

Individual: (send 1 person from team)

*Balance noodle horizontal back of hand

*Balance vertical on back of hand

*Balance horizontal Forehead

*Balance vertical Forehead like unicorn

*Rocket distance

*Rocket accuracy with hula hoop

*Puck: toss and hit count x's.

*Flip and catch 180

Partner:

**Leaning tower of noodles: Finger on top balance as tower, trade. step back, trade.

**Rocket distance, catch and step back.

Fencing shoes (start pointed tip to tip) / coaches switch points

Fencing shoes social

Hide and seek tag. walk, jog, run.

Team:

Noodle thief

***Soccer with beachball. Defend your goal and go score.

***Puck of destiny game!

Dodgeball - hunger games style - hit, take a knee, noodle someone, back in and they knee.

***CTF if time

