

COORDINATION GAMES



Peteca -

You will need:

- 1 or more players
- Small bean bag (or sock filled with sand)
- 3 feathers
- String

How to play:

- Use the string to tie the feathers to the top of the bean bag.
- Players take turns tossing the bag up and hitting it with one hand back into the air as many times as they can without letting it touch the ground.
- With each hit, the player says a letter of the alphabet or begins counting.
- The player to make it through the most letters without dropping or missing the bag, wins.

Variation:

- Try bouncing the ball off your knees
- Play with 2 or more players, taking turns to hit the bean bag to each other