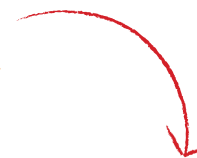




HANDSACK



THIS SUMMER, WE PROPOSE THAT YOU AND YOUR CAMPERS LEARN ALL ABOUT THE FIRST GAME EVER TO USE THE BACK OF YOUR HANDS!

Participants : one or more groups

Venue : indoors or outdoors

Suggested duration :

- Freestyle—5 min +
- Workshop—30 min +

Intensity : moderate

Equipment :

- Option 1: one HandSack per camper for the individual activities;
- Option 2: a few HandSacks for the group, or one HandSack per camper for group games and challenges.



WHAT YOU SHOULD KNOW :

- It's super easy to set up;
- **One rule only:** never, EVER use the palms, not even to pick up the HandSack;
- It's inclusive. All campers can participate and be as creative as they wish by using multiple body parts, or even by inventing moves. That's what the "WOW" effect is all about!
- It's a portable game. You can do the activity at any time, even during transition periods.

WHY THE HANDSACK ?

The HandSack enables you to :

- Move every day, individually or with a group;
- Develop coordination and reflexes;
- Promote your campers' creativity.

You can purchase your **HandSack** here:
<https://handsack.com/store>

* The following pages will help you get started and learn more about the eight movement styles (animals) and their levels.



The HandSack is also an effective way to promote physical literacy to your campers.



For all age groups, start with the basics and gradually increase the level of difficulty to match your campers' abilities. Each camper can then practise basic motor skills (throwing, catching, etc.) at their own pace, which develops their self-confidence and their motivation to be physically active.

THE EIGHT ANIMAL STYLES :



1

Snake Style
(all groups)



2

Bear Style
(all groups)



3

Eagle Style
(all groups)



4

Grasshopper Style
(all groups)



5

Monkey Style
(all groups)



6

Tiger Style
(older groups)



7

Horse Style
(various age groups
based on level)



8

Dragon Style
(older groups)



Don't forget to debrief with your campers to find out what they liked about the activity and what they learned. Enjoy!

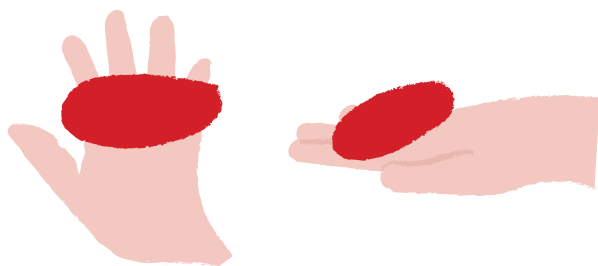
BEFORE GETTING STARTED

- 1 Explain how to hold the HandSack, the basic position and how to pick it up;
- 2 Remind the campers that there is only **ONE** rule: never, EVER use the palms, not even to pick up the HandSack!

HOW TO HOLD THE HANDSACK

Athletic Frog position

- The palms facing the ground, the fingers apart, a thumb raised and close to the index finger;
- Place the HandSack on the back of your hand, making sure it's centred and aligned with the knuckles. .



Psst Both hands are often next to each other when going up and down.

BASIC POSITION

HandSack position

- In the Athletic Frog position, with both hands close to the body;
- Feet slightly apart;
- Knees slightly bent.

Psst Remember that the body should always follow the movement. Relax and bend your knees to cushion your catches.



HOW TO PICK UP THE HANDSACK :

We suggest the following three options for picking up the HandSack without using your palms, but you can let your campers create new ways.

