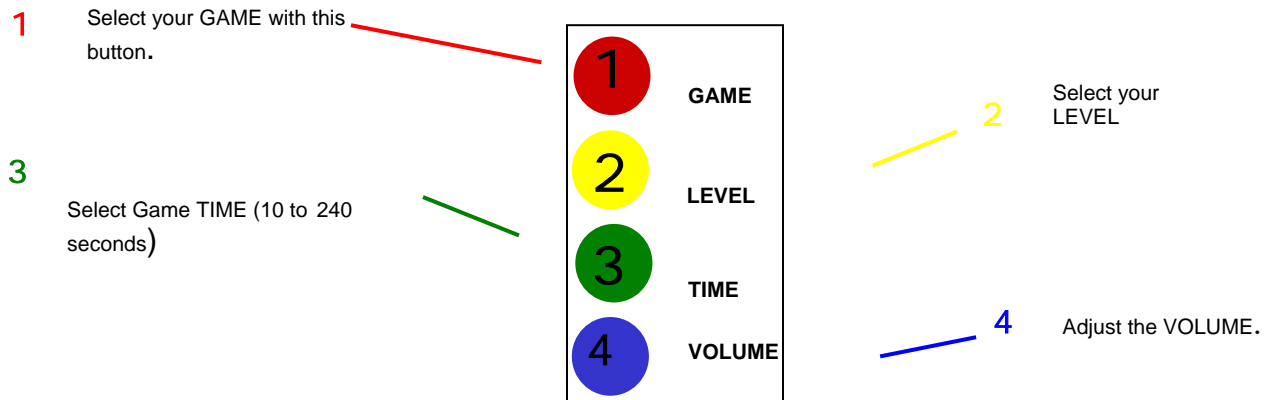


### GROUP FUN AND GAMES – QUICK START GUIDE

Turn system on with switch on Remote Display Box and system reads “ FUN FUN FUN FUN”

The remote control is your tool to select game, level, time, volume, and system settings. By pressing the indicated button you can sequentially scroll through the available choices.



- Players can range from 1 to 5 per stations depending on availability of kids and space available.
- Place tape/markers at 5ft, 8ft, 12ft, and 20ft from the front of the stations.
- Play time can range from 20 minutes to 1 hour by repeating the activities, changing from hands to noodles to balls, and by changing from individuals to partners or teams.
- This outline offers a Warm-up, Cardio, Skill, and Cool-down component. Choose what you want to do depending on your group age, size, time available, and space available. For low impact use the first option in each section.
- If you only have limited time shorten the games but do repeat them at least once. It shows how quick improvement occurs and establishes competitive spirit making it more spirited.
- For variety the same game can be played running, with a ball, with a noodle, alone, with a partner or in teams. Change between these categories by varying length of time, distance from training station, and type and size of ball.
- Voice instruction (white speakers) is controlled with the remote set to game “0” and using volume button to scroll from mute to high. When system is set to a game, the volume button will control target volume (individual panel speakers)
- Game setting “0-4” will allow games to auto-start after each game ends. Game setting “0-3” will only allow games to re-start by using the red button on the remote control.

**OUTLINE....**

<b>Game-level/ Start line</b>	<b>Equipment</b>	<b>Activity</b>	<b>Time</b>	<b>Mode</b>
<b>Warm-Up</b>				
<b>1-1</b> <b>20'</b>	----	Line up in teams in front of each station. First players runs up to the stations and hits a target with their hand. Player runs back to start line and next players turn. Continue rotating players until time expires. <b>And/Or</b>	<b>60</b>	<b>Team</b>
<b>3-2</b>	----	1 Player stands in front of each station with feet shoulder width apart. Strike target with hands or feet as they light up until time runs out. Try this game using noodles.	<b>30</b>	<b>Ind</b>
<b>Cardio</b>				
<b>3-2</b>	<b>Beanbags</b>	Player stand at 5' mark and throws beanbag to station, runs and retrieves then runs back to next furthest line to throw again. Runs and retrieves, running back to next furthest line. Set lines at 5', 8', 12', and 20'. <b>And/Or</b>	<b>30</b>	<b>Ind</b>
<b>4-3</b> <b>12'</b>	<b>PG Balls</b>	Team stands at 12' mark. First player throws ball to a selected target, catches rebound and hands ball to next player. Go for team high score. <b>And/Or</b>	<b>120</b>	<b>Team</b>
<b>1-3</b> <b>12'</b>	<b>Bean bag</b>	Stand at 12' or 20' mark. First players throw beanbags at station, retrieves beanbag and runs back to hand beanbag to next player in line. 1 point deducted for each hit below the line.	<b>120</b>	<b>Team</b>
<b>Skill</b>				
<b>2-2</b> <b>10'</b>	<b>PG Ball</b>	First players throws balls to stations, partner catches rebound and throws to station to play part of a tune. Continue until time expires. Listen and try to keep rhythm and pace. <b>And/Or</b>	<b>30</b>	<b>Part</b>
<b>4-2</b> <b>12'</b>	<b>PG Balls</b>	First players throw balls to a selected target, catches rebound and hands ball to next player. When a team's targets are completely knocked out they sit down and cheer other teams to finish. Play continues until each team's targets are completely knocked out and everyone is sitting down. (target will come back on if it is hit after already knocked out)	<b>180</b>	<b>Team</b>
<b>Cool-down</b>				
<b>2-3</b>	<b>Noodle</b>	Player stands in front of their stations and strike targets with noodle as they light up. Concentrate on rhythm.	<b>20</b>	<b>Ind</b>