**Locomotion and Fitness: With Innovative Toppletubes**

**Dr John Byl**

**Description:** ToppleTubes are an innovative product that is useful in developing mental and physical skills of locomotion and fitness. Come prepared to participate in developing your skills and learning to share these engagements with others.

**Want More?**

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[www.canadago4sport.com](http://www.canadago4sport.com)

[www.gophersport.com](http://www.gophersport.com)

**Twitter &** Instagram => @canadago4sport (Tuesday posting of a new game)

**Pinterest =>** @canadago4sport

ToppleTubes can also be used as court markers, starting lines, end lines, any pin target games….

**Preparation of ToppleTubes**

Get two boxes (48) of ToppleTubes and a wide black marker:

* I mark about 10 of toppletubes with the numbers 1-6 (I put the number 1 on the side with the Gopher imprint (because any other number does not work well over that imprint) and then a 6 on the opposite side, then a 4 beside the 1 and a 3 on the opposite side of 4, and then a 5 on the other side of 1 with a 2 on the opposite side of 2)—I used to use Strykn pins for this but now use ToppleTubes.

**Agenda**

Two teams first two activities, and ten and five groups for Topple Three and Topple Four respectively

* Locomotor (4 minutes each X 4 = 16 minutes)
  + Your Colour Up
    - <https://www.canadago4sport.com/Leadership/Your-Colour-Up>
  + Your Colour Up with Feet
    - <https://www.canadago4sport.com/Leadership/Your-Colour-Up-With-Feet>
  + Topple Three Up
    - <https://www.canadago4sport.com/Locomotor/Topple-Three-Up>
  + Topple Four Up Dribble
    - <https://www.canadago4sport.com/Numeracy/Topple-Four-Up>

Two areas for groups of 10-24 (5 minutes each X 2, 4, 6, 8, or 10 = 10, 20, 30, 40, or 50 minutes)

|  |  |
| --- | --- |
| Target and Strike | Invasion |
| Seven Degree | No Goalie |
| Under Net | Team Handball |
| Over Net | Twin Ball |
| Cricket | Safe Guard |
| Kickit | Dare Guard |

Three areas for groups of 24+ (5 minutes each X 1, 2 or 3 = 15, 30, or 45 minutes)

|  |  |  |
| --- | --- | --- |
| Target | Invasion | Strike & Invasion |
| Seven Degree | No Goalie or Team Handball | Cricket |
| Under Net | Safe Guard | KickIt |
| Over Net | Dare Guard | Twin Ball |

* Target Games (5 minutes each)
  + Seven Degree (use ToppleTubes instead of foam pins or water bottles)
    - <https://www.canadago4sport.com/Target1/Seven-Degree>
  + Target Under Net
    - <https://www.canadago4sport.com/Target1/Mission-Target-Under-Net>
  + Target Over Net
    - <https://www.canadago4sport.com/Target1/Mission-Target-Over-Net>
* Invasion (5 minutes each)
  + No Goalie Soccer (Use ToppleTubes instead of StrykN pins)
    - <https://www.canadago4sport.com/invasion1/No-Goalie-Indoor-Soccer>
  + Pinned Down Team Handball (Use ToppleTubes instead of StrykN pins)
    - <https://www.canadago4sport.com/invasion1/Pinned-Down-Team-Handball>
  + Twin Ball StrykN
    - <https://www.canadago4sport.com/invasion1/Twin-Ball-Stryke>
  + Safe or Dare Thin Pin Guard
    - <https://www.canadago4sport.com/invasion1/Safe-or-Dare-Thin-Pin-Guard>
* Strike/Field (5 minutes each)
  + Cricket Foam Ball (use 6 ToppleTubes instead of wickets)
    - <https://www.canadago4sport.com/strike/Cricket-Foamball>
  + Kickit Cricket (use 6 ToppleTubes instead of wickets)
    - <https://www.canadago4sport.com/strike/Cricket-Kickit>

