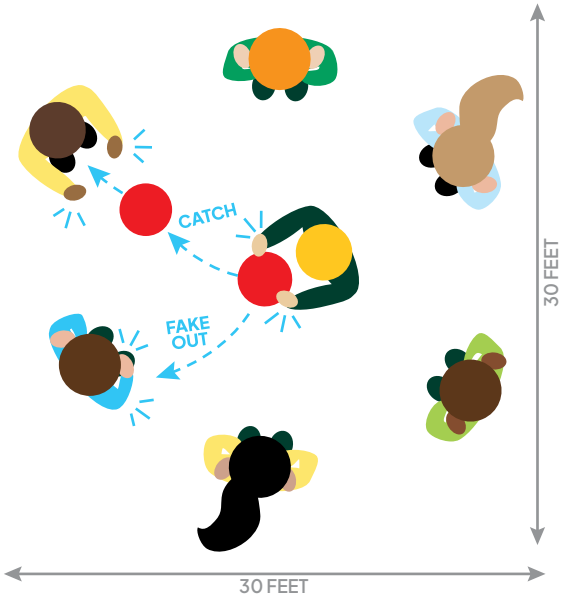
FLINCH

CATEGORY:	ENVIRONMENT:	GRADES:	BACKUP GAMES:
CIRCLE	HALLWAY	3-5	CAT & MOUSE / COUNTDOWN

READY

Equipment: gator ball
Set-Up: students form a circle
Number of Students: 4 +
Time: 10 minutes +



EXPLAIN

1. Arrange players in a circle.
2. Select a "**flinch master**" to stand in the center.
3. Have everyone in the circle **cross their arms** and **place their hands on their shoulders.**
4. The "**flinch master**", standing in the center of the circle with a ball, will either throw it to someone in the circle or *pretend* to throw it to someone in the circle.
5. If the "**flinch master**" throws the ball to another player, that player must catch the ball. If the player doesn't catch the ball, they must perform a series of exercises.
6. If the "**flinch master**" *pretends* to throw the ball to a player and that player *moves or flinches*, that player must perform a series of exercises.

✓ Check For Understanding:

- Where should your hands be?
- What happens when someone flinches?

PLAY → REP IT OUT!

- **EASY:** If a player flinches or doesn't catch a thrown ball, they become the new "**flinch master**".
- **MEDIUM:** If a player flinches or doesn't catch a thrown ball, they must do a series of exercises the same number of times as their age.
- **HARD:** If a player flinches or doesn't catch a thrown ball, they will be eliminated.

GAME TIP:

Demonstrate the game before playing.

CONFLICT RESOLUTION TIP:

Coaches should start off being the first "flinch master".

OUTDOOR TIP:

Have 2 circles going at the same time.