

Year 1 - Fundamental Movement Skills

Object Control - Lesson Plan

PLAYING

EDSTART

Lesson Objective To be able to roll a ball back and forth with a partner. **Lesson 1/6**

Equipment Needed Tennis balls, beanbags, cones, markers, beach ball.

Success Criteria Children can:

- know the correct way to roll a ball.
- pick up and put down objects with ease and accuracy.
- understand how to get low to the ground when rolling the ball.
- get into line with the ball and are able to receive it.

EDSTART KNOW

- I can explain how to roll a ball correctly.
- I can describe why bending low helps me roll with control.
- I can understand how to aim at a target.

EDSTART GO

- I can roll a ball towards a partner or a target.
- I can collect and return the ball safely.
- I can play small games

EDSTART SHOW

- I can respect my partner when rolling and catching.
- I can encourage others to keep trying.
- I can celebrate effort in games.

Key Question

How can you control your roll to hit your target accurately? By keeping your eyes on the target, using gentle power, and rolling the ball smoothly with your hand close to the ground.

Warm Up

ICE PLANET ESCAPE: All children each have a space ball and move around the galaxy (area). Three "Ice Catchers" travel through space trying to freeze the explorers by tagging them. If frozen, players stand still with legs apart, waiting to be freed by another explorer rolling their ball between their legs using the scoop technique. Swap catchers every two minutes to keep everyone moving and exploring. **PROGRESSION:** Add a challenge where the rescuer must perform five toe taps before freeing their friend.

Main Activity

STEROID DASH: Set up four planets (cones) around the area. On the coach's call, children must roll their space ball safely to visit each planet and return home before the "asteroid" (a foam ball rolled by the coach) reaches their area. Encourage children to keep their eyes on the ball and use quick reactions. **PROGRESSION:** Add two asteroids to make it harder for players to avoid being hit.

GALACTIC GATES: Children work in pairs with two cones creating a space gate. The players take turns rolling their planet ball through the gate to their partner. Every successful roll earns a star. After five stars, they can either move the cones closer together to make a smaller gate or step further apart for more distance. **PROGRESSION:** Ask players to add a "target call" before rolling — saying "through Saturn" or "past Mars" to encourage communication and focus.



SPACE BATTLESHIPS: Each player has four starbases (cones). One child attacks by rolling their comet (ball) to knock over their opponent's bases, while the defender tries to guard their own. Once the ball is retrieved, roles switch. The first player to destroy all four enemy bases wins the round. **PROGRESSION:** Allow defenders to move one base between rounds for extra challenge and strategic thinking.

ROLL TO VICTORY: Split the class into two cosmic teams. A large planet (beach ball) is balanced on a cone in the centre of the galaxy. Teams must roll their meteor balls to knock it down, then continue rolling to push it past the other team's line. Players must stay behind their rolling line and use teamwork to control direction and power. **PROGRESSION:** Add a time limit to see which team can move the planet furthest within one minute, encouraging speed and cooperation.

Adapted Learning (Differentiation) (Challenge)

SPACE
Use a large open hall or playground with clear zones for each planet or team. Adjust space size to suit ability levels.

TASK
Vary the challenge by changing target sizes, distances, or the number of asteroids. Encourage teamwork and strategic thinking.

EQUIPMENT
Use foam or soft balls, cones, and larger "planets" (beach balls) for visibility and safety.

PEOPLE
Work individually, in pairs, or teams to promote cooperation, fair play, and communication.

Key Technical Point

Focus on aim, control, and accuracy. Step forward with your opposite foot, keep your eyes on the target, and follow through in the direction of your roll. Use smooth, steady movements for power and precision.

Cooldown

SLOTH RELAXATION: After the final card, guide children to find a comfortable space or mat for the Sloth Pose. Encourage them to sit or lie still, relaxing every muscle in their body. Lead them through gentle breathing, deep inhale, slow exhale as they imagine lying safely in the rainforest canopy. Play "Rain Sound and Rainforest Animal Sound – Relaxing Sleep" softly in the background to create a peaceful atmosphere. **PROGRESSION:** Allow children to share one animal pose they enjoyed most and describe how it made them feel calm, strong, or happy

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Lesson Objective To be able to throw and catch underarm using a variety of equipment. **Lesson 2/6**

Equipment Needed Tennis balls, bean bags, cones, markers, beach ball.

