**Building Blocks Warm-up**

**Purpose:** Warm-up game using teamwork and team strategies/cardio endurance

**Equipment:** Ten wooden building blocks for each team

**Setup:** Lines horizontal on gym floor in teams of four to six players. You will need ten building blocks for each team.

**Goal:** As a team, move the blocks from one side of the gym to the other by handing them to each other in order of teammates.

Format: On go, the first student hands the first block to the second student, then the next block until all ten are on the other side.

\*a student can only have one block in their possession at a time

\*they can not skip a teammate, each person must touch each block

\*students can not throw the blocks

\*teacher calls out the stack or formation to build for each game (example: stack of ten, two stacks of 5, pyramid, lines of five, etc..)

\*first team to complete the challenge is the winner

**H.O.T. Questions:** What changes did your team make after a few attempts? How did you include everyone in the challenge? What other stacks or formations could we use in the challenge?

Can you spell a word using your blocks?