**Teambuilding Activity: Zoom, Erk Group Juggle**

**Objectives:**

**Equipment:** a variety of soft objects (about 5 for per group); (groups 12-15)

Have the group or groups form a circle. Leader places objects beside them.

Presenter asks: (one of the questions below or any that pertain to your group)

**Teachers:** What are your goals for improving your physical education program?

**Students:** What do you need to do in order to be successful this school year?

**\*Each thing they name represents the objects. These things are important and you should value them. In this activity we need to take care of those things.**

The leader begins the game by having everyone put both hands clasped in front of their body. Tell the group that you are going to throw the ball to someone. Before they throw the ball ask, “Name of catcher”, please catch the ball” and the receiver responds “thanks… name of thrower”. Once you’ve received the ball put your hands behind your back. And throw it to another person who hasn’t received the ball. Continue this until everyone in the circle has received the ball and then the ball is thrown back to the leader. Each person should remember who he or she threw the ball to and received the ball from. Now repeat throwing the ball around the same pattern (receiving the ball from the same person you did the first time and throwing the ball to the same person you did the first time using the same please and thank you pattern.)

Once the pattern is well established and the group gets comfortable throwing the object then discuss: **What are other things they have to do?** (such as… homework, football practice, clean their room… or lesson plans, feed the kids, church choir…..)

Now when the leader yells, **“add”** we are going to add another object until all are going around the circle.

When balls begin dropping stop and emphasize that this is what happens when we get too much going on in our lives. Presenter asks: What **do we need to do in order to be successful in this task?** Try it again this time with more focus, call the names, pay attention, be patient, work together….

**Variation:** If the leader yells **“Erk”** the direction of travel reverses for all the balls (you now receive the ball from the person you were throwing to) If the leader yells **“Zoom”** everyone must change their location in the circle, but continue throwing to the same person. It will not take long for things to get crazy. Watch what happens to “please and thank you” communications.