

Games and Activities



Legend

Background Colour:

○○○ = Warm Up

○○○ = Cool Down

○○○ = Skills and Drills

Activity Types:

Individual

Athletes participate in the activity independently.

Pair

Athletes must work with, or compete against, another athlete.

Team

Athletes must work together in a team to achieve an objective.

Group

Athletes primarily work independently however will need to work together with others in some aspects of the activity.

Difficulty:

★ = Very Easy

★★ = Easy

★★★ = Moderate

★★★★ = Difficult

★★★★★ = Very Difficult

Step, Go

Activity Type: Individual

Difficulty: ★



Description:

Line up your athletes on the tumbling mat. Explain the rules of the game and establish a forfeit (e.g. 5 burpees). The athletes should stand on one leg with their arms held at right angles in a running position. Each time the coach claps, the athletes switch legs, simulating running on the spot. If an athlete switches legs without hearing a clap or takes too long to switch, the athlete must perform the forfeit before rejoining the game.

Apparatus:

Tumbling

Additional Equipment:

None

Progressions:

Have the athletes stand on a soft landing mat to increase resistance.

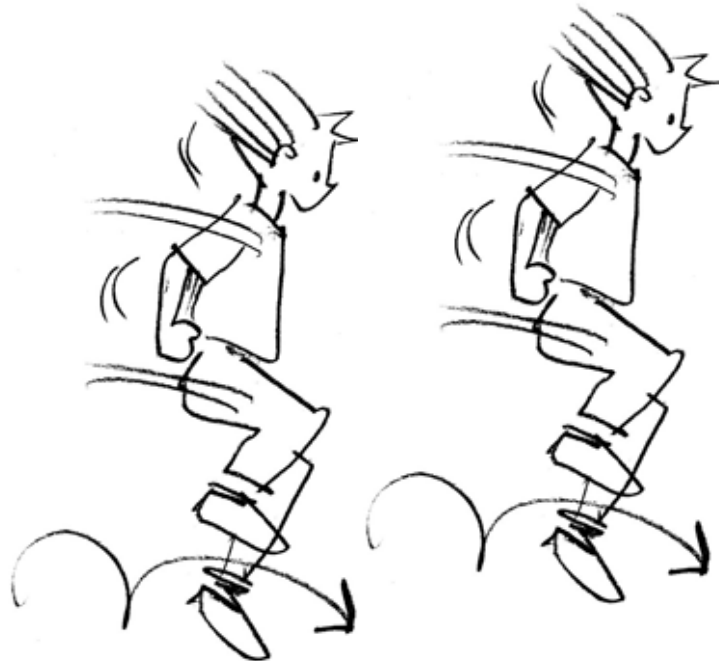
Coach Considerations:

Vary the frequency and tempo of the claps to keep the athletes engaged.

Relay Races

Activity Type: Team

Difficulty: ★



Description:

Split your athletes into two teams. Have each team line up either side of the centre line at the end of the tumbling mat and establish a locomotion for the race (e.g. hopping). On the 'GO!' signal, the athlete at the front of each line hops to the end of the mat, touches the landing mat with their hand and hops back. The athlete then high-fives the next person in their team who begins hopping. The game continues until all the athletes on one team have had a go and the first athlete is back at the start of the line.

Apparatus:

Tumbling

Additional Equipment:

None

Progressions:

Instead of hopping, use locomotions such as bear walk, crab walk or forward rolls.

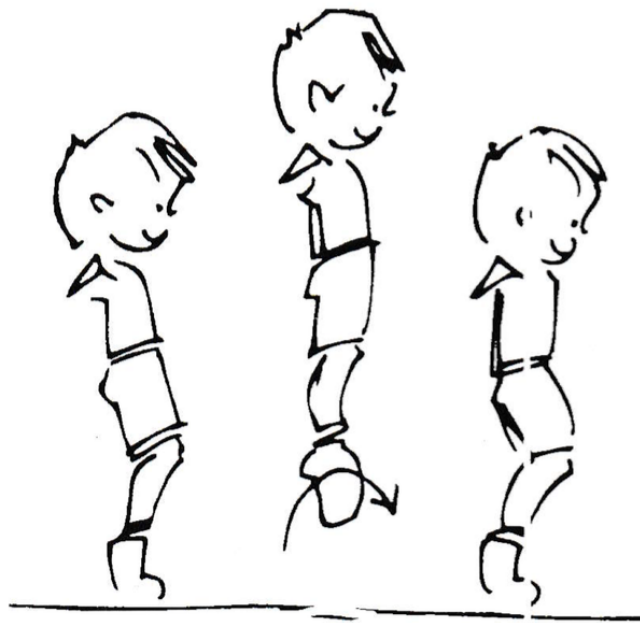
Coach Considerations:

Make sure the teams are balanced in terms of ability and not just groups of friends in order to retain a healthy competitive atmosphere.

River/Bank

Activity Type: Individual

Difficulty: ★



Description:

Line up your athletes along the centre line of the tumbling mat. Explain the rules of the game and establish a forfeit (e.g. 5 push ups). Begin calling out the following signals: 'River!' means that athletes must jump forward of the centre line, 'Bank!' means they must jump behind the line and 'Shore!' means they must jump and land with one foot either side of the line. If 'Shore!' is called consecutively, athletes must jump and perform a half twist, landing with their feet either side of the line. If an athlete performs the wrong action they must perform the forfeit before rejoining the game.

Apparatus:

Tumbling

Additional Equipment:

None

Progressions:

Move to the floor and create a line of small, firm boxes to act as the river.

Coach Considerations:

Vary the frequency and speed of the signals to keep the athletes engaged.

Mix and Match

Activity Type: Individual

Difficulty: ★



Description:

Place a selection of coloured hoops in a line on the floor and line up your athletes at one end. Assign each hoop colour a specific action that your athletes must perform (e.g. Green - Straight Jump, Red - Tuck Jump, Yellow - Star Jump, Blue - Full Twist). The athletes must then step from hoop to hoop and perform the assigned action inside each hoop. If an athlete makes a mistake, they must go back to the end of the line and try again.

Apparatus:

Floor

Additional Equipment:

- Colourful hula hoops

Progressions:

Change the order of the hoops so that athletes must perform the actions in a different order.