- 1 The Pinch: grab the HandSack between two fingers and place it on the back of your hand;
- 2 The Broom: push the HandSack with the back of one hand onto the back of the other hand;
- 3 The Foot Roll: place one foot next to the HandSack on the ground. Roll the HandSack on top of the first foot with the other foot. Throw the HandSack in the air with your foot and catch it between your wrists. (See Style 2 → Bear Style)





STYLE 1 → SNAKE STYLE

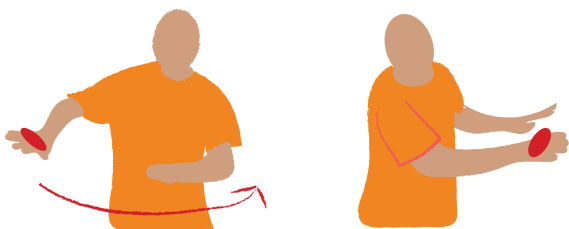


Objective : learning to keep the HandSack on the back of the hand while moving;

Age group : all.

- 1 Place yourself in the HandSack position and place your hands in the Athletic Frog position;
- 2 Follow the movement with your body;
- 3 Start with the basics (level 1) and practise the levels individually;
- 4 Work through all the levels.

Level 1—Cradle

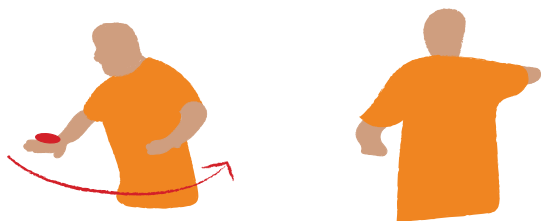


- Swing your hand from left to right;
- You should be feeling the HandSack getting heavier and sticking to the back of your hand.

Taking things further:

do it again with your eyes closed.

Level 3—Spins

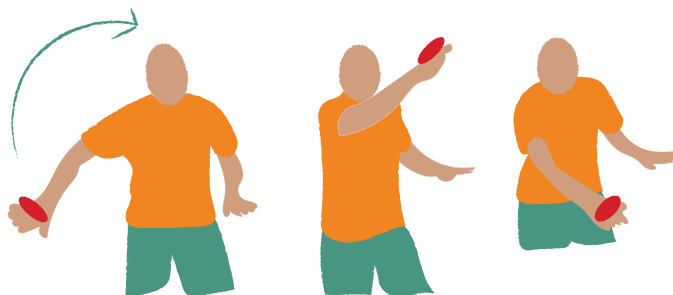


- Get your foot opposite the HandSack ready to pivot on its toes;
- Make a complete turn on the tip of your toes;
- With the other foot, turn in the opposite direction.

Taking things further:

you can add a jump while you spin.

Level 2—Big Wheel (Roller Coaster)



- Make a large circle with your arm in one direction;
- Do the same movement in the opposite direction.

Taking things further: try various curving movements, such as the infinity symbol.

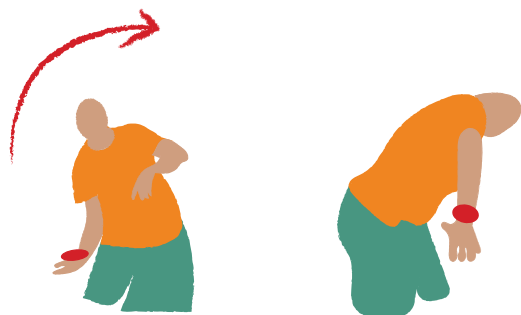


- Bend and extend your arm, stretching it out and bringing it toward your shoulder.

Taking things further:

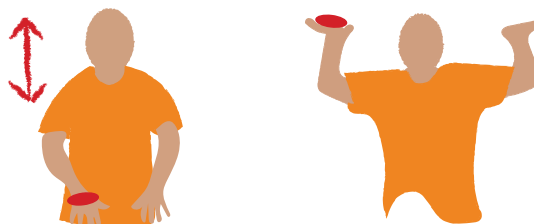
repeat this movement faster and faster

Level 5—Michigan



- Hold your palm up to the sky and place the HandSack on your wrist;
- Swing it from left to right;
- When you're ready, turn it all the way around. The HandSack will stay on your upside-down wrist.

Level 6—Karate Kid Stance



- Stand on one leg;
- As you inhale, raise both hands to eye level;
- As you exhale, bring both hands down.

Psst

Use the Karate Kid Stance as a cool-down exercise after an activity.



