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# 14 GAUNTLET

## Equipment:

- One large or medium noodle for every player

## Objective:

- To get from one side of the playing surface to the other.

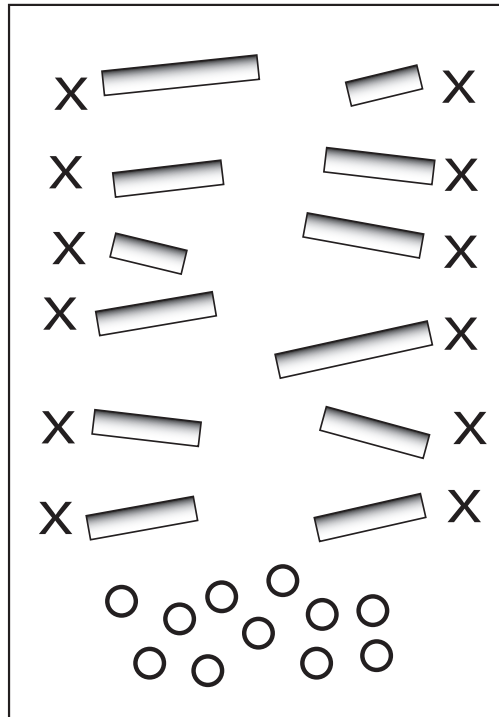
## Instructions:

- Divide the group into two teams. One team stands at one end of the playing area, and the other team lines up in two lines with a space between them, forming the gauntlet (see figure below). Each player on this team has one noodle.
- When the leader says "go," players from the first team attempt to run (all at the same time) through the gauntlet without being hit by a noodle thrown from the sidelines.
- Every player who is hit must take another pool noodle and join the other team.
- The remaining players must run the gauntlet again.
- Play until everyone has been hit, and then the next team has a turn.

## Variation:

### Gauntlet Treasure

- Have items at the end of the Gauntlet which players are to collect and return to the other side.



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## NOODLE ROLL

### Equipment:

- At least 10 large noodles per team

### Objective:

- To be the first team to roll a player across the finish line.

### Instructions:

- Divide the group into teams of about five players. Designate a starting and a finish line.
- Behind the starting line, one player on each team (the “log”) lays on his back across a bed of noodles with his head near the starting line and his hands interlocked behind his head.
- At the signal to start, one player begins to push the feet of the log, who remains rigid.
- The other players on the team remove noodles from under his feet to the front, so that the log’s bed of noodles never ends.
- The first team to roll over the finish line wins.

### Safety:

The log must stay on his back with his hands behind his head to avoid contact with the ground and to protect his head and hair.



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## FOLLOW THE LEADER

### Equipment:

- One large noodle for each player

### Objective:

- To watch what the leader does with the noodle and to become adept at the same tricks and skills.

### Instructions:

- This activity gives everyone an opportunity to become familiar with the noodles and to try various activities.
- As the leader shows the group a variety of challenges (the more creative the better), they try to copy her and to do the challenges themselves.

### Possible challenges:

- Hold the noodle at one end, let go and catch it at the other end.
- Hold the noodle in the middle with the other hand behind your back. Let go and try to switch hands without letting the noodle fall.
- Balance the noodle on your hand. This can be done as a competitive elimination game, as players are eliminated as their noodle falls.
- Balance the noodle on one palm, toss it in the air, and catch it on the other palm.
- Balance the noodle in your palm, toss it so that it flips in the air, and catch the other end with your palm.
- Ask the players to challenge the group with their own challenges.



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## MEATBALL IN THE MIDDLE

**Equipment:** For every team

- 6 noodles (2 small, 2 medium, 2 large and 2 extra large)
- A Gator Ball

**Objective:**

- To carry a Gator Ball across the gym using only pool noodles.

**Instructions:**

- Divide the players into 4-6 teams. Give each team two noodles of each size as well as one gator ball.
- Each player finds a partner, and teams line up by twos.
- At the signal, the first pair on each team uses the small noodles to pick up the Gator Ball and walk to the finish line and back. When they return, the next pair goes, using the same noodles.
- When every pair has gone, the first team goes again, this time using the medium noodles. They must have the end of the noodle touching the ball.
- This continues until every pair has gone to the finish line and back, carrying the Gator Ball with every size of noodle. If this challenge is too difficult with the extra large noodles, the ball can be cradled on top of the two noodles.
- To make this game less difficult, you can use a balloon instead of a Gator Ball.
- The first team to finish wins.

**Variation:**

**How Many Small Noodles**

- Use only small noodles, increasing the number of noodles instead of the size. In this variation, the noodles are pressed against each other, and players can only touch the one on the outside.