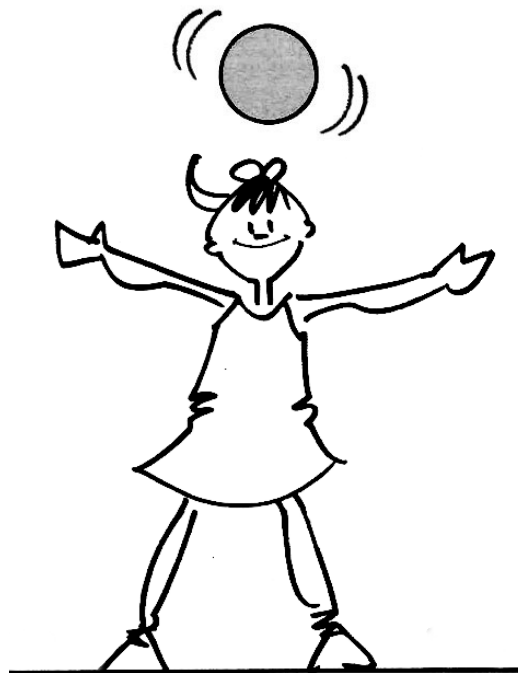
Coach Considerations:

Make sure that athletes keep a safe distance from each other and immediately replace any dislodged hoops.

Poison Ball

Activity Type: Individual

Difficulty: ★



Description:

Line up your athletes on the tumbling mat. Establish a poison colour (e.g. yellow) and a forfeit (e.g. 5 sit ups). Call out a colour and throw a soft ball to an athlete. If the poison colour is called, the athlete must not attempt to catch the ball, either by letting it bounce off them or by dodging the throw. If the poison colour is *not* called, the athlete must catch and immediately throw back the ball. If an athlete performs the wrong action (e.g. catches a poison ball), they must perform the forfeit before rejoining the game.

Apparatus:

Tumbling

Additional Equipment:

- 1 soft ball

Progressions:

Establish a poisoned topic (e.g. multiples of 3 or animals with wings).

Coach Considerations:

Throw the ball at an appropriate height for each individual athlete.

Simon Says

Activity Type: Individual

Difficulty: ★



Description:

Line up your athletes at least arms length apart from each other in a large, defined area. Explain the rules of the game and establish a forfeit (e.g. 5 tuck jumps on the crash mat). Instruct the athletes to perform certain actions or positions by saying 'Simon says...'. If an athlete performs a skill without the phrase 'Simon says...' being used, the athlete must perform the forfeit before rejoining the game.

Apparatus:

Floor

Additional Equipment:

None

Progressions:

Increase the difficulty level by including tumbling skills and strength activities.

Coach Considerations:

Spread the athletes out to avoid collisions and make sure the movements and positions used are within the ability of every athlete.

Colour Game

Activity Type: Individual

Difficulty: ★



Description:

Gather your athletes on one side of the gymnasium. Explain the rules of the game and establish a forfeit (e.g. 5 jumping jacks). Call out a colour (e.g. green). The athletes run and place their hand on a green object somewhere in the gymnasium. The last athlete to place their hand on a green object must perform the forfeit before rejoining the game.

Apparatus:

Floor

Additional Equipment:

None

Progressions:

Use prompts such as 'any colour with a double letter' (e.g. green or yellow) or 'Any colour on the Australian flag' (e.g. blue, white and red).

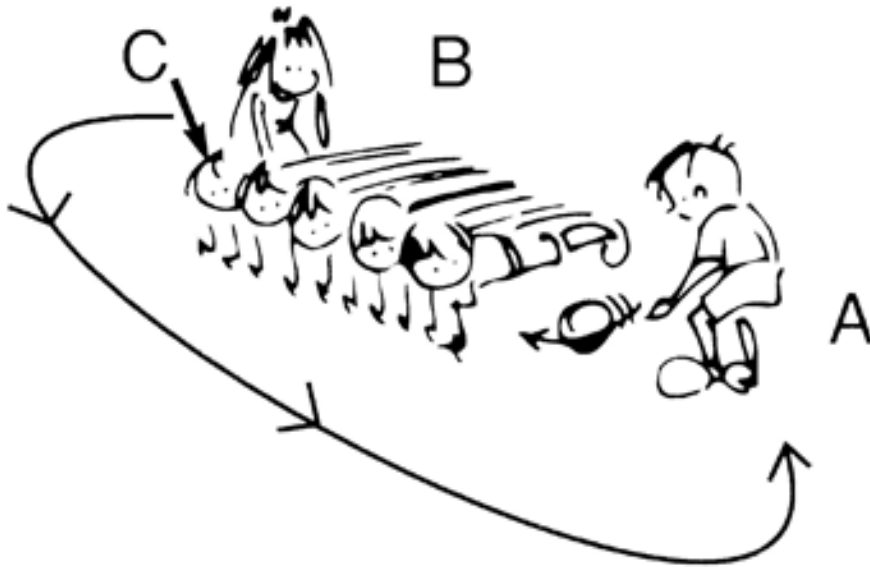
Coach Considerations:

Ensure the athletes are sensible and do not try to perform risky actions to get to a certain colour.

Tunnel Ball

Activity Type: Team

Difficulty: ★



Description:

Split your athletes into two teams. Each team must form a straight line in a front support position. The athletes at the start and end of the line should stand normally and face the rest of their team. On the 'GO!' signal, the athlete at the front of the line rolls a ball through the tunnel to the athlete at the end who picks up the ball and runs to the front of the line. The athlete who rolled the ball drops into a front support position at the front of the line and the athlete now at the back of the line stands up to receive the ball. The game continues until all the athletes on one team have rolled the ball and the first athlete is back at the start of the line.

Apparatus:

Floor

Additional Equipment:

- 2 soft balls

Progressions:

Create tunnels using harder positions such as crab hold or bridge hold.

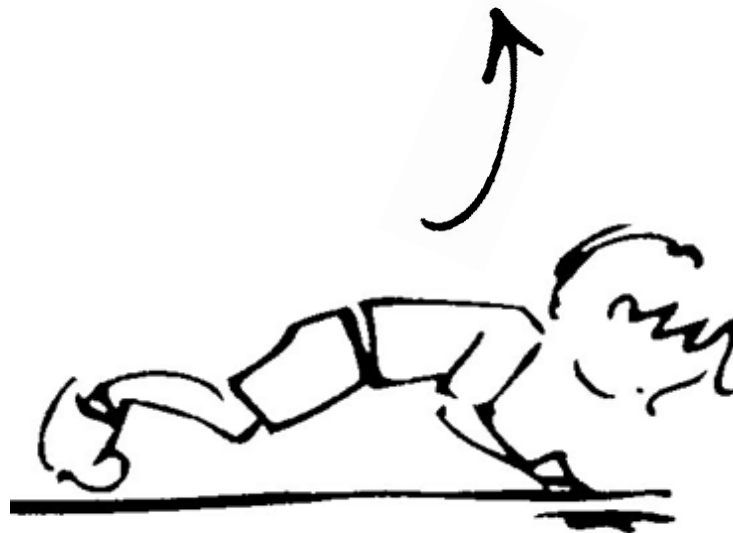
Coach Considerations:

Make sure the teams are balanced in terms of ability and not just groups of friends in order to retain a healthy competitive atmosphere.