Success Criteria Children can:

- throw a ball / bean bag underarm with some accuracy.
- understand how to throw the ball underarm with control and accuracy.
- watch the flight of an object and are able to move inline with object in order to catch underarm.

EDSTART KNOW

- I can explain how to throw underarm.
- I can describe why stepping forward helps me aim.
- I can understand how to track the ball when catching.

EDSTART GO

- I can throw underarm with control.
- I can catch a ball or beanbag with two hands.
- I can play small games

EDSTART SHOW

- I can respect my partner in catching games.
- I can encourage teammates in challenges.
- I can celebrate effort fairly.

Key Question

How can you catch and throw the ball accurately every time? By keeping your eyes on the ball, using soft hands to catch, and following through with your throw toward the target.

Warm Up

JUNGLE TAG: All children become jungle explorers, each holding a "magic fruit" (ball) as they move carefully through the jungle. Two or three "hunters" try to tag the explorers. If tagged, they're stuck in the mud and must freeze with legs apart. Other explorers can rescue them by rolling their fruit through their legs and collecting it using the scoop technique. Swap hunters every two minutes to keep the game moving and fair. PROGRESSION: Add a challenge, rescuers must perform five star jumps before freeing a friend, testing awareness and coordination

Main Activity

ANIMAL DASH: Scatter cones or markers around the area as "jungle trees." When the coach shouts an animal name, children must move like that animal while holding their ball — "Tiger" (run fast and crouch low), "Monkey" (swing arms side to side), "Elephant" (march and swing trunk arms). When "Tree!" is called, they must freeze and balance the ball on one hand or knee. Progression: Add a second animal at the same time to make it trickier to remember and react quickly.

SWAP SAFARI: Create a jungle trail by placing 4 hoops along the side of the area, each filled with a different type of equipment — balloons, foam balls, beanbags, and small balls. Children begin at the first hoop catching a balloon. Once they can catch it confidently five times in a row, they trade up to the next challenge! Encourage soft hands and watching the ball closely. PROGRESSION: Ask children to perform a movement challenge before swapping (e.g. bounce the ball twice or catch while turning around).

ROLL, CATCH, THROW: (Roll, Receive, Throw, Catch) In pairs, explorers work together to master control. Player 1 rolls the ball carefully along the ground, Player 2 receives it and stands up to throw it gently back. Continue the sequence — roll, receive, throw, catch — ten times before switching roles. Focus on accurate rolls and catching with eyes on the ball. PROGRESSION: Challenge pairs to keep the ball moving continuously without stopping — how many successful passes can they complete in one minute?

HOT COCONUT: In groups of six, children stand in a circle, tossing and catching the "coconut" (ball) around. If someone drops it, they must run around the circle and try to return before the ball completes a full lap. Encourage children to use underarm throws and communicate clearly with each other. PROGRESSION: Add a second "coconut" to the circle to make it more exciting and test reactions!

SINK THE RAFT: Split the class into jungle tribes of up to five explorers. Each tribe stands behind their "camp" (a small cone) and must protect their raft made from three large obstacles (cones, buckets, or wickets). Using their "coconut missiles" (balls), children take turns throwing to knock down all three obstacles. Once they've sunk the raft, they help another tribe or rebuild to start again. PROGRESSION: Move the throwing line further back for extra challenge or use smaller targets for precision

Adapted Learning (Differentiation) (Challenge)

SPACE

Use a large hall or playground divided into zones for different jungle challenges. Adjust distances between cones or hoops to match ability.

TASK

Vary the type of throw (underarm, roll, or bounce) and object (beanbag, balloon, ball) to suit coordination levels.

EQUIPMENT

Use a mix of foam balls, beanbags, hoops, and cones for safety and variety.

PEOPLE

Work in pairs, small groups, or tribes to build teamwork, fair play, and communication.

Key Technical Point

Focus on good control, quick reactions, and safe movement — keep eyes up, use soft knees when changing direction, and move with balance and awareness of others.

Cooldown

JUNGLE REST: Gather everyone in a circle. Ask them to sit cross-legged with their ball resting on their lap, taking deep breaths like calm jungle animals. Stretch arms up tall like trees, then slowly lower them to the ground like vines. End by asking, "What skill made you feel strongest today — rolling, catching, or throwing?"