Let's get creative! Without using the palms, invent a HandSack move.



STYLE 2 → BEAR STYLE



Objective : learn to catch the HandSack by wedging it between two body parts. This is what TRAPS are!;
Age group : all.

- 1 Place yourself in the HandSack position and place your hands in the Athletic Frog position;
- 2 Follow the movement with your body and bend your knees to catch the HandSack;
- 3 Start with the basics (level 1) and practise the levels individually;
- 4 Work through all the levels.

Psst When you throw and catch the HandSack, keep it close to your nose and body.

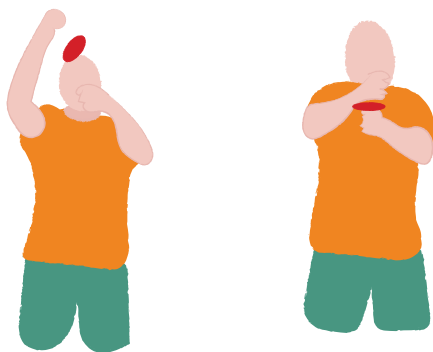
Level 1—Flower



- Throw the HandSack in the air;
- Catch it with your wrists.

Taking things further :
catch it low, sideways, etc.

Level 3—Sword



- Throw the HandSack in the air;
- Catch it with your fists, one on top of the other.

Taking things further :
catch it holding your fists inside out

Level 2—Nutcracker



- Throw the HandSack in the air;
- Catch it with your fists, knuckles facing each other.

Taking things further :
try it with your eyes closed.

Level 4—Shield



- Throw the HandSack in the air;
- Catch it at nose level with your fists, as if you were closing elevator doors with your pinkies.

Taking things further : Catch it using your thumbs and, staying where you are, jump a few times. This is the RABBIT.

Level 5—Carnivorous Plant/WAHSSA Salute



- Throw the HandSack in the air;
- Grab it at nose level with the back of your two crossed hands.

Psst

Psst ! This is also the official HandSack salute.

- 1 Take the Athletic Frog position ;
- 2 Place the palm of the other hand on the HandSack;
- 3 Bring the HandSack at nose level ;
- 4 Bow down and say WAHSSA loudly, then remain silent for two seconds.

Challenge Level – Hand Claps



- Throw the HandSack in the air;
- Clap your hands (one, two, three or more times) before catching it.

Taking things further : repeat by throwing the HandSack higher and higher, or by rotating your hands (the DISCO) before catching it.



Let's get creative! Invent a HandSack movement that involves catching it with two body parts (knees, elbows, etc.), without using the palms.

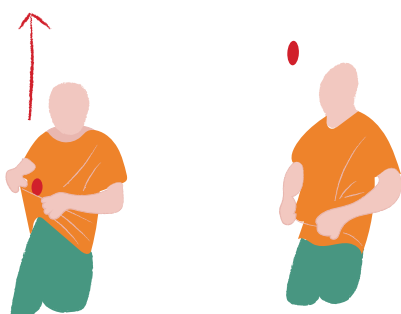


STYLE 3 → EAGLE STYLE

Objective : Become a better juggler. All moves must be executed above the waist;
Age group : all.

- 1 Place yourself in the HandSack position and place your hands in the Athletic Frog position;
- 2 Follow the movement with your body and bend your knees to catch the HandSack;
- 3 Start with the basics (level 1) and practise the levels individually;
- 4 Work through all the levels.

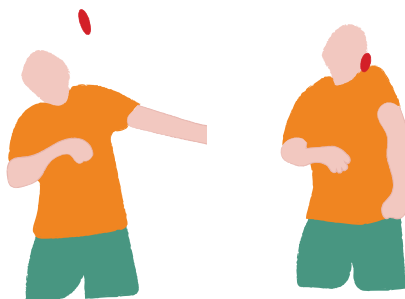
Level 1—Trampoline



- Throw the HandSack in the air and bounce it on your shirt by stretching it slightly with your hands;
- Using the Flower move or any other move, catch it using the back of your hand.

