



WORLD OF SPORTS

Participants

Any number of participants.

Time Allotment

5 Minutes

Activity Level

High

Materials

No materials required

Method

▪ Instruct participants to mimic various sports movements for 30 counts:

- Serve tennis balls
- Bump a volleyball
- Shoot a lay-up
- Block a jump shot
- Cross-country ski
- Catch a football
- Shoot an arrow