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EDSTART

Lesson Objective	To be able to throw and catch overarm using a variety of equipment.	Lesson 3/6
Equipment Needed	Tennis balls, bean bags, cones, markers, beach ball.	
Success Criteria	Children can: <ul style="list-style-type: none">be aware that the further the target the harder they need to throw the object.understand how to throw the ball overarm with control and accuracy.use basic throwing techniques to hit large targets	

EDSTART KNOW

- I can explain how to throw overarm.
- I can describe why stepping sideways helps my throw.
- I can understand how to release the ball above my head.

EDSTART GO

- I can throw a ball overarm with accuracy.
- I can catch different types of throws.
- I can apply skills in small games,

EDSTART SHOW

- I can respect rules in throwing games.
- I can encourage others when practising.
- I can celebrate effort and fair play.

Key Question

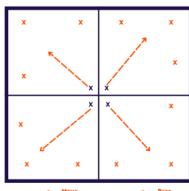
How can you make your throw accurate and your catch secure? By stepping toward the target, keeping your eyes on the ball, and using soft hands to absorb the catch.

Warm Up

HOT COCONUTS: Children work in jungle tribes of six and stand in a circle. Using a "hot coconut" (ball), they throw and catch it around the circle without dropping it. If someone drops the coconut, they must run around the outside of the circle and try to beat the coconut back to their space before it completes another lap. Encourage quick reactions, soft hands, and clear communication — "your turn!" or "ready!" **PROGRESSION:** Add a second "hot coconut" to make it more exciting and test awareness and teamwork.

Main Activity

CATCH CHALLENGE: Each child has a ball and finds a space. Challenge them to see how many catches they can make in 30 seconds. Encourage them to try two-handed catches, one-handed catches, and clap once before catching. **PROGRESSION:** Add a movement — catch while hopping, kneeling, or turning around once before catching again.



PARTNER POWER THROW: Children work in pairs, standing one metre apart. They practise throwing and catching, starting with gentle underarm throws. Each time both partners catch successfully, they take one step backwards. If the ball drops, they return to the start. As the distance grows, encourage children to move from underarm to overarm throws. Focus on technique: step towards the target, eyes on the ball, hands ready to cushion the catch. **PROGRESSION:** Ask pairs to add a target cone between them and aim their throws to pass directly over it for accuracy.



THROWING TARGETS: Split the area into four sections. Place four "strikers" in the middle, each facing one of the sections where their teammates are waiting. Each striker underarm throws into their section, where players try to catch the ball. A first-time catch (no bounce) scores 10 points, a one-bounce catch scores 5, and two or more bounces earn 1 point. After three throws, strikers rotate so everyone gets a turn in the middle. Encourage clear communication and accurate aiming. **PROGRESSION:** Make the game trickier by having the strikers throw from slightly further back each round.

RACE THE BALL: Divide the class into teams of six. One player becomes the "thrower," who catches the ball from the bowler and throws it overarm into the open area. The thrower must then run to a cone at the far end and back before the fielding team retrieves the ball and throws it through all three zones (fielders positioned across the space). If the thrower returns before the ball reaches the final zone, their team scores a point. **PROGRESSION:** Add a rule that the ball must be passed using overarm throws only, making teamwork and control essential.

Adapted Learning (Differentiation) (Challenge)

SPACE
Adjust distances between partners or zones to match ability. Use larger spaces for advanced pupils and smaller areas for beginners.

TASK
Change throw types (underarm, overarm, bounce) or catching challenges (one-handed, on the move, clap before catching).

EQUIPMENT
Use soft balls, beanbags, or foam balls for safety and success. Increase or reduce ball size to suit coordination levels.

PEOPLE
Work individually, in pairs, or in small teams to encourage communication, teamwork, and fair play.

Key Technical Point

Focus on accuracy, control, and coordination. Step forward with your opposite foot when throwing, aim with your hand, and follow through toward your target. Keep hands ready and relaxed when catching, watching the ball all the way in.

Cooldown

SLOW AND STEADY CATCH: Children walk slowly around the area, gently tossing and catching their ball at half speed. On the coach's call, they stop, stretch tall, and lower into a squat while holding the ball out in front. Repeat three times, then finish in a circle stretch, discussing: "What helped you catch better today?" and "What made your throws more accurate?"

