Milk Cap Toss

**AGE/GRADE LEVEL:** Adults and Older Adults

**FORMATION:** Two person teams, standing or sitting 6-10 feet apart

**EQUIPMENT:** Several empty milk jugs, cut to form a catching scoop; milk jug caps or similar sized items; optional: masking tape

**RULES/DIRECTIONS:**
1. Teacher marks two spots in the room, 6-10 feet apart, with masking tape or similar marker.
2. Each 2-person team receives 10 milk jug caps (or adjust to whatever number you have) and 2 milk jug scoops. For a large group, you could have half of the teams play and then switch turns.
3. One team member stands by 1 line as the catcher; the other stands by the other line as the thrower. The thrower puts one cap in their scoop and tosses the cap to the catcher.
4. Once the thrower has thrown all 10 caps, switch roles so the catcher becomes the thrower and the thrower becomes the catcher.
5. Catching and throwing continues until everyone has had a chance to catch and throw and/or the teacher calls time.

**VARIATION:** Instead of milk jug caps, use water bottle caps, buttons, dried beans, etc.

For a group of older adults, the participants could do the activity seated across from each other at a set distance.

Instead of throwing to each other, participants toss milk jug caps into jugs sitting 3-5 feet away on the floor. (Cut slightly larger jug openings.) All participants are given several caps and throw them into the jugs simultaneously or take turns.

**NUTRITION NOTE:** Use with dairy lesson.

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