



## Setup

- Spread out participants around the playing area. Give each participant a large ball or plush toy.

## Instructions

- Call out different action commands related to two-hand underhand toss, such as “High” (toss ball/plush toy really high), “Low” (toss ball/plush toy really low), “Fast” (toss ball/plush toy fast), or “Move” (toss ball/plush toy while moving).
- As a variation, add a rule that if they drop the ball/plush toy, they must do five jumping jacks or another appropriate exercise.