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EDSTART

Lesson Objective To be able to judge the flight of an object and catch it using the correct technique. **Lesson 4/6**

Equipment Needed Cones, hoops, markers, beach ball, bean bag, tennis ball, pompom balls, spiky ball, medium sized ball, rugby ball.

Success Criteria Children can:

- perform a range of rolling, throwing, catching, and gathering skills, with control.
- start to understand what skills are needed in certain situations.

EDSTART KNOW

- I can explain what "flight" means in PE.
- I can describe why I keep my eyes on the ball.
- I can understand how to catch different objects.

EDSTART GO

- I can clap when the ball is at the top of its flight.
- I can practise catching with different equipment.
- I can pass and catch in small games.

EDSTART SHOW

- I can respect classmates when playing.
- I can encourage my partner to keep trying.
- I can celebrate improvements in control.

Key Question

How can you control your throw or catch to keep the object moving smoothly? By watching the object closely, using soft hands to catch, and releasing the throw gently in the direction you want it to go.

Warm Up

SWAP AND CATCH CHALLENGE: Children begin with light objects such as scarves or balloons, practising gentle throws and catches while keeping the object in the air. Once they feel confident, they can "swap it" for trickier equipment — beach balls, beanbags, tennis balls, pom-pom balls, spiky balls, or rugby balls. Encourage children to explore how each object moves differently in the air and how they must adjust their catching technique. **PROGRESSION:** After each successful catch, they must perform one balance pose (e.g. star, stretch, or squat) before swapping to a new piece of equipment.

Main Activity

BALLOON RACE: Children work in pairs, each with a balloon. On the coach's call, they must keep their balloon in the air using only gentle taps while travelling from one side of the hall to the other. If their balloon touches the floor, they start again. **PROGRESSION:** Add a rule that they can only use certain body parts, elbows, knees, or heads, to keep the balloon up, encouraging control and focus.

FOLLOW THE FLIGHT: Children throw or bounce their ball into the air, keeping their eyes on it as it travels. When they think it has reached the top of its flight, they must clap once before catching. Encourage them to use different objects to compare how each moves, light objects rise slowly, heavier ones drop faster. Ask, "What do you notice about the way it falls?" **PROGRESSION:** Children can try to clap twice or add a spin before catching, improving timing and reaction.

SUPER CATCH CHALLENGES: Children explore different catching techniques: two-handed catches with a beanbag, one-handed catches, swapping between hands, and two-handed catches using a ball. Encourage bending knees and keeping eyes on the object. Focus on soft hands and quick reactions. **PROGRESSION:** Children can challenge themselves to perform each skill five times without dropping, earning a point for each success.

PARTNER THROW AND GROW: In pairs, children throw and catch a beanbag or ball. They begin close together and, after five successful catches, take one step backwards. This helps them judge force and distance while keeping control. They should experiment with underarm, overarm, and bounce passes. Encourage clear communication "ready" and "catch" between partners. **PROGRESSION:** Add a rule that each pair must complete one high throw, one low throw, and one bounce pass before stepping back again.

KEEP IT MOVING: Children work in groups of six arranged in a hexagon. They must pass the ball around the group using accurate underarm throws, counting how many successful passes they make without dropping. If the ball drops, they start from zero. Coaches announce top scores to create friendly competition and teamwork. **PROGRESSION:** Add a second ball moving in the opposite direction to increase focus, communication, and quick decision-making.

Adapted Learning (Differentiation) (Challenge)

SPACE
Adjust distances for throwing and catching depending on ability. Use larger areas for advanced pupils and smaller zones for beginners to ensure success.

TASK
Vary the challenge by changing object type (ball, beanbag, balloon) or adding actions (clap, spin, hop). Encourage pupils to focus on control and accuracy.

EQUIPMENT
Use a range of objects, soft balls, beanbags, balloons to help children explore how different weights and materials affect flight.

PEOPLE
Work individually, in pairs, or in small groups to develop teamwork, communication, and confidence.

Key Technical Point

Focus on timing, control, and coordination. Keep eyes on the object, step forward with your opposite foot when throwing, and use relaxed, soft hands when catching. Always follow through toward your target for accuracy and balance.

Cooldown

SLOW MOTION CATCHES: Children move slowly around the area, tossing and catching their ball or beanbag in slow motion, pretending they are moving underwater. Each time they catch, they take a deep breath in and out. End with a group stretch — reaching high, then down low, before sitting and sharing one thing they did better today when catching or throwing.