Taking things further : catch it with the inside of your shirt. This is the KANGAROO.

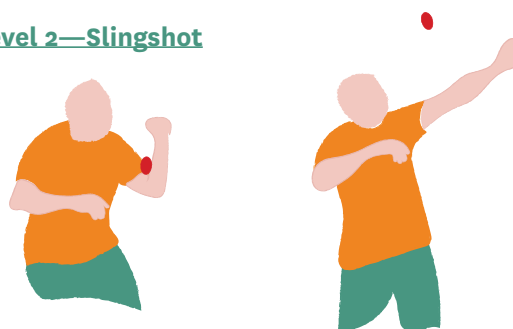
Level 3—Telephone



- Throw the HandSack in the air;
- Catch it using your neck and your cheek.

Psst Use this movement to convey a message to your group.

Level 2—Slingshot



- Place the HandSack into your elbow. Bend your knees;
- While rising, unfold your elbow and launch the HandSack into the air, imitating a rocket taking off;
- Using the Flower move or any other move, catch it using the back of your hand.

Taking things further : catch it with the outside of the elbow and pass it from one elbow to the other.

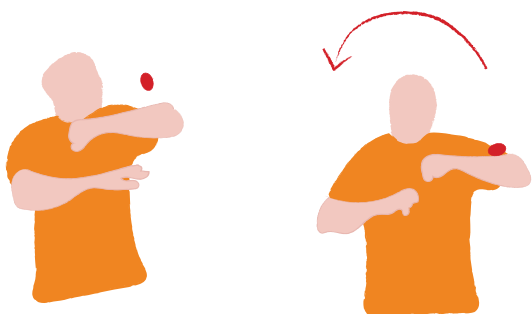
Level 4—Limbo



- Throw the HandSack in the air;
- Bending backwards, catch it using your chest.

Taking things further : catch it using your back. This is the TURTLE.

Level 5—Chicken Wings



- Throw the HandSack in the air and bring both fists near the neck;
- Catch it using the outside of your bent elbow;
- Pass the HandSack from one elbow to the other.

Psst

The wings are spicy if the HandSack rotates fully on itself!



Let's get creative! Without using the palms, invent a HandSack juggling method (you can catch it with your head, your hat, etc.).





STYLE 4 → GRASSHOPPER STYLE



Objective: learn to do flips with your hands;

Age group: all.

- 1 Place yourself in the HandSack position and place your hands in the Athletic Frog position;
- 2 Follow the movement with your body and bend your knees to catch the HandSack;
- 3 Start with the basics (level 1) and practise the levels individually;
- 4 Work through all the levels.

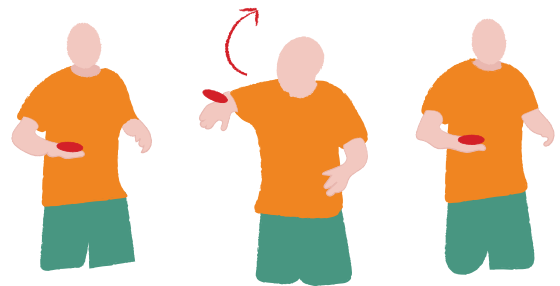
Psst Don't throw it too high.

Level 1—Flip



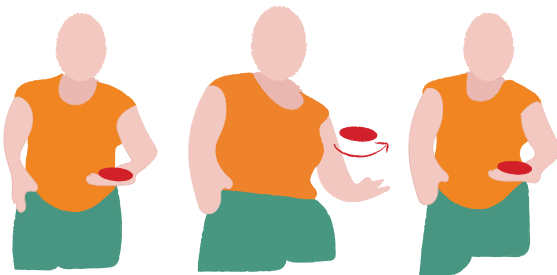
- Bring your hand up on one side and throw the HandSack in the air, making sure it spins on itself;
- Catch it with the back of your hand.

Level 2—Kick Flip



- Bring your fingers up and throw the HandSack in the air, making it spin towards you like a rolling barrel;
- Catch it with the back of your hand.