**Equipment**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| | **Item** |  | **Details** | **Quantity** | **Subtotal** | | --- | --- | --- | --- | --- | | [**ACTION! ToppleTubes Set - ACTION! ToppleTubes Set**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoic0N2d25wZ0U0V2U2dXVoT3ZKREpIMElZaWpVIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC9hY3Rpb24tdG9wcGxldHViZXMtZ2FtZT91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcImE2ZWY4MjVlYjkyMzQzNDBiY2E0ZjBmMmNlMjNhNGQ1XCIsXCJ1cmxfaWRzXCI6W1wiYzMzZjdmYmRmYmZjNGYwNzFhZTVlN2NmMjZmODliZTk3YWEzN2E5ZlwiXX0ifQ) Item No: 58-259 Availability: In Stock | Price: Unit: | C$249.00 Set | 2 | C$498.00 | | [**Rainbow TuffSpots - Rainbow TuffSpots**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiNXlYblNaTGthdk0tSElva0ZOSHl5YnZuNThJIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3VwcGxpZXNcXFwvY29uZXMtbWFya2Vyc1xcXC9yYWluYm93LXR1ZmZzcG90cz91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcImE2ZWY4MjVlYjkyMzQzNDBiY2E0ZjBmMmNlMjNhNGQ1XCIsXCJ1cmxfaWRzXCI6W1wiYjE1Nzg4ZDZiMGRlMTNhYmNiODZkODc5MDhlOGMzYWM4ZTJhMzMxZFwiXX0ifQ) Item No: 93-025 Availability: In Stock | Price: Unit: | C$25.00 Set of 6 | 4 | C$100.00 | | [**Rainbow Soft-Stix Bats - Rainbow Set**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiMmJLc2M2dFliYWJkakMxRWZldDJadHF2M3VNIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3BvcnRzXFxcL2Jhc2ViYWxsXFxcL3JhaW5ib3ctc29mdC1zdGl4LWJhdHM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCJhNmVmODI1ZWI5MjM0MzQwYmNhNGYwZjJjZTIzYTRkNVwiLFwidXJsX2lkc1wiOltcIjAwZTA5MzdiNzZiYThjOWUyMGI0MjY1Yzk2YmEyNDIzNDRhMjY2ZjZcIl19In0) Item No: 42-105 Availability: In Stock | Price: Unit: | C$169.00 Set of 6 | 1 | C$169.00 | | [**Rainbow Low-Bounce/High-Density Uncoated-Foam Balls - Rainbow Low-Bounce/High-Density Uncoated-Foam Balls**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiN3l3TWZfTkZoSGdiYW80T0Q4OFVSMGVwczAwIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYmFsbHNcXFwvcmFpbmJvdy1sb3ctYm91bmNlaGlnaC1kZW5zaXR5LXVuY29hdGVkLWZvYW0tYmFsbHM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCJhNmVmODI1ZWI5MjM0MzQwYmNhNGYwZjJjZTIzYTRkNVwiLFwidXJsX2lkc1wiOltcIjdhM2NlOWZlOWVhZTcxZmRiMmQ2ZGRiNDJiMjA4NzI3OGRkOGVkNjFcIl19In0) Item No: 41-939 Availability: In Stock | Price: Unit: | C$38.00 Set of 6 | 2 | C$76.00 | | [**Rainbow SofTex Soccer Balls - Rainbow SofTex Soccer Balls**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiWUx6NDZZWEM5S2JzWDA2dHpuQ2lQYkFEZW1RIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3BvcnRzXFxcL3NvY2NlclxcXC9yYWluYm93LXNvZnRleC1zb2NjZXItYmFsbHM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCJhNmVmODI1ZWI5MjM0MzQwYmNhNGYwZjJjZTIzYTRkNVwiLFwidXJsX2lkc1wiOltcIjQzNTE2NGE4MzdhYzBmMDdlYzFmNmZjY2ZiM2VhODJmYjk4ZDM4YzZcIl19In0) Item No: 71-524 Availability: In Stock | Price: Unit: | C$115.00 Set of 6 | 2 | C$230.00 | |