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PLAYING

EDSTART

Lesson Objective	To be able to kick a ball accurately over a variety of distances.			Lesson 5/6
Equipment Needed	Footballs balls, bean bags, cones, markers, beach ball.			
Success Criteria	Children can: <ul style="list-style-type: none">understand their leg action whilst kicking the ball.kick a ball along the floor using their left and right feet to a variety of targets.			
EDSTART KNOW	EDSTART GO			EDSTART SHOW
<ul style="list-style-type: none">I can explain how to kick using the inside of my foot.I can describe why my non-kicking foot points at the target.I can understand how to control the ball when passing.	<ul style="list-style-type: none">I can kick a ball to a partner with accuracy.I can aim at cones and targets.I can apply skills in small games.			<ul style="list-style-type: none">I can respect defenders in games.I can encourage my team when playing.I can celebrate fair play.
Key Question	How can you make your pass accurate and help your teammate control it easily? By keeping your eyes on the ball, using the inside of your foot, and following through smoothly toward your target.			
Warm Up	SUPER STRIKERS: Each child has their own football and moves freely around the area, keeping close control of the ball with gentle touches. Encourage them to use both feet and different parts of the foot — inside, outside, and sole — to move in every direction. Call out fun challenges like “turn!” (drag back), “spin!” (Cruyff turn), or “switch feet!” (change direction quickly). The focus is on control, not speed. PROGRESSION: Add “traffic lights” — Green = dribble fast, Amber = toe taps on the spot, Red = stop the ball under control.			
Main Activity	TRICKY TURNS: Demonstrate a few simple turns such as drag back, inside cut, and outside cut. Children move around the area practising their turns each time they hear a whistle. Encourage them to combine two or three turns together before dribbling again to build creativity and control. PROGRESSION: Ask children to perform a turn followed by a pass to a partner and then retrieve their ball to keep the activity flowing. PASS AND TARGET: Children work in pairs standing 5–10 metres apart, passing the ball back and forth using the inside of their foot. Emphasise standing foot beside the ball, striking smoothly, and following through towards the target. Once accurate, add cones or mini goals between them to aim through. PROGRESSION: Add a scoring system — 1 point for hitting between the cones, 2 points for passing through a smaller gate. Encourage communication by calling their partner’s name before each pass. SINK THE SHIPS: Children work in pairs with five cones each: one marks the passing spot, and the other four are placed in a small area as “ships.” Player 1 announces which ship they’ll try to hit. If the ball strikes the target cone, the ship is “sunk!” Each player has four lives before switching roles. Focus on accuracy and control rather than power. PROGRESSION: Reduce the size of the area or move the passing line further back to make targeting trickier. EDSTART WORLD CUP: Set up several small pitches with cones as goals. Create 6–8 small teams depending on numbers. Each team lines up behind their end line, with a ball in the centre of the pitch. Give each child a number. When the coach shouts, “Number 3!”, both number 3s sprint onto the pitch, try to win possession, and score in the opponent’s goal. Matches last around 30 seconds with quick resets. PROGRESSION: Call multiple numbers to encourage teamwork, communication, and quick decision-making.			
Adapted Learning (Differentiation) (Challenge)	SPACE Adjust pitch or passing distances to suit ability. Use smaller spaces for control and larger areas to develop power and accuracy.	TASK Vary the passing challenges, short passes for beginners, longer or one-touch passes for advanced players. Include turns, targets, and small goals.	EQUIPMENT Use soft or size-appropriate balls, cones for gates, and mini goals for accuracy practice.	PEOPLE Work individually, in pairs, or in small teams to build communication, teamwork, and fair play.
Key Technical Point	Focus on accuracy, control, and communication. Place your standing foot beside the ball, strike with the inside of your foot, follow through to the target, and call your teammate’s name before passing.			
Cooldown	TEAM PASS CHALLENGE: Children form small groups and pass the ball gently between them while walking around the area. Each pass must stay on the ground and controlled. Gradually slow the pace and finish by sitting in a circle. Ask reflective questions: “What made your passes accurate today?” and “How did you work as a team to score?” Finish with a few gentle leg stretches while reviewing the key success criteria control, accuracy, teamwork, and enjoyment			

Year 1 - Fundamental Movement Skills

Object Control - Lesson Plan

PLAYING

EDSTART

Lesson Objective To show control and accuracy with the basic actions of throwing, rolling, and kicking a ball. **Lesson 6/6**

Equipment Needed medium

Success Criteria Children can:

- track balls and other equipment, moving in line to collect them and understanding when the ball is at the top of its bounce.
- recognize whether they need to throw or kick the ball to the target.
- throw and kick a ball in a variety of ways, depending on the game.

