**OCP Activities “Funky Bunch”**

Outdoor Activities: Human sized maze, dodgeball(with pin), knockout, frisbee toss, and an extended mobility/dynamic stretch exercise session.

Indoor Activities: Balloon Volleyball, Human sized board game, chess/checkers tournament, a body weight exercise session, and musical chairs.

The games can be divided up into several different teams; men versus women, College students vs everyone, elimination rounds, or any other combination. The dynamic stretch and mobility exercise will allow almost everyone to get involved because it doesn't involve running, but yet it still elevates the heart rate and allows people to exercise muscles and use ranges of motion that they don't usually use. Knockout is a great elimination game that will hopefully bring out a lot of physical work.