

STRIKE FORCE

DIRECTIONS:

1. Find a soft ball (or a rolled up sock). You will also need some crayons or markers.
2. Print out this paper, or you can create your own.
3. Play the game outside with lots of space around you.
4. Complete the activities. As you finish each activity, color in the circle that matches that color. For example, when you finish the blue activity, color in the blue circle with a blue crayon.



RED

Throw the ball in the air 10 times and catch it

BLUE

Hit the ball in the air with your right hand 5 times

YELLOW

Hit the ball in the air with your left hand 5 times

GREEN

Hit the ball in the air switching hands 10 times

PURPLE

Hit the ball with the back of your hand 5 times

ORANGE

Hit the ball in the air and catch it 10 times

GREY

Hit the ball to a partner 20 times

BROWN

Toss the ball up, jump in the air, and then catch it

ANY COLOR

Complete any 3 colors in a row without a mistake