Level 3—Heel Flip



- Bring your hand up to throw the HandSack into the air so that it rotates horizontally, like a helicopter propeller;
- Catch it with the back of your hand.

Let's get creative! Without using the palms, and imagining that the HandSack is a mini skateboard, invent a HandSack flip. While moving two fingers as if they were walking, throw it in the air and catch it. You've just done the AIR WALK.



STYLE 5 → MONKEY STYLE



Objective : With crossed body parts, develop flexibility through transfer, throwing and catching movements;
Age group : all.

- 1 Place yourself in the HandSack position and place your hands in the Athletic Frog position;
- 2 Follow the movement with your body;
- 3 Start with the basics (level 1) and practise the levels individually;
- 4 Work through all the levels.

Level 1—Under the Leg



- With both feet on the ground, move the HandSack from one hand to the other by passing it between the legs.

Taking things further : move from one leg to the other faster and faster. This is BASKETBALL

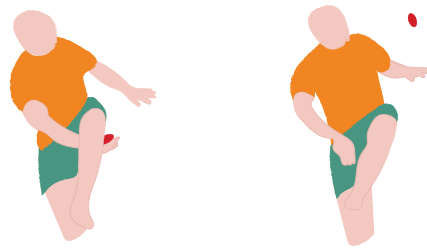
Level 3—Behind the Head



- Move the HandSack from one hand to the other by passing it behind the head.

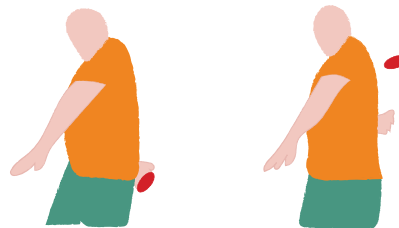
Taking things further : move it faster and faster.

Level 2—Under the Leg... Foot Up



- Lift a foot off the ground;
- Move the HandSack from one hand to the other by passing it under the raised leg.

Level 4—Behind the Back



- Move the HandSack from one hand to the other by passing it behind the back.



Let's get creative! Without using the palms, invent a way to move or to throw the HandSack. For example, throw it in the air, spin, and catch it using your elbows.



STYLE 6 → TIGER STYLE



Objective : develop tricks by throwing and catching the HandSack with the back of the hands;

Age group : 7 years old +

- 1 Place yourself in the HandSack position and place your hands in the Athletic Frog position;
- 2 Follow the movement with your body;
- 3 Start with the basics (level 1) and practise the levels individually;
- 4 Work through all the levels.

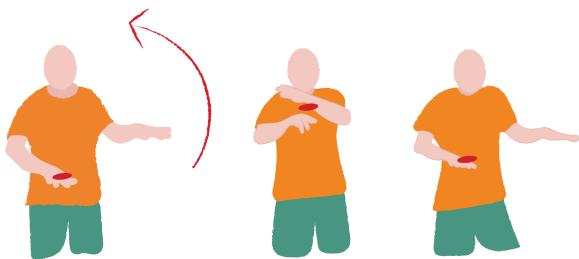
Level 1—Paint the Fence



- Quickly raise both hands by unfolding the knees. The HandSack should fall away from the hand;
- Quickly bring both hands down and catch the HandSack at a lower level by bending the knees.

Taking things further :
repeat by switching from one hand to the other.

Level 3—Illusion



- Position the hand holding the HandSack under the other hand;
- Throw the HandSack over your other hand and catch it with the same hand.

Psst You can continuously repeat the movement.

Level 2—Wax On... Wax Off



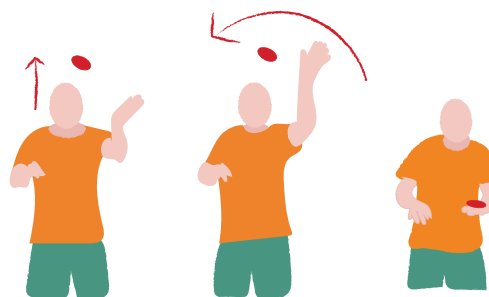
- Position the hand holding the HandSack under the other hand;
- Throw the HandSack and catch it with the back of the other hand.

