

## READY

In small groups, children name a fruit, vegetable, or type of power play as they toss the ball to another child.

## SET

- Review the Power Up! worksheet from Activity 2.

## GO

1. Review the fruits, vegetables, and power play ideas listed on the Power Up! worksheet with the children.
2. Lead the children in playing Memory Ball by using the organization and teaching cues below.

### ORGANIZATION

- Create groups of 4-6 children of similar ages and give each group a ball or other safe object to toss. You may wish to have younger children sit in a circle and roll the ball to one another.
- Game starts with a whistle blow, the start of music, or when you say "Go!"
- Stop play by blowing the whistle, stopping the music, or saying "Stop!"
- Praise groups that are working together well.
- Start the game again using a new category, such as vegetables, fruits and vegetables of a certain color, types of power play, types of moderate power play, or types of vigorous power play.
- Praise groups that line up, pass the ball, and return to their circles quickly.

### TEACHING CUES

- Form a circle with your group.
- When the whistle blows, toss the ball to someone across the circle from you.
- Remember who passes the ball to you, and who you pass the ball to.
- When you toss the ball, name a fruit that hasn't already been named.
- Hands up ready to receive a pass!
- Don't take your eyes off the ball!
- Everyone freeze!
- Quickly line up behind the person with the ball.
- Jog forward in a snake pathway.
- As you jog, pass the ball overhead until it gets to the end of the line.
- When the last person in line gets the ball, shout out "We've got the power!"
- Get back into your circles for another round.
- New category! This time name a \_\_\_\_\_ when you toss the ball.
- Remember to keep tossing the ball to the same person.

# Memory Ball



### TIME

- Prep — 5 minutes
- Activity — 30 minutes

### MATERIALS

- One ball (or other safe object) for every 4-6 children
- *Optional:* Whistle or music



# Memory Ball

## GO FARTHER

- Ask children to create other passing techniques (e.g., under the leg, turn around one time, bounce three times, etc.).
- Add a ball to each group. Continue adding balls one at a time for “Group Juggling.”

## BRING IT HOME

- Encourage children to teach Memory Ball to their families. This may be a good indoor game for children to play with siblings and friends.