

<b>NAME OF ACTIVITY:</b> 3, 2, 1, Ups	<b>TYPE:</b> Cooperative, Team Building
<b>CYCLE:</b> II, III	<b>ACTIVITY LEVEL:</b> L
<b>TACTICS:</b> Working together, keeping eye contact with the object, being alert of players around you, throwing and catching.	
<b>QEP:</b> Comp. II, being receptive to others' messages, using the space available, verbal cues, visual signals, passing the object to teammates, recovering the object.	
<b>PURPOSE:</b> To consistently toss and catch as many beanbags as a group can.	
<b>PREPARATION:</b> Small groups in a circle formation.	
<b>MATERIALS:</b> Beanbags.	
<b>PROCEDURE:</b> Form small groups in a circle formation. They will then get ready to toss beanbags up in the air (after the groups counts down) and prepare to catch them.	
<b>INSTRUCTIONS:</b> One player in the circle will start with the beanbag. The group will then count down "3,2,1, Ups". On the word "Ups" the player will toss the beanbag in the air (at least 10 ft). Any other player besides the one that threw up the respective beanbag must try to catch it before it lands on the group. If successful, the group may add a second item. The group will continue this process, but will throw both items at the same time and so on as beanbags are added. As long as the group is successful, they will continue to add items. If the group misses, they have to start back at one item.	
<b>ADAPTATION/VARIATIONS:</b> Remove one beanbag at a time if the group misses rather than starting back at one, remove or add more players per group.	

**DIAGRAM:**