Hit the Deck

Activity Type: Individual

Difficulty: ★★



Description:

Line up your athletes in a straight line on the tumbling mat. Instruct your athletes to begin running on the spot with high knees. On the 'Hit the Deck!' signal, the athletes must quickly drop into a front support position, lower themselves to the ground, jump back up to their feet as fast as possible and continue running on the spot.

Apparatus:

Tumbling

Additional Equipment:

None

Progressions:

After dropping to front support, have your athletes perform a full burpee before resuming running on the spot.

Coach Considerations:

Ensure that the athletes are actually crouching down into the front support position and aren't just dropping down onto their stomach.

Bounding

Activity Type: Individual

Difficulty: ★★



Description:

Lay out skipping ropes along the length of the tumbling mat, each approximately a metre apart. Have your athletes line up at the end of the tumbling mat and instruct them to run to the other end of the mat by placing a foot in each gap between the ropes. Once every athlete has had a turn, remove one of the ropes. Continue removing a rope at the conclusion of each turn and adjust the surrounding ropes as needed. The game continues until the gaps become too big and all the athletes are unable to complete the course.

Apparatus:

Tumbling

Additional Equipment:

- Skipping ropes

Progressions:

Repeat the game using hopping instead of running to work leg strength.

Coach Considerations:

Place the ropes closer together at the end of the mat to force the athletes to slow down

Sum It Up

Activity Type: Individual

Difficulty: ★★



Description:

Have your athletes stand in a group in the middle of the tumbling mat. Explain the rules of the game, establish a forfeit and an 'odd' and 'even' end of the mat. Call out two numbers (e.g '3 and 5!'). Athletes must add the two numbers together in their head and run to the appropriate end of the mat ($3+5=8$ so athletes should run to the 'even' end). The last athlete to make it to the correct end and any athletes who ran to the incorrect end must perform the forfeit before rejoining the game.

Apparatus:

Tumbling

Additional Equipment:

None

Progressions:

Add a third number.

Coach Considerations:

Make sure there is no pushing and encourage athletes to add up the numbers themselves and not simply follow the crowd.

Partner Sprint Tag

Activity Type: Pair

Difficulty: ★★



Description:

Split your athletes into pairs and pick a 'runner' and a 'chaser' in each pair. Explain the rules of the game and establish a forfeit. Have the first pair of athletes lie down either side of the centre line at the end of the tumbling mat with the runner about a metre in front of the chaser. On the 'GO!' signal, the athletes stand up as quickly as possible and run to the other end of the mat. If the runner is tagged by the chaser before making it to the other end of the mat, or alternatively if the chaser is unable to tag the runner then that athlete must perform the forfeit.

Apparatus:

Tumbling

Additional Equipment:

None

Progressions:

Once all athletes have had a go as both the runner and the chaser, repeat the game using hopping or jumping.

Coach Considerations:

Make sure the pairs are balanced in terms of ability in order to retain a healthy competitive atmosphere.

Quick Draw

Activity Type: Pair

Difficulty: ★★



Description:

Split your athletes into pairs. Explain the rules of the game and establish a forfeit. Have the first pair of athletes lie down either side of the centre line at the end of the tumbling mat. Pick a specific word to be the 'Go!' signal and explain this to the pair (e.g. 'Now!'). Say a couple of similar sounding words before actually saying the correct signal (e.g. 'New!, Nose!, Note!, Now!'). Once the athletes hear the correct signal, they stand up as quickly as possible and run to the other end of the mat. The last athlete to make it to the other end of the mat must perform the forfeit.

Apparatus:

Tumbling

Additional Equipment:

None

Progressions:

Make the signals more difficult by using a theme such as flightless birds or countries in Europe.

Coach Considerations:

Make sure the pairs are balanced in terms of ability in order to retain a healthy competitive atmosphere.

Stick It!

Activity Type: Individual

Difficulty: ★★



Description:

Have your athletes line up at the end of the single mini run up. Explain the rules of the game and establish which skills will be used (e.g. straight jump, tuck jump, straddle jump, pike jump and half twist). Athletes take turns performing the skills using the single mini. If an athlete fails to 'stick' their landing (hold their landing for at least three seconds without falling or stepping), they must attempt the skill again on their next turn. The first athlete to stick every skill wins.

Apparatus:

Single mini

Additional Equipment:

None

Progressions:

Introduce a forfeit such as 5 burpees for failing to stick a pass or include more advanced skills such as a full twist or front somersault.

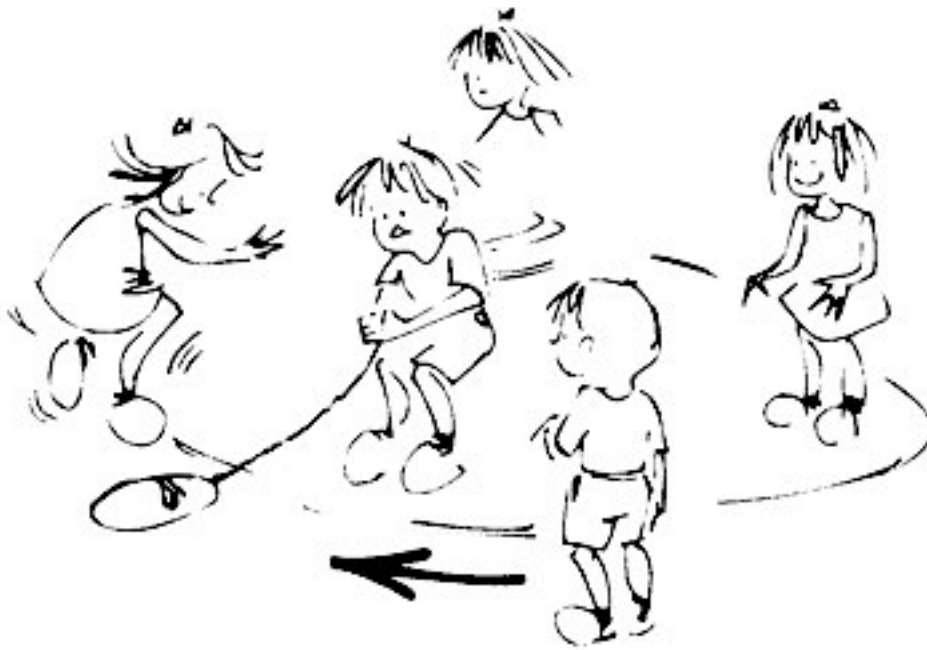
Coach Considerations:

Make sure the chosen skills are within the ability level of every participating athlete.

