

## BOCES SPORTS SPECTACULAR ACTIVITY DESCRIPTIONS

### Activity 1: Hungry Hippos

- **Description:** kids will lay on scooters with baskets, there will be a pile of balls in the middle of the circle, the other students and/or volunteers will wheel the kids on their scooters into the pile of balls and the kids will collect as many balls with their baskets as possible.
- **Goal:** Get as many balls as possible from the pile in the center.

### Activity 2: Human Bowling

- **Description:** kids will roll a large ball toward the Human Pins (volunteers) and knock down as many as possible. Human Pins need to be excited and active, standing and falling to the ground repeatedly.
- **Goal:** Knock down as many Human Pins as possible in the least number of rolls with a large ball.

### Activity 3: Parachute

- **Description:** kids, group leaders, and activity leaders will play games with the parachute.
  - **Game ideas: Mushroom:** hold a piece of the parachute, then lower it to the ground. Stand up quickly and raise the parachute so that it fills with air and looks like a mushroom. **Waves:** hold the parachute and shake it so it makes waves like in the sea. **Popcorn:** place balls on the parachute and everyone raises and lowers the parachute quickly to make the balls bounce.
- **Goal:** Making the parachute wave, raising the parachute and running under, rolling a ball around the parachute, etc.

### Activity 4: Superhero Activities: Volunteers have the freedom to create stories to align with the theme.

- **Cornhole:**
  - **Description:** kids aim and throw bean bags through the hole
  - **Goal:** get as many bags into the hole/ more than the other teams
- **Bean bag toss**
  - **Description:** either have a hula hoop on the ground or a volunteer holding it up. Kids to throw bean bags like target practice or launch grenades at villains or other superhero themes
  - **Goal:** get as many bags through the hoops as possible/ more than the other teams
- **Frisbee toss**
  - **Description:** try to land the frisbees in the disc golf catcher or rings on the ground like Captain America throwing his shield at the bad guys
  - **Goal:** get as many frisbees into the basket or rings as possible

### Activity 5: Pony Grooming/ Rides: EQST Faculty and EQST Student Volunteers run this activity outside.

- **Description:** the kids will have an opportunity to either ride the ponies or pet noses and/or groom
- **Goal:** provide exposure and have fun with horses and ponies

### Activity 6: Obstacle Course

- **Description:** There will be an obstacle course to navigate through, with options to align with the theme, i.e., a rescue mission or a race against time, or busting down walls (mats) to save people
- **Goal:** See who can finish the course the fastest, accomplishing all of the tasks along the way.