Psst Don't throw it higher than eye level.



Let's get creative! Create new HandSack moves. For example, you can add hand movements when the HandSack is in the air.

Level 4—Around the World aka 360°



- Throw the HandSack at nose level;
- Make a full rotation around the HandSack by twisting your wrist: this is the 360°;
- Catch the HandSack with the same hand.

Taking things further : twist your hand a few times before catching the HandSack (twice for the 720°, three times for the 1,080°).



STYLE 7 → HORSE STYLE



Objective : learn to hit the HandSack with the elbows, knees or feet, and catch it while cushioning its movement;
Age group : varying according to movements, but it is recommended to always start with the basics (level 1).

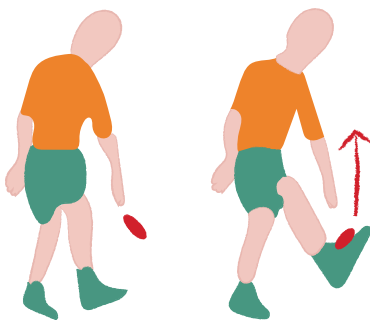
- 1 Place yourself in the HandSack position and place your hands in the Athletic Frog position;
- 2 Follow the movement with your body. When the HandSack falls, hit it with different body parts before catching it, as you would a Hacky Sack;
- 3 Start with the basics (level 1) and practise the levels individually;
- 4 Work through all the levels.

Level 1—Wing Attack (5-6 years old)



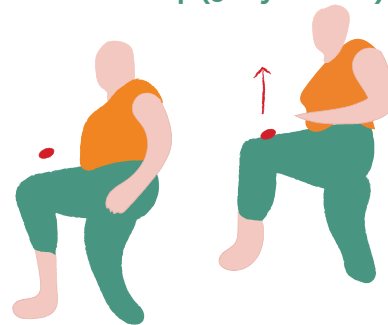
- Throw the HandSack in the air;
- Hit it with the elbow and catch it using the Flower move (or other traps).

Level 3—Toe Kick (7-8 years old)



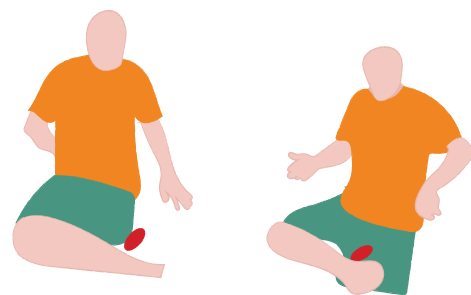
- Throw the HandSack in the air;
- Hit it with the toes and catch it with the back of the hand.

Level 2—Knee Pop (5-6 years old)



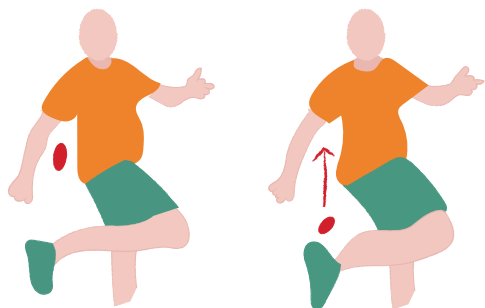
- Throw the HandSack in the air;
- Hit it with the knee and catch it using the Flower mode (or other traps), or with the back of the hand.

Level 4—Inside Kick (9 years old +)



- Throw the HandSack in the air;
- Hit it with the inside of the foot and catch it with the back of the hand.

Level 5—Outside Kick (9 years old +)

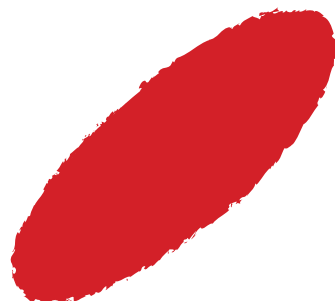


- Throw the HandSack in the air;
- Hit it with the outside of the foot and catch it with the back of the hand.



