

MISSION POSSIBLE

1 Introductions:

Shake hands and introduce yourself to six different people in your group.

2. Getting to Know You:

Line up in single file one behind the other. Place your hands behind your back. Pass a foam ball from person to person (behind your back) down the line from start to finish and back up to the front.

3. Over-Under Relay:

Line up in single file one behind the other. Pass a foam ball down the line by alternating passes, over the head, under/between the legs, over the head, under... ,etc. Ball must be passed to the end and back again.

4. Fitness Frenzy:

Perform ten jumping jacks in unison (together) with the entire group.

5. Soul Train:

Make a train, connected with each member lined up one behind the other holding the waist of the person in front of you. Make one lap around the outside of the gym and return back to your spot while connected. Go slow. Proceed with caution! Make the sound of the train as you move.

6. Group Sing Along:

Sing in unison, the first verse of "Old MacDonald's Farm".

7. Body Language:

Using your body's as the letters of the alphabet, spell the word "TEAM" on the gym floor.

8. Car Wash:

With all members of your group, create the parts of an automatic car wash. Act out the parts of a car wash and a car moving through.

9. Hoop Challenge:

Form a circle. Place a hula hoop between the hands of 2 people so that the hoop is resting on their hands while joined. All members join hands. The hoop must travel to all members twice so it must go around the circle twice while all members are connected holding hands. How fast can you make it travel around the circle?

10. The End:

You did it! Have a seat with your group members.

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