

# SUPER HEROES IN TRAINING



*Find a Tarp. Your group is challenged to stand on the tarp. Now see if your group can flip the tarp over without anyone stepping on the floor.*



*Each member will pick an exercise for your group to do together. Do each exercise for repetitions of their age.*



*Each member select a spot. Set up two cones on opposite sides of the play space. Your challenge is to see if your group can travel to from one cone to the opposite cone by stepping only on the spots! If a member steps on the floor, go back and start over. Try coming up with a solution.*



*Find one Hula Hoop. Your challenge is to see how fast your group can get a hula hoop to travel around your circle without unlocking hands!*



*Create a cooperative game to play with your group that is appropriate for our space. Play for 2 minutes.*



*Find one can and a ball. Put the ball in the can. Your challenge is to see if your group can pass the can-n-ball around the circle without dropping the ball or the can. The trick is using no hands!*