



CLASS 19 | IT'S A TOSS-UP! WORKSHEET

“It's a Toss Up!” Games Worksheet

DIRECTIONS: *Try these simple exercises to help hone your hand-eye coordination. You can do them as a class or even on your own to keep those skills sharp.*

One-Handed Toss. Try tossing a scarf, beanbag or ball in the air and catching it. Want to up the challenge? Try tossing with your non-dominant hand.

Two-Person Toss. Find a partner for some classic tossing. Simply toss a scarf, beanbag or ball back and forth.

Circle-Tossing Games. Have the group form a circle (participants can either sit or stand). Toss a ball, beanbag or other small, soft object to one person in the group. Have them toss it to someone else. That person should throw to another person, and so forth. You can vary the circle toss by:

- Have participants call out the name of the person they are tossing to.
- Have the circle try to keep more than one object being tossed in the circle at a time.
- “Hot Potato”: Have the group toss the object against the clock by telling them they need to finish by the end of a song or against a timer. The person left holding the “hot potato” is then out. The object of the game is to be the last one left in the circle. This additional level of challenge boosts speed as well as coordination.

Horseshoes. Horseshoes is another classic yard game that requires folks to toss to a target. Can be played in teams.

Beanbag Toss or Cornhole. This classic game asks folks to toss to a target, generally on the floor. You can purchase a beanbag toss game or create your own by asking folks to toss beanbags to see who can get closest to a target you select (the wall, a wastebasket, etc.). You can also create targets with paper lunch bags, grocery bags or shopping bags, making them more stable by rolling down the top of the bags by a few inches. If needed, weigh down the bags with an extra beanbag or soft ball.

Jacks. This classic game is challenging but remains a great test of hand-eye coordination. Participants play in small groups using a large, flat surface. The object of the game is to pick up the jacks in groups (starting with one at a time, then two, then three, etc.) after just one bounce of the ball. When it is your turn, toss the ball, scoop up the number of jacks your turn requires, and then catch the ball. Keep going until you miss, then rotate the turn to your opponent(s).