Helicopter

Activity Type: Individual

Difficulty: ★★



Description:

Have your athletes stand in a large circle around you. Explain the rules of the game and establish a forfeit. Begin swinging the rope along the floor in a wide circle. Once the rope is travelling around at a regular speed, the athletes step forward and jump over the end of the rope so that it passes under them. If an athlete fails to jump over the rope, they must step away and perform the forfeit before rejoining the game.

Apparatus:

Floor

Additional Equipment:

- 1 long skipping rope

Progressions:

Have your athletes perform a pike jump or burpee when jumping over the rope.

Coach Considerations:

Swing the rope at an appropriate speed and height for the ability of your athletes.

Captain's Coming

Activity Type: Individual

Difficulty: ★★



Description:

Gather your athletes in a large defined area. Explain the rules of the game and establish a forfeit. Instruct your athletes to start moving through the space using a locomotion of your choice. Once all athletes are moving, call out a command: 'Captain's coming!' – athletes must stand tall and salute, 'Walk the plank!' – athletes walk in a straight line with arms outstretched, 'Scrub the decks!' – athletes mime scrubbing on hands and knees or 'Climb the rigging!' – athletes pretend to climb a rope ladder. If an athlete performs the wrong action or is the last one to perform the correct action, they must perform the forfeit before rejoining the game.

Apparatus:

Floor

Additional Equipment:

None

Progressions:

Add additional commands e.g. 'Man overboard!' – athletes run to the side of the area and mime looking out to sea.

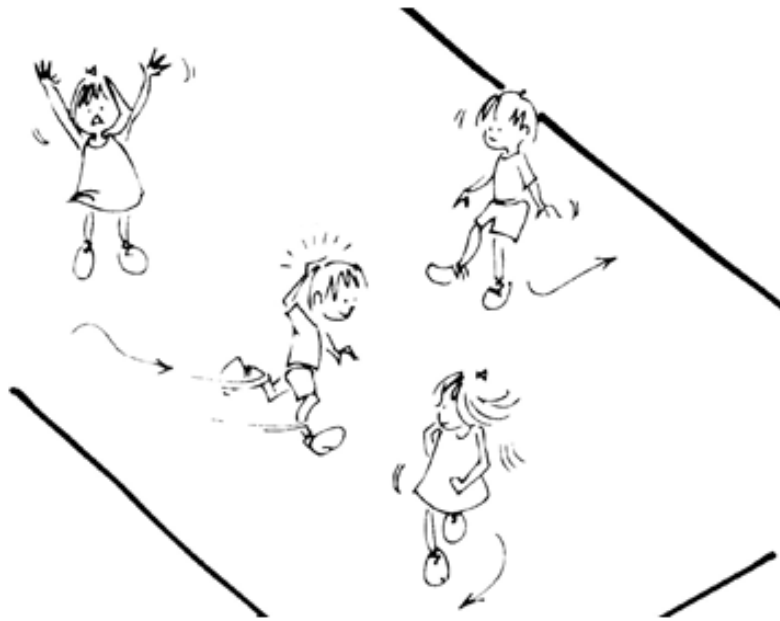
Coach Considerations:

If it's not clear who the slowest athlete was, continue without enforcing the forfeit to keep the game moving.

Stuck in the Mud

Activity Type: Group

Difficulty: ★★



Description:

Gather your athletes in a large defined area. Establish the rules of the game and a time limit (e.g. 2 minutes). Identify an athlete to be 'in'. On the 'Go!' signal, the athlete who is 'in' must run around and try and tag as many athletes as they can. If tagged, athletes must freeze and stand in a star shape with their legs apart. Tagged athletes can be freed by a non-tagged athlete crawling through their legs. Athletes can not be tagged whilst freeing another athlete. The game ends once everyone is stuck or once the time period has elapsed.

Apparatus:

Floor

Additional Equipment:

- A timing device

Progressions:

Work with your athletes to develop a 'secret handshake' which can be used to free an frozen athlete.

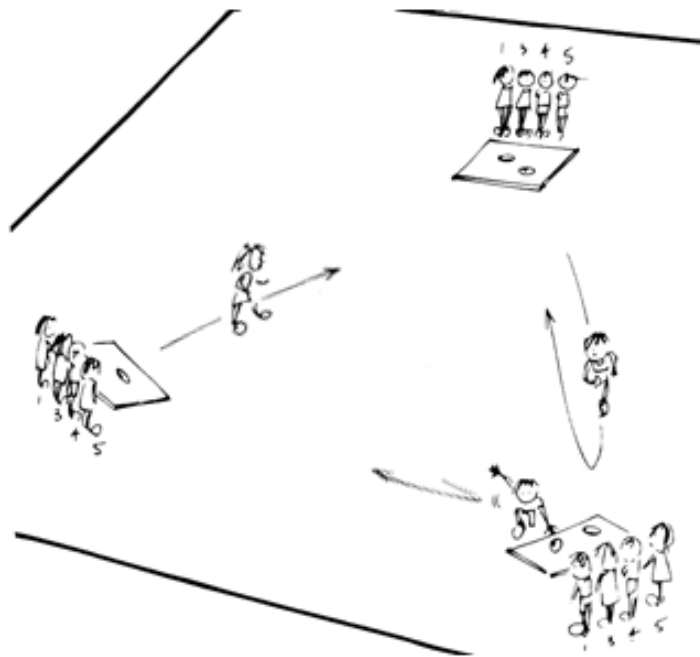
Coach Considerations:

Choose a responsible athlete to be 'in' and make sure that athletes do not leave the defined area.

Rob the Nest

Activity Type: Team

Difficulty: ★★



Description:

Split your athletes into even teams and assign each team a thin mat and 5 bean bags. Establish the rules of the game and a time limit (e.g. 30 seconds). On the 'Go!' signal, athletes from each team run and steal one bean bag from another team's mat. They then run back and place it on their teams mat. Athletes can only hold one bean bag at a time and must step foot on a team's mat to pick up or put down a bag. The team with the most bean bags at the end of the time limit wins.

