



Grab the Apple
An Activity for Program
Leaders

Materials:

1 apple, per 2 players (you can use a tennis ball or any other items you have on hand)

Directions:

1. Split youth into two teams.
2. Ask each team to form a line, one next to the other. Ask each team to turn around and face the line next to them. Sit down and scoot back so that players are 2 feet away from each other (see example diagram below). Players must sit with their legs folded to keep them out of the playing area.
3. Place an apple in between each pair.
4. The pair of players on the left end will become score keepers for this round.
5. Instruct players to place hands on their knees until the GO signal is given. Once the GO signal is given, players try to steal the apple from the person across from them.
6. Once a player has stolen the apple, they hold it high in the air.
7. Score keepers count the number of apples stolen for their team. The team with the most stolen apples wins and receives that number of points.
8. Winners from each team STAY where they are. Losers move one space to the right, with the loser of the pair on the farthest right moving to the score keeper's position. (One of the scorekeepers for each round will not move, and will remain a score keeper)
9. Winning team is the team with the most points at the end of the activity.

Example:

Scorekeeper> X X X X X X X X X X X X X X X X

Scorekeeper> O O O O O O O O O O O O O O O O



For more information, contact
Consult 4 Kids at
www.consultfourkids.com