High Low Relay

Using two different types of balls (i.e., tennis ball/volleyball, racquet ball/basketball, etc.), kids are paired up in teams of two and face their partner. All the teams line up next to them in two long rows. The first pair of kids each has a ball. At the same time one will bounce or toss their ball low, the other high and they'll each catch the other's ball. If they both successfully catch the ball, they pass the balls to the next pair in line and run to the end of the line. If they don't catch the ball, they're out. The game continues until there's only one team remaining. Those players that are out can start a new game using another two balls.

Knockout

All kids line up in one line that starts at the foul line of a basketball court. The first two kids each have a basketball. The first kid takes a foul shot. If they make it, they run back to the end of the line. If they miss, then they have to chase the ball and shoot from wherever they catch up to it. The second in line can shoot as soon as the first person releases their ball. If the second person at the foul line makes a basket before the first shooter, they're out. If the first shooter makes a jump shot, they're saved until the next round.

Hoop Toss (utilizes **VERB™** folding Frisbee®)

This game is similar to a wide receiver running a football pattern and it's played in teams of two. One team member is the thrower and the other is the catcher. The thrower tosses the Frisbee®, and their teammate scores by trying to get it to go through the hoop as they run. Teams compete either for points or distance thrown. Go ahead, encourage the kids to set their own world record.

Sponge Tag

This game can be played with multiple teams, preferably in an outside area. Each team chooses a shape to cut out of construction paper (hearts, diamonds, squares, etc.). The shapes are taped or pinned to the back of the teammates' shirts. Then each team member is given a piece of sponge, which is dipped in a bucket of water. The opposing teams then chase each other and, using the sponges, try to wet the shape on their opponents' backs. Once all the shapes on either team are wet, the game is over.

Running the Red Light (utilizes red **VERB™** Anyball)

The object of this relay race is to make it across the gym floor while keeping your **VERB™** Anyball lit. (Ball automatically lights up when bounced). When the ball goes out, the player must stop and bounce it again so that it lights up. The first team to complete the relay wins. Variations can include Running the Red Light on scooters, skates, or in three-legged race formation.

Red Shark (Or Red Bull when played on land)

All that's needed is a pool and a **VERB™** Anyball. Who ever is "it" with the ball yells "Red" with their eyes closed. Everyone else yells "Shark." Whoever is "it" then opens their eyes and claps or bounces the ball to make it light up. They then have 20 seconds (or until the ball light goes out) to tag the nearest person.

Thumper

A group of kids stand in a circle. Each kid makes up his or her own signature activity (dance, spin, hop, jump, etc.). The first person starts by performing their own activity plus one of their peer's activities (i.e., Mary hops and then chooses Steven's activity: jump). Then, it's time for the next child to go. (Steven jumps and then chooses Linda and does a dance move). If the player whose turn it is can't remember someone else's activity, that player loses a turn and has to come up with a new signature activity.