Apparatus:

Floor

Additional Equipment:

- Thin mats
- Bean bags
- A timing device

Progressions:

Instead of running, use locomotions such as hopping, skipping or crab walk.

Coach Considerations:

Make sure the teams are balanced in terms of ability and not just groups of friends in order to retain a healthy competitive atmosphere.

Safety in Numbers

Activity Type: Group

Difficulty: ★★



Description:

Place a selection of coloured hoops on the floor within a large defined area. Explain the rules of the game and establish a forfeit. Instruct your athletes to start moving through the space using a locomotion of your choice. Once all athletes are moving, call out a colour and a number (e.g. red 3!). Athletes must then stand in a red hoop in groups of three. Any athletes without a hoop or in a hoop with the incorrect number of athletes must perform the forfeit before rejoining the game.

Apparatus:

Floor

Additional Equipment:

- Colourful hula hoops

Progressions:

Vary the chosen locomotion each turn e.g. crab walk, bear walk, hopping, skipping or jumping.

Coach Considerations:

Allow your athletes to simply place one foot in the hoop to claim their spot to prevent pushing or shoving.

Red Rover

Activity Type: Individual

Difficulty: ★★



Description:

Line up your athletes along the edge of a large defined area. Explain the rules of the game and establish a forfeit. Identify athletes with a specific descriptive feature such as blonde hair by calling 'Red Rover! Red Rover! I call over anyone with blonde hair!'. Any athlete matching the description must run as fast as they can to the other end of the area. Throw soft balls underarm into the play area as the athletes run past. If an athlete is hit by a ball, they must stop running and perform the forfeit. Do not throw balls at an athlete while they are performing the forfeit.

Apparatus:

Floor

Additional Equipment:

- Small, soft balls

Progressions:

Instead of running, use locomotions such as hopping, skipping or bear walk.

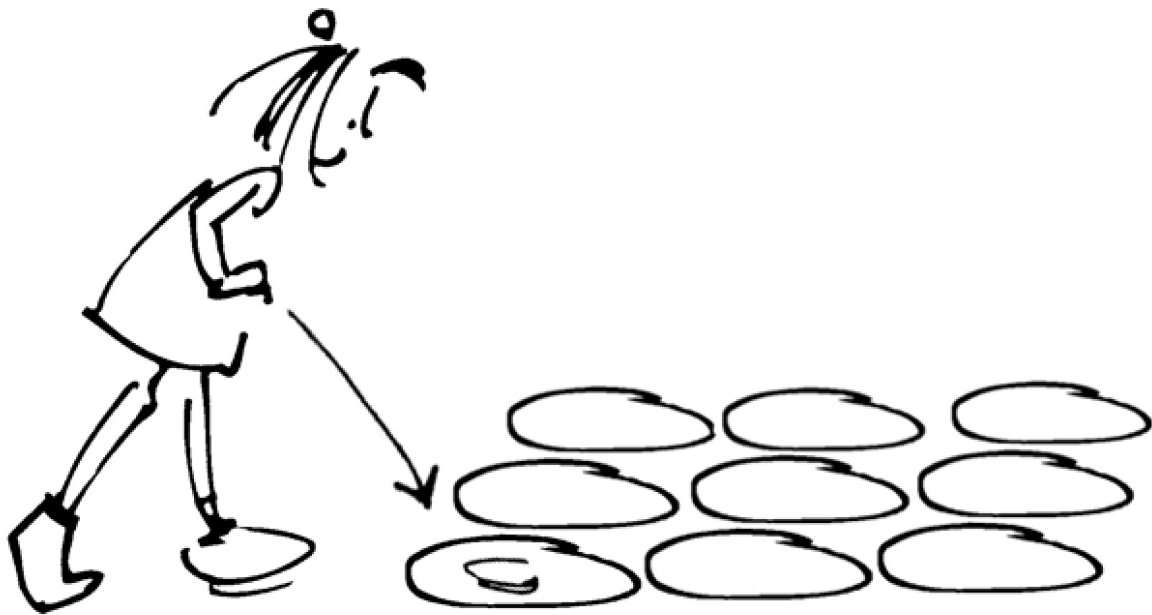
Coach Considerations:

Only call athletes from one side at a time to prevent collisions. Throw the balls softly and aim low.

Naughts and Crosses Relay

Activity Type: Team

Difficulty: ★★



Description:

Set up a grid of nine hoops at one end of the floor. Split your athletes into two teams and have them line up at the other end. Place 4 bean bags on the floor in front of each team, with the teams each having a particular colour. On the 'GO!' signal, the first athlete in each team picks up a bean bag, runs, places it in a hoop and runs back. The athlete must high five the next athlete before they are allowed to run and place the next bean bag. The first team with a line of three bags wins. If all bags are down and no team has won, the next athletes to go must move one of their teams' bags into the empty space until a line of three is formed and the game is won.

Apparatus:

Floor

Additional Equipment:

- 9 hula hoops
- 8 coloured bean bags

Progressions:

Place a wedge in front of the grid to prevent the athletes from seeing the placement of the bags until it is their turn.

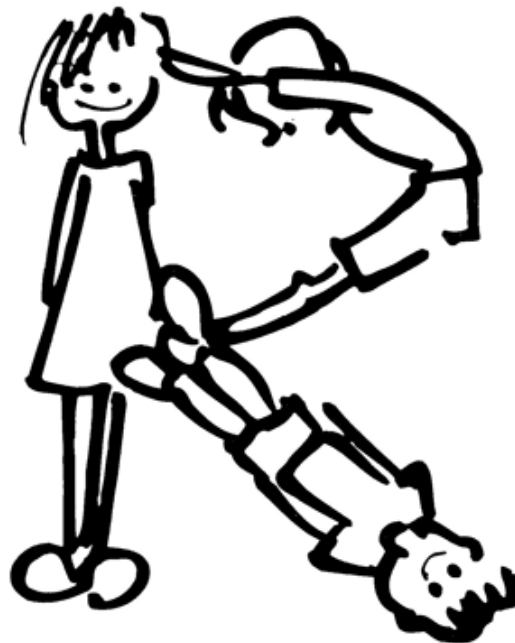
Coach Considerations:

Draw a 'safe area' that the athletes must be in to place their bags to discourage throwing and prevent the hoops from being knocked.