EDSTART KNOW

- I can explain which skill to use in different games.
- I can describe how to aim for targets in rolling, throwing, and kicking.
- I can understand why teamwork is important in games.

EDSTART GO

- I can roll, throw, and kick with control.
- I can take part in carousel games using different skills.

EDSTART SHOW

- I can respect rules and equipment.
- I can encourage classmates in games.
- I can celebrate effort and teamwork.

Key Question

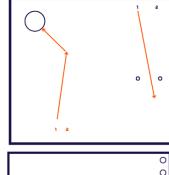
How can you throw and aim accurately while working as a team? By keeping your eyes on the target, stepping forward as you throw, and communicating clearly with teammates.

Warm Up

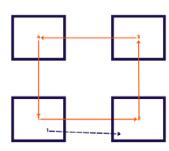
LAVA LEAPERS: Children begin on one side of the hall, pretending the floor is bubbling lava. Using flat or spot markers as safe rocks, they must cross to the other side without touching the floor. Encourage creative movements—jumping, balancing, or stretching to reach the next rock safely. If anyone touches the lava, they return to the start and try again. **PROGRESSION:** In teams of four, each group has three “stepping stones.” They must work together to cross the lava by sharing and moving the markers as they go. If one person falls in, the team starts again. The first group to make it across the lava wins.

Main Activity

ADVENTURE CAROUSEL: Set up a circuit of exciting throwing and fielding challenges. Split the class into small groups of 4–6 and rotate stations every 10 minutes. Each game builds teamwork, aim, and coordination.



JUNGLE GOLF: Children work in pairs and set up their own golf hole using a hoop, cone, bucket, or small gate as the target. Starting from a set point, each player throws or rolls a beanbag or ball toward the target. The goal is to hit or land inside it in the fewest attempts. Encourage underarm throws and soft rolls for accuracy. **PROGRESSION:** Make the course harder by increasing the distance or adding obstacles such as cones or hoops to throw around.



SHIP LAUNCHERS: Players set up four cones at each end of a small area as their ships. Two players compete 1v1—the attacker rolls or throws the ball to try and knock over the defender’s ships. When the ball is retrieved, the players swap roles. Each successful hit sinks a ship. The first player to sink all four wins the round. **PROGRESSION:** Move the throwing line further back to make accuracy more important.

BASE RUNNERS: In teams of five, one player is the runner and four are the fielders. The fielders stand in four cones arranged in a square as their bases. On the coach’s signal, the runner sprints to touch all four bases in order while the fielders throw the beanbag from base 1 to 2 to 3 to 4 and back to 1. If the fielders complete their passes before the runner finishes, the fielders win. Then switch roles. **PROGRESSION:** Make the boxes slightly larger so the fielding team has to throw further and communicate more clearly.

Adapted Learning (Differentiation) (Challenge)

SPACE

Adjust distances between targets and bases to match ability. Use smaller areas for control and larger spaces to challenge power and accuracy.

TASK

Vary throwing types—underarm for beginners, overarm for advanced. Add obstacles or time limits to increase challenge.

EQUIPMENT

Use soft balls, beanbags, and cones to ensure safety and variety. Adjust target size or distance to suit coordination levels.

PEOPLE

Work individually, in pairs, or small groups to build teamwork, communication, and fair play.

Key Technical Point

Focus on accuracy, coordination, and timing. Step forward with your opposite foot, aim with your throwing hand, follow through toward the target, and stay balanced after the throw.

Cooldown

CAMPFIRE STRETCH After their adventures, gather everyone in a circle as if sitting around a campfire. Ask children to take deep breaths, in through the nose, out through the mouth, while slowly stretching their arms up high like tall trees and bending down to touch their toes like melting marshmallows. Finish by sitting cross-legged and reflecting together: “Which game needed the most teamwork?” and “How did you help your group succeed?”