

### Flip.....Catch.....Toss

1. Find a small stuffed animal.
2. Get an object that will let you balance and catch your stuffed animal.
3. Set a timer for one minute.
4. Balance the animal on the back of the object.....flip the object and catch the animal on the inside of it. Repeat.
5. Count how many times you can flip and catch your animal in one minute.

### Partner Version Level One

1. Need two objects to balance and catch.
2. Partner A flips, catches, and then tosses the animal to partner B.
3. Partner B catches the animal inside of her object.
4. Partner B flips, catches, and then tosses the animal back to partner A.
5. Repeat. Count the number of catches in one minute.

### Partner Version Level Two

1. Each partner needs a plastic bowl and a stuffed animal.
  2. Players will take turns. One 'moving' and one 'resting'.
  3. When moving.....flip and catch the animal. Set it down. Then....do 3 jumping jacks, 2 pancake push-ups, and one knee hug.
  4. As soon as the 'mover' hugs her knees....the resting partner begins.
  5. Count the number of catches in one minute.
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