Letters and Numbers

Activity Type: Team

Difficulty: ★★



Description:

Split your athletes into teams of three or four. Establish the rules of the game and a time limit (e.g. 15 seconds). Pick a letter or number (e.g. 'R!') and start a timer. Groups that can successfully make the letter on the floor involving every group member within the time limit are awarded a point. Groups that are unable to make the letter in time or that do not involve every group member lose a point. Bonus points can be awarded at any time. The team with the most points at the end of the game wins.

Apparatus:

Floor

Additional Equipment:

- A timing device

Progressions:

Ask the athletes to create shapes or symbols such as a question mark, a percentage sign or a smiley face.

Coach Considerations:

Make sure that athletes are not acting recklessly and that any planning or decision making is shared by all group members.

Shuttle Run Relay

Activity Type: Team

Difficulty: ★★★



Description:

Split your athletes into two teams and have them line up at one end of the floor. Place 3 hoops at 5 metre intervals in front of each team and 3 bean bags on the floor beside the first athlete in each line. On the 'GO!' signal, the first athlete in each team picks up a bean bag, runs, places it in a hoop, runs back and grab another bag. Once all hoops are filled, the athlete tags the next athlete in line who must collect the bean bags from the hoops one at a time and place them back at the start of their line. The game continues until all the athletes on one team have had a go at either placing or collecting the bean bags and the first athlete is back at the start of the line.

Apparatus:

Floor

Additional Equipment:

- 6 hula hoops
- 6 bean bags

Progressions:

Add an additional hoop and bean bag or simply increase the distance between the hoops.

Coach Considerations:

Make sure the teams are balanced in terms of ability and not just groups of friends in order to retain a healthy competitive atmosphere.

Partner Relay Races

Activity Type: Pair/Team

Difficulty: ★★★



Description:

Split your athletes into two even teams. Have each team line up either side of the centre line at the end of the tumbling mat and establish a partner based locomotion for the race (e.g. beetle walk). On the 'GO!' signal, the first two athletes of each team assume a beetle walk position and travel to the end of the mat. The athletes must then swap positions and travel back. Once the pair crosses the start line the next pair can go. The game continues until all the athletes on one team have had a go and the first two athletes are back at the start of the line.

Apparatus:

Tumbling

Additional Equipment:

None

Progressions:

Use different partner based locomotions such as wheelbarrow (supported front support walk) or tumble roll (2 person forward roll).

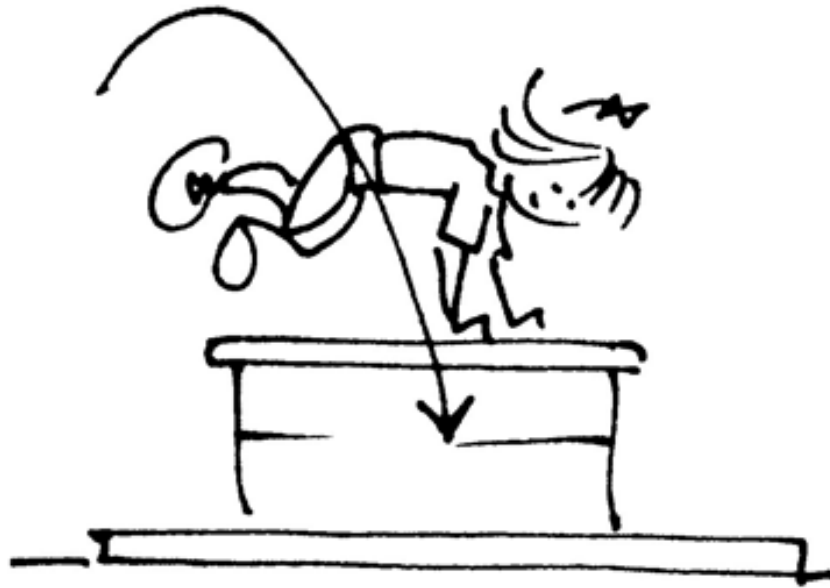
Coach Considerations:

Make sure the teams are balanced in terms of ability and not just groups of friends in order to retain a healthy competitive atmosphere.

Comando

Activity Type: Individual

Difficulty: ★★★



Description:

Instruct your athletes to each find a piece of soft play equipment and place it in a large defined area. Explain the rules of the game and establish a forfeit. Stand somewhere in the space, stretch out your arms, close your eyes and start counting down from 10. Athletes must high-five you and find a hiding spot by the time you reach zero. Anyone you can see after the countdown has ended must perform the forfeit before rejoining the game. Close your eyes and repeat, this time counting down from 9. Athletes must use a different hiding spot each round. The game ends once no-one can make it back to a hiding spot before the countdown ends.

Apparatus:

Floor

Additional Equipment:

- Various soft play equipment

Progressions:

Stand in a different spot each round to force the athletes to think on their feet.

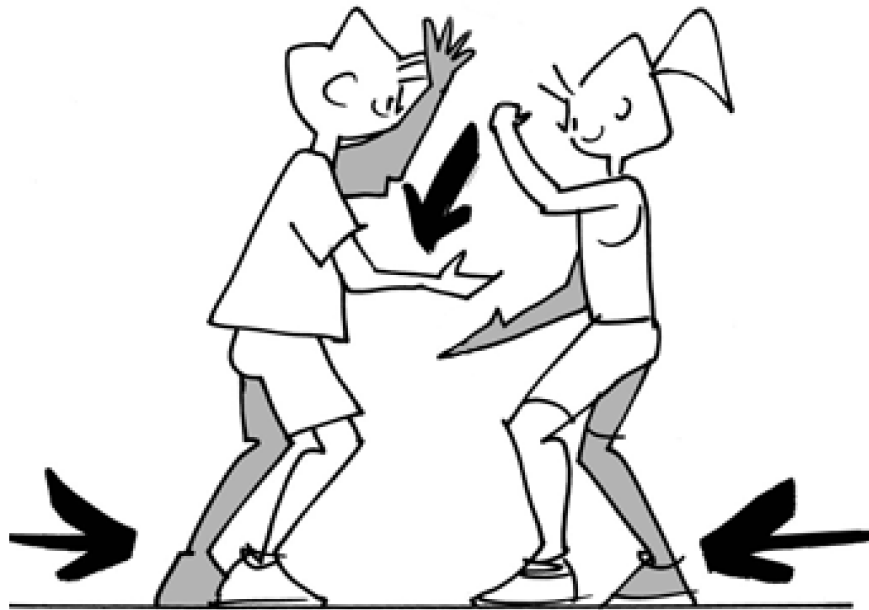
Coach Considerations:

Have a second coach watch over the game to discourage cheating and reckless behaviour.

