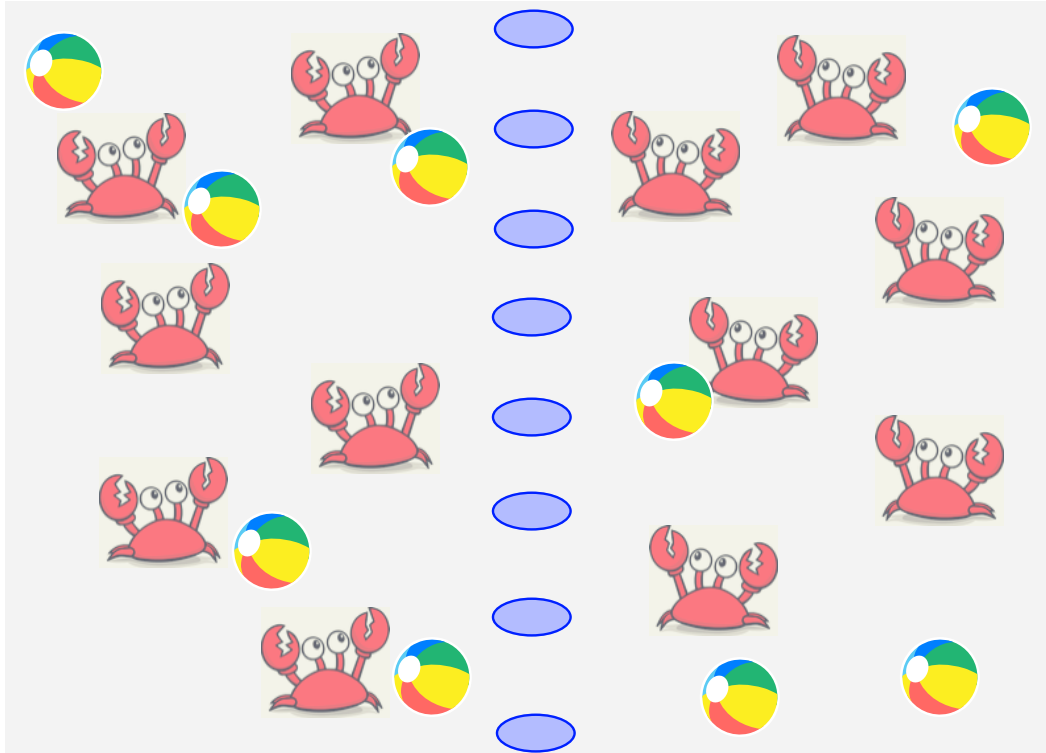


Crab Football Clearout

Focus: To coordinate our hands and feet.



How to do the activity

- Put a line of spots/cones down the middle of the playing area.
- Divide the beach balls equally and put them on each teams beach.
- Divide the students into 2 teams.
- Students move like a crab on their feet and hands (stomach pointing to the sky).
- Each team protects their beach and tries to clear the beach balls into the other teams beach. Students must kick using feet.
- The team with the least beach balls on their beach at the end wins.

Questions to ask

- What ways can be move like a crab?
- Which way is the quickest way of moving?
- How can we work together in this game?

What you'll need

- Beach balls (or large soft balls)
- Spots/cones

Make this task easier

- Students can use hands.
- Make the playing area smaller.

Make this task more challenging

- Add different sized balls.
- Students to use their least comfortable foot for kicking.
- Students must pass to a team mate before kicking into the other zone.