

OVER AND UNDER

TIME 15 minutes

SUPPLIES

- › Two beach balls

THE GAME Players form two parallel lines about 15 feet apart. The first player in each line passes the beach ball backward over her or his head to the next player. The next player passes the beach ball under his or her legs to the third player. Passing continues, alternating the overhead and under leg passes. The first team to successfully pass the ball through the line wins.

GOING DEEPER

- › What was the secret to this game's success?
- › How did your team work together to achieve the greatest efficiency in passing the ball?
- › How do flexibility and cooperation help you be successful?