Scissors Paper Rock-Scotch

Activity Type: Team

Difficulty: ★★★



Description:

Place hoops in a long, squiggly line on the floor. Split your athletes into two teams and have each team line up at one end. Explain the rules of the game and establish a forfeit for the losing team. On the 'GO!' signal, the first athlete from each team begins jumping from hoop to hoop towards the centre. When the two athletes meet, they play Scissors Paper Rock. The winner gets to continue jumping while the loser must run back to the end of their line, prompting the next member of their team to start jumping. A team wins when an athlete from the other team is defeated in the final hoop.

Apparatus:

Floor

Additional Equipment:

- Hula hoops

Progressions:

Have the athletes use jumps instead of hand signals e.g. Scissors = Star Jump, Paper = Straight Jump, Rock = Tuck Jump.

Coach Considerations:

Immediately replace any dislodged hoops.

Circle of Happiness

Activity Type: Individual

Difficulty: ★★★



Description:

Have your athletes sit in a circle and establish a conditioning exercise (e.g. push ups). Identify a starting athlete and turn order (usually clockwise from the starting athlete). Have every athlete assume a front support position. On the 'GO!' signal, the athletes take turns performing a push up, beginning with the starting athlete. If an athlete fails to touch their nose to the ground or can't push back up to front support they are eliminated. The game continues until there is only one athlete remaining.

Apparatus:

Floor

Additional Equipment:

None

Progressions:

Instead of push ups, use conditioning exercises such as v-snaps or push ups with a clap.

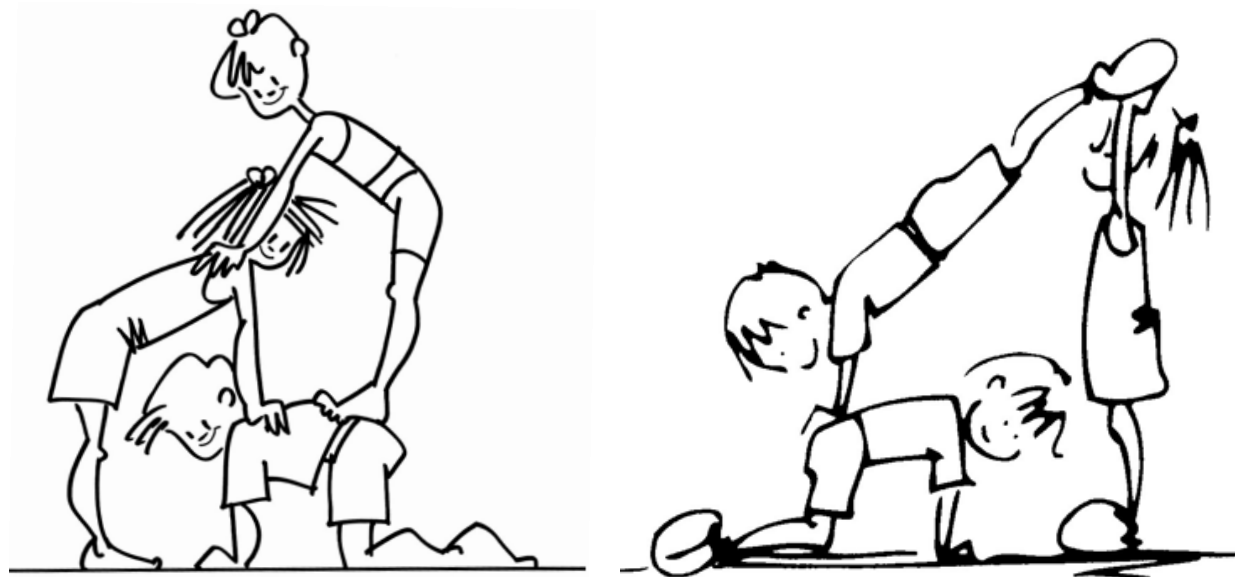
Coach Considerations:

Only play this game with groups of approximately equal ability in order to keep the competition fair and athletes engaged.

Build It

Activity Type: Team

Difficulty: ★★★



Description:

Split your athletes into even teams. Establish the rules of the game and a time limit (e.g. 30 seconds). Announce a series of body parts to be used (e.g. 2 hands, 2 feet, 2 shins) and start a timer. The groups must work together to create a shape involving every group member with only the listed body parts touching the ground. Points can be awarded for speed, stability and creativity. The team with the most points at the end of the game wins.

Apparatus:

Floor

Additional Equipment:

- A timing device

Progressions:

Increase group size or add additional stipulations (e.g. at least 1 person must be upside down)

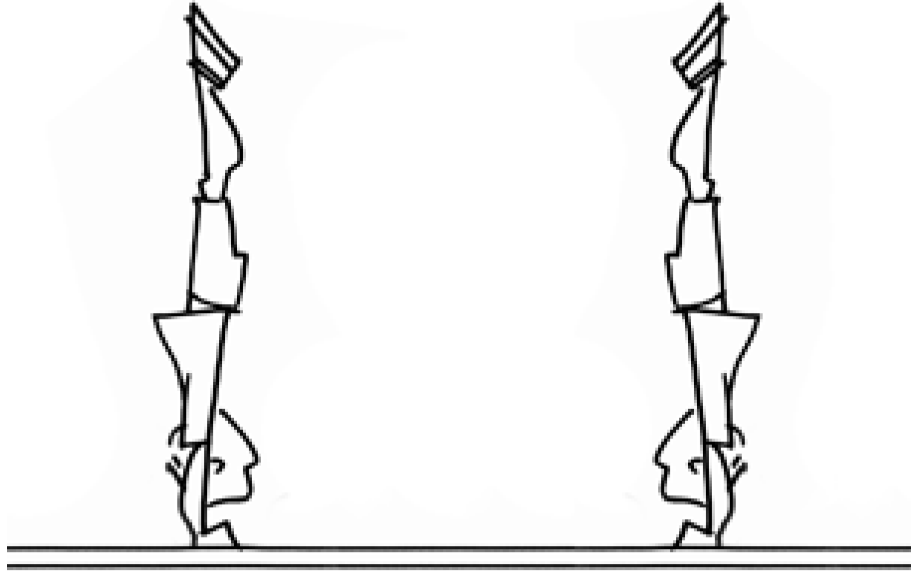
Coach Considerations:

Choose safe combinations (e.g. avoid using heads) and intervene swiftly if the groups attempt something dangerous.

