



Tick once completed!

MEGA ACTIV NO GO LOW



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Players - Any number!
Equipment - An object you can throw & catch
e.g. ball, bean bag, pillow
Space - Anywhere, any size!

1. Players stand in a circle. 1 player starts with the egg (object) in their hands.
2. Players will need to pass the egg around the circle to other players. Players can pass the egg to anyone except the person they received it from.
3. If a player fails to catch the egg, they lose a life and have to change from their position. Every time a player fails to catch the egg and loses a life, they change position getting lower to the floor each time.
4. 1st life = standing to on 1 knee; 2nd life = 1 knee to 2 knees; 3rd life = 2 knees to sitting; 4th life = sitting to lay down.
5. When a player loses their 4th life (lay down and fail to catch) they are out the game. The winner is the last player in the game with lives remaining!

GAME BOOSTS

Increase or decrease: size of the circle,
size/weight of the egg, number of lives!
Change the positions for each life!
Can you add more lives and positions to the game?
Try a different shape to a circle!