Let's get creative!

Without using the palms, create combinations of movements



READY, SET, GO





STYLE 8 → DRAGON STYLE



Objective: learn how to do cushion hits with the feet and knees;

Age group: all.

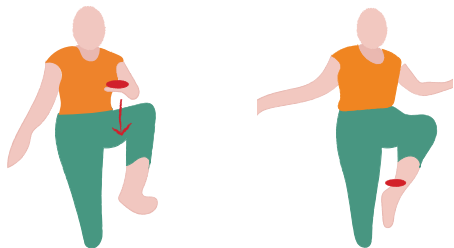
- 1 Place yourself in the HandSack position and place your hands in the Athletic Frog position;
- 2 Follow the movement with your body and cushion the HandSack's fall;
- 3 Start with the basics (level 1) and practise the levels individually;
- 4 Work through all the levels.

Level 1—Knee Stall



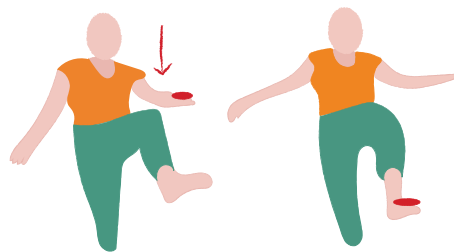
- Bring your foot near your hand by lifting your leg and bending your knee;
- Drop the HandSack;
- Bring the leg down to cushion the drop and catch the HandSack with the knee cap.

Level 3—Inside Stall



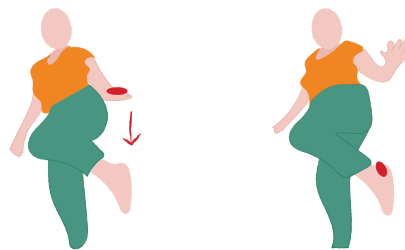
- Bring your foot near your hand by lifting your leg and bending your knee;
- Drop the HandSack;
- Bring the leg down to cushion the drop and catch the HandSack with the inside of the foot.

Level 2—Toe Stall



- Bring your foot near your hand by lifting your leg and bending your knee;
- Drop the HandSack;
- Bring the leg down to cushion the drop and catch the HandSack with the top of the foot.

Level 4—Outside Stall



- Bring your foot near your hand by lifting your leg and bending your knee;
- Drop the HandSack;
- Bring the leg down to cushion the drop and catch the HandSack with the outside of the foot.



Let's get creative! Without using the palms, invent a movement that will cushion the HandSack's fall. Challenge yourself (e.g., how many times can you do the movement continuously without dropping the HandSack?)

HERE ARE SOME GAMES IDEAS FOR GROUPS THAT WILL CHALLENGE YOUR CAMPERS!

- Pass the HandSack as many times as possible;
- Ask two campers to swap two HandSacks at the same time;
- Spin around before catching a teammate's HandSack;
- Long-distance challenge (in teams of two, facing each other): when you complete a pass, take a step back;
- Mirror game: facing each other, a camper initiates a movement. Like a mirror image, the other replicates the motion;
- Build a giant dice featuring animal style movements. In a circle, roll the dice and demonstrate the movement;
- Play music and put on a show. Each camper demonstrates a movement of their choice;
- Organize mini-Olympics.

You can even create your own sport! Invent a sport or a game where the only rule is to never, EVER use the palms (HandSack golf, HandSack tag, HandSack relay race, etc.).

ONCE THE ACTIVITY IS COMPLETE, DON'T FORGET TO DEBRIEF WITH YOUR CAMPERS!

Some questions you can ask your campers :

- Which style and movement were your favourite?
- Which movement was the easiest? Which movement was the hardest?
- What did you like the most about the activity?
- What did you learn?
- Which movement or combination of movements did you invent? What was that movement's name?
- How did you feel after the activity (energized, happy, etc.)?



Moving is always an option when you have a HandSack!

