

play
day

GAME

DOWN
DOWN
DOWN



INSTRUCTIONS:

Number of Participants:
2 people, ages 8-12

Materials:
1 tennis ball

Steps:

Down Down Down is a variation on the game of catch, with penalties for dropping the ball.

The two players should stand facing each other about 8-10 steps apart. The one with the ball tosses it to the other player, who tries to catch the ball, and throws it back.

The players continue the game of catch, each trying to catch the ball cleanly without dropping it, until one of them drops the ball.

When a player drops the ball, they need to touch one knee to the ground and continue playing like that, catching and throwing from that position.

The second penalty is to have both knees down, then adding one elbow, then two elbows, and then the player's chin!

Tip: If play proceeds for awhile without anyone dropping the ball, have the players take a step back each time they make a clean catch.

Variation: On a hot day, try playing with a water balloon!



Play
matters

According to studies in 2005 and 2007, children most at risk for obesity—low-income and minority children—also have fewer opportunities for play and fewer minutes devoted to recess.

Take
action

If you're going to the playground with a grownup who can supervise, knock on some doors first to see if other neighborhood kids want to come along, whose parents might be too busy to take them there.