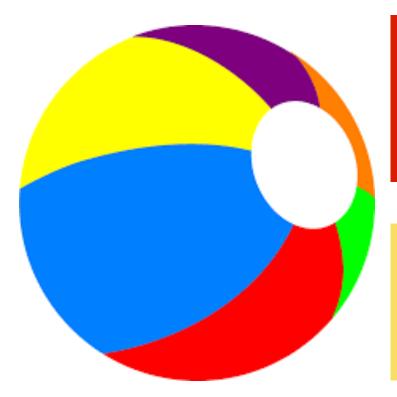
# UP IN THE AIR Core Values Activity

By Sanjay and Arvind Seshan



# **Objectives:**

- Learn to coordinate
- Learn to make sure that everyone has a turn

# Before you begin:

#### Collect these items:

A beachball of any light-weight item that can be kept in the air.

## **Notes for the Coach/Team Mentor**

This activity requires open space. We recommend this activity for outdoors on a good day. It is more fun for a larger team, but will work for any size team.

There are many variations you can try. We suggest number of hits or a time limit. You can change the requirements every time you play this game if your team finds it too easy or too hard.

## Instructions to print and give team:

Keep the ball in the air for

- 1) 20 hits
- 2) 1 minute

Note: Everyone must have a touched the ball