



Physical Activity



Physical Activities—K-2

Follow the Leader	No materials
Duck, Duck Goose	No materials
Hokey Pokey	No materials
Sharks and Minnows	4 orange cones to mark the playing area
Cookie Monster	4 orange cones to mark the playing area
Drop the Keys	Item to drop (item like small stuffed animal)
Mother, May I	4 orange cones to mark the playing area
Nemo, Dorie and the Jellies	4 orange cones to mark the playing area, 5 hula hoops
Simon Says	No materials
Animal Tag	4 orange cones to mark the playing area
Crows and Cranes	4 orange cones to mark the playing area, coin for coin toss
Freeze Tag	No materials
Red Light, Green Light	No materials
Spider Race	4 orange cones to mark the playing area
100 Inch Dash	4 orange cones to mark the playing area, tape measure
Sticks and Stones	Jump ropes



Physical Activity



Follow the Leader

What you will need:

- No Materials

Warm Up-Traditional

1. On a basketball court or a grassy area about the same size, have children spread out. Lead children in the following traditional warm-ups (or have another child lead):
2. Neck roll, right and then left, count of 5 each direction.
3. Large arm circles, forward and then backward, count of 5
4. Truck rotations, forward, side, back, side, 5 rotations one way, then reverse
5. Heels and Toes together, bend forward, bounce up and down to the count of 5
6. Knee hug, right leg, left leg, repeat 5 times
7. Jog in place to the count of 20

What you will do:

1. Designate the playing area (30 yard square)
2. Divide the students into pairs and have them spread out across the play area
3. Ask students to designate one person as the leader and the other person as a follower
4. When you say "Go!" the leader begins moving around (flapping arms, hopping, etc.) and the follower is trying to stay with the leader without touching him/her
5. After about 20 seconds, stop call "SWITCH!" and the leader becomes the follower and the follower becomes the leader.
6. Continue for approximately 3-5 minutes.

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Duck, Duck Goose

What you will need:

- No Materials

Warm Up-Who's It?

- Using the basketball court or a grassy area about the same size (you can mark with cones), have all of the children spread out in the space.
- When you say "Go", everybody walks as fast as they can to tag every other child while avoiding being tagged him/herself.
- When a child is tagged, he/she must take a seat until only 2-3 children are left untagged, at which time all children can begin moving again.
- If two children tag each other simultaneously and can't decide who tagged first, they should both sit down.
- Repeat activity if time permits (about 3-4 minutes for warm-up or cool down).

What your will do:

1. Ask children to sit on the grass in a circle (be sure that there are not ants or stickers, and that the grass is not wet). (If the grass is not available, try a large open space inside of a room, however, students may only walk fast and not run if they are inside.)
2. One person is "IT" and walks around the outside of the circle, gently touching the other children's heads saying "duck, duck, duck,"
3. "IT" selects one person to chase him/her around the circle and selects that child by calling "Goose".
4. "IT" begins running and "Goose" chases. The first person back to the empty spot sits down. The person who is not first, becomes "IT".

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Hokey Pokey

What you will need:

- No Materials (If you are uncomfortable you can access the song on YouTube.)

Warm Up-Forward Ho!

- Select one child to be the leader
- Using the basketball court or a grassy area about the same size (you can mark with cones), divide children into groups of 4-5.
- Ask children to form a single-file line with all children facing forward.
- The leader begins to walk in a zig-zag pattern.
- All children in the line follow the leader.
- The leader changes pace from slow walk, power-walk, regular walk, jog, and race walk.
- Each time the leader changes pace the children following make the same adjustments.
- After 30 seconds as leader, the leader falls back and a new leader arrives at the front of the line.

What you will do:

1. Have children form a circle
2. Teach them the words of song: "Put your right hand in, put your right hand out, put your right hand in and shake it all about. Do the Hokey Pokey, and turn yourself around, that's what it's all about, Yeah!
3. Sing with students in this order:
 - a. Right hand in
 - b. Left hand in
 - c. Right foot in
 - d. Left foot in
 - e. Head in
 - f. Whole self in.

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Sharks and Minnows

Warm Up-Power Walk Slow, Power Walk Fast

- **Note:** Part of power walking is pumping your arms so you are engaging your entire body.
- Using the basketball court or a grassy area about the same size (you can mark with cones) have children line up across one of the side lines.
- When you say “Go”, children begin walking from one side to the other.
- Children should begin by walking slowly, then when you say, “Speed up”, children should walk faster, on the command “Slow down”, children should go back to a regular walking speed.
- Be sure that children are pumping their arms front to back with elbows close to the side.
- Continue alternating between the two speeds for about 3 minutes.

What you will need: 4 orange cones to mark the playing area

What you will do:

1. Mark the playing field corners with the orange cones (space needs to be as large as a basketball court at a minimum)
2. Identify 3-4 children to be sharks. Have them move to the center of the space
3. All the other children are minnows. Have them stand on one of the sidelines of the space.
4. When the sharks call out, “Fishy, fishy, come out to play.” the minnows must begin walking toward the sharks.
5. When the sharks call out, “Shark attack!” the minnows begin to run to a side line while the sharks try to tag them. Any minnow that is tagged becomes a shark.
6. Game continues until everyone is a shark.

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Cookie Monster

What you will need:

- 4 orange cones to mark the playing area

Warm Up-S-T-R-E-T-C-H for the Cone

- On a basketball or other lined court, have children find a partner and line up on either side of the line.
- Each pair of children should be given a piece of rope at least 3' in length (you could also use a jump rope. and fold in half).
- Behind each child place a cone just out of reach.
- When you say "Go!" children begin pulling on the rope trying to move the other player with them to retrieve the cone.
- If one child is successful, child gets one point and the activity resumes.
- The activity should last approximately 3 minutes.

What you will do:

1. With cones (about 50 feet apart) create two end lines.
2. Select 3 Cookie Monsters to stand in the middle.
3. Other children are behind one of the "lines".
4. Children chant: "Cookie Monster, Cookie Monster, Come get me!" On the word "me", all children try to run to the other line.
5. If the Cookie Monster tags them, they become a Cookie Monster, if not, then they are still in the game.
6. The Cookie Monster changes when all children have been tagged except one.

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Drop the Keys

What you will need:

- Item (like keys or a small stuffed animal) for “IT” to drop behind the player

Warm Up-Traditional

- On a basketball court or a grassy area about the same size, have children spread out. Lead children in the following traditional warm-ups (or have another child lead):
- Neck roll, right and then left, count of 5 each direction.
- Large arm circles, forward and then backward, count of 5
- Truck rotations, forward, side, back, side, 5 rotations one way, then reverse
- Heels and Toes together, bend forward, bounce up and down to the count of 5
- Knee hug, right leg, left leg, repeat 5 times
- Jog in place to the count of 20

What you will do:

1. Have players form a circle.
2. One player is chosen to be **IT**.
3. **IT** jogs around outside the circle with the “object” in his hand.
4. **IT** drops the “object” quietly behind one player and keeps jogging trying to get around the circle before the player discovers the “object”.
5. If **IT** gets all the way around the player who had the object dropped behind them becomes a “dead fish” and stands in the middle of the circle.
6. If the player discovers the “object” he/she chases **IT** and if he/she catches **IT**, they are not **IT**.
7. If he/she doesn't catch **IT**, he/she becomes **IT**.
8. A “dead fish” can rescue him/herself in two ways. S/He may snatch the “object” from behind some other player before that player sees it, or a player behind whom the “object” has been dropped may toss it into the circle behind a “dead fish”. The “dead fish” then picks up the “object” and chases **IT**.

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Mother, May I?

What you will need:

- 4 orange cones to mark the start and finish lines

Warm Up-Who's It?

- Using the basketball court or a grassy area about the same size (you can mark with cones), have all of the children spread out in the space.
- When you say "Go", everybody walks as fast as they can to tag every other child while avoiding being tagged him/herself.
- When a child is tagged, he/she must take a seat until only 2-3 children are left untagged, at which time all children can begin moving again.
- If two children tag each other simultaneously and can't decide who tagged first, they should both sit down.
- Repeat activity if time permits (about 3-4 minutes for warm-up or cool down).

What you will do:

1. All the children line up side by side except the player who is the "Mother".
2. The "Mother" stands at a distance at the finished line, approximately 20 yards away.
3. The "Mother" calls on each player in turn to take a number of steps toward him/her. The steps allowed are: baby steps, giant steps, and scissor steps (like forward jumping jacks.)
4. The player answers "Mother, may I?"
5. The "Mother" answers "Yes, you may."
6. The player takes the given number of steps toward the caller.
7. If the player forgets to ask permission after they get directions--- and takes steps toward the "Mother"-- they are sent back to the starting line.
8. The first player to reach the "Mother" is the winner and new "Mother".

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Nemo, Dorie and the Jellies

What you will need:

- 4 cones to mark the playing field, 5 hula hoops

Warm Up-Forward Ho!

- Select one child to be the leader
- Using the basketball court or a grassy area about the same size (you can mark with cones), divide children into groups of 4-5.
- Ask children to form a single-file line with all children facing forward.
- The leader begins to walk in a zig-zag pattern.
- All children in the line follow the leader.
- The leader changes pace from slow walk, power-walk, regular walk, jog, and race walk.
- Each time the leader changes pace the children following make the same adjustments.
- After 30 seconds as leader, the leader falls back and a new leader arrives at the front of the line.

What you will do:

1. Designate the playing field
2. Place the hula hoops across the playing field (the hoops should be placed about 2' apart slightly zig-zagged)
3. Designate $\frac{1}{2}$ of the students to be "jellies". Each jelly stands inside one of the hula hoops.
4. All other students are fish and will be designated as Nemo or Dorie dependent on whether or not they can get through the jellies without being tagged. All fish are lined up on one side of the playing field.
5. Jellies must stay inside of the hula hoop
6. When you say "Go", fish try to make it through the jellies without being tagged.
7. If fish are tagged, then the fish and the jelly trade places
8. When all the Nemos and new fish are on one side of the field, the process repeats
9. You may want to switch players every 3-4 minutes
10. Play is over when time is called

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Simon Says

Warm Up-Power Walk Slow, Power Walk Fast

- **Note:** Part of power walking is pumping your arms so you are engaging your entire body.
- Using the basketball court or a grassy area about the same size (you can mark with cones) have children line up across one of the side lines.
- When you say “Go”, children begin walking from one side to the other.
- Children should begin by walking slowly, then when you say, “Speed up”, children should walk faster, on the command “Slow down”, children should go back to a regular walking speed.
- Be sure that children are pumping their arms front to back with elbows close to the side.
- Continue alternating between the two speeds for about 3 minutes.

What you will need:

- No materials

What you will do:

1. One person is chosen to be "Simon" the others stand in a straight line.
2. Simon calls out an action for the children to follow. It can be anything like.... touch your toes, jump 10 times on 1 foot.....
3. When giving the action, if Simon simply says, “Jump 10 times”, anyone who jumps must sit down. In order to complete the action, Simon must give the direction by saying, “Simon says, Jump 10 times.”
4. You can vary the actions according to the age group of children you are playing with. The last person who is standing can then be next "Simon"!

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Animal Tag

What you will need:

- 4 orange cones to mark the playing area

Warm Up-S-T-R-E-T-C-H for the Cone

- On a basketball or other lined court, have children find a partner and line up on either side of the line.
- Each pair of children should be given a piece of rope at least 3' in length (you could also use a jump rope. and fold in half).
- Behind each child place a cone just out of reach.
- When you say "Go!" children begin pulling on the rope trying to move the other player with them to retrieve the cone.
- If one child is successful, child gets one point and the activity resumes.
- The activity should last approximately 3 minutes.

What you will do:

1. Define a rectangular area with definite boundaries (use cones and/or jump ropes)
2. Choose a Zookeeper
3. Divide the other students into groups (about 4 people per group) of animals that you can find at the Zoo (giraffe, lion, monkey, tiger, antelope, bear, etc.)
4. Zookeeper stands in the middle of the established area
5. All other students stand along one side
6. Zookeeper calls out the name of one of the animals
7. Students who were assigned that animal would run across the designated area to the other side
8. Zookeeper tries to tag them
9. All tagged animals become Zookeepers, as animals run back and forth across the playing area!
10. Original Zookeeper is the only person to call animals
11. Game ends when all animals are captured!

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity





Physical Activity



Crows and Cranes

Warm-Up: Follow the Leader

1. Ask two volunteers to become leaders. (One will be at the front of the line and the other at the end.)
2. Children form a line between the leaders, facing toward one and following that leader.
3. The leader moves around and does simple exercises, stretches, or other movements (Jumping Jacks, toe touches, lunges, skipping, hopping, etc.)
4. When you call reverse, children begin to follow the second leader, doing what he/she models.
5. Repeat several times, reversing the leader to make the activity more lively

What you will need: 4 orange coins to mark the playing area, coin for the coin toss

What you will do:

1. Using cones or some other marker, create two lines about 50 feet apart.
2. Divide the children into two equal teams and have them be between the two end lines about four or five feet apart, facing each other in the center.
3. Name one team the crows and the other team, the cranes.
4. Flip a coin, and if it comes up heads call crows, tails call cranes.
