

Center 1

Dress Up Relay

Split the kids into 2 teams and set up cones to mark a relay race course. Place a pile of dress-up clothes on the other side for each team. Have the teams stand in a single file line on the starting line. Have one child run down, put on a piece of clothing, and run back to pass off that piece of clothing to the next person in line. The next person is not allowed to start running until they have put on the item of clothing. This repeats until there are no more dress-up clothes left.

Supplies: basket of dress-up clothes, 4 cones

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Center 2

Hula Wave

The children will remain in the same groups for this activity. Have the teammates hold hands to form a circle - one for each team. The leader then places the hula-hoop on one child's arm. The goal is for each team member to step through the hula-hoop so it passes through each player and makes it all the way around the circle.

Supplies: 2 hula-hoops

Body of Christ

Center 3

Trash Can Basketball

The children can stay in their 2 teams and use the traditional rules of basketball but the kids must play on their knees and they can carry the ball instead of dribbling. Use trashcans/baskets/large bowls for the goals and the foam ball for the basketball.

Supplies: 2 trash cans/baskets/large bowls, foam balls

Body of Christ

Center 4

Not A One Man Band

Give each child a musical instrument or noisemaker to “play.” Have them show that each thing is different to play, but still a part of the band. Have the children play their instruments together to make up a song.

Supplies: variety of musical instruments and/or noisemakers

Body of Christ