

## Noodle Activities

**Rocket Launch:** With a long noodle, each student will launch their noodle up and catch it with one hand as it descends. Then partnered, each will launch their noodle to the other to catch. **Double Barrel:** One partner launches two noodles at the same time high in the air for their partner to catch one in each hand.

**Timber:** 20' apart, partners stand their noodle up on the ground, release at the same time to race to catch their partner's noodle before it falls to the ground.

**Tight Rope:** place noodle on ground, place the front portion of feet on the noodle on one end, and raise the heels and balance. Once balance is established, step sideways down to the other end of the noodle, and then back again. To make it easier, students can stand facing a wall to get needed support to remain balanced on the noodle, or have a partner facing each other while holding hands to support each other. Walking forward and backward can also be done.

**Peacock Noodles:** With 30" noodles, balance on the hand. Then toss noodle straight up and catch and balance on hand again. Toss and catch and balance from one hand to the other hand. Toss and balance with hand flipped. Toss and balance with elbow, thigh, foot, etc.

**Flip Side:** balance noodle on hand, then flip to spin noodle 360 degrees, then catch at the base of the noodle closest to the hand.

**Drop Stop:** hold the noodle upright at the bottom with the hand, release the grip to drop the noodle between the thumb and fingers, tighten grip to stop the noodle just at the top end of the drop.

**Touche:** use noodles like a fencing foil, go around and touch the tips of another person's foil.