Team Handstand Competition

Activity Type: Team

Difficulty: ★★★



Description:

Split your athletes into two teams and have each team stand in a straight line on the floor. On the 'GO!' signal, the first athlete from each team kicks up into a handstand. As soon as they step down, fall or roll out, the next athlete in the team must kick up into a handstand. The game continues until all members of a team have performed a handstand. The team that is able to collectively hold their handstand the longest wins.

Apparatus:

Floor

Additional Equipment:

None

Progressions:

Disallow walking or stepping while in the handstand.

Coach Considerations:

Make sure the teams are balanced in terms of ability and not just groups of friends in order to retain a healthy competitive atmosphere.

Ninja

Activity Type: Individual

Difficulty: ★★★★★



Description:

Have your athletes stand in a circle. Explain the rules of the game and establish a forfeit. Identify a starting athlete and turn order (usually clockwise from the starting athlete). On each turn, athletes can take one step and attempt to tag the hand of another athlete in a single 'Ninja' move. If an athlete's hand is tagged, they are eliminated and must perform the forfeit. Athletes must freeze as soon as their move is finished. Athletes can only move when it is their turn or when they are being attacked, in which case they can react with a single move or step to avoid being tagged. The game continues until there is only one athlete remaining.

Apparatus:

Floor

Additional Equipment:

None

Progressions:

Instead of elimination, athletes are simply not allowed to use a tapped hand. However once both hands have been tapped, they are out.

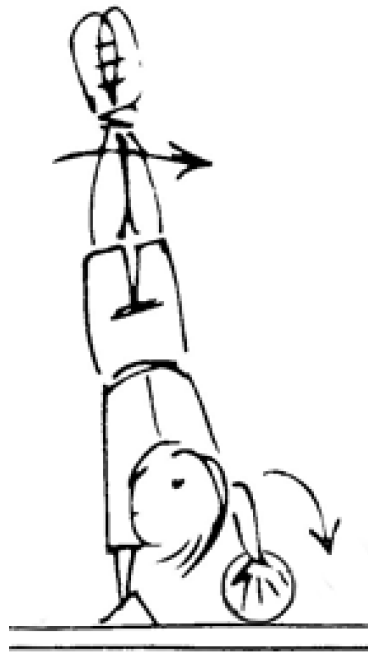
Coach Considerations:

Discourage reckless or dangerous play and eliminate athletes who spend more than one turn on the ground.

Handstand Bowling

Activity Type: Individual

Difficulty: ★★★★★



Description:

Line up your athletes at the end of the tumbling mat. Place a soccer ball on a starting line marked by two dots and arrange 9 empty water bottles in a triangle shape about 5 metres from a starting line. Athletes take turns performing a handstand over the soccer ball and hitting it towards the water bottles. Athletes get a point for each water bottle they knock over. If an athlete knocks over all of the water bottles in one go, they get 15 points. The athlete with the most points after three turns wins.

Apparatus:

Tumbling

Additional Equipment:

- 2 dots
- 9 empty drink bottles
- 1 soccer ball

Progressions:

Move the water bottles further away from the starting line.

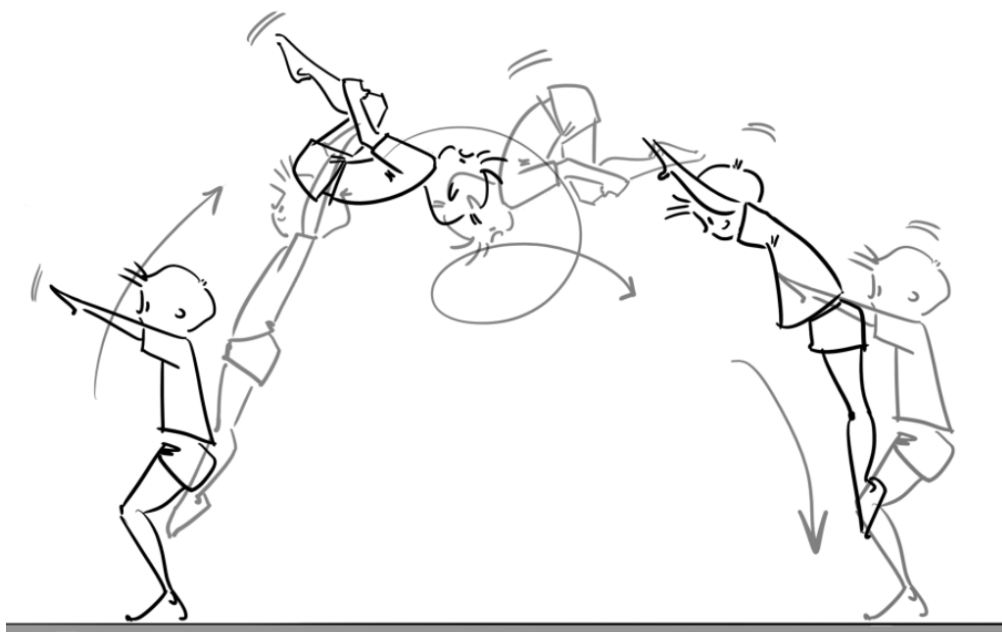
Coach Considerations:

Only play this game with groups of approximately equal ability in order to keep the competition fair and athletes engaged.

Gladiator

Activity Type: Individual

Difficulty: ★★★★★



Description:

Line up your athletes towards the end of the tumbling mat. Explain the rules of the game and establish a forfeit. Each athlete takes a turn performing a standing back somersault onto the landing mat. If an athlete fails to 'stick' their landing (hold their landing for at least three seconds without falling or stepping), they are eliminated and must perform the forfeit. If an athlete sticks their landing, they go to the back of the line for another turn. The game continues until there is only one athlete remaining.

Apparatus:

Tumbling

Additional Equipment:

None

Progressions:

Have the athletes stand on the tumbling mat and perform a standing back somersault without the landing mat.

Coach Considerations:

Only play this game with groups of approximately equal ability in order to keep the competition fair and athletes engaged.

Blank Templates

Activity Type:

Difficulty:

Description:

Apparatus:

Additional Equipment:

Progressions:

Coach Considerations:

Activity Type:

Difficulty:

Description:

Apparatus:

Additional Equipment:

Progressions:

Coach Considerations:

Activity Type:

Difficulty:

Description:

Apparatus:

Additional Equipment:

Progressions:

Coach Considerations: