

# K!DS ON THE MOVE

## Grab and Dash

**Materials Needed:** Large play area, bean bags or soft balls, cones, 4 hula hoops, 1 or 2 pool noodles

### **Set Up:**

1. Place a hula hoop in each corner of the play area (cones can also be used in place of hoops). These will be team bases.
2. Make one large circle in the middle of the play area. Place your 'treasure' (bean bags, balls, etc.) in the center.
3. Assign 4 teams and pick one or two people to be 'defenders'.

### **How To Play:**

1. **Defender-** Stands in the middle with the pool noodle to tag others attempting to grab the treasure. Defenders can not step outside of the circle to tag the grabbers.
2. **Grabbers-** Take the treasure from the middle (one item at a time) and bring them back to their team's 'base'.
3. If a grabber is tagged, they must return the treasure back to the center, go back to their team base, and do [# of exercises of choice. For example, 5 jumping jacks].
4. The game is over when all of the treasure is gone from the middle. Teams count up the number of items at their base. The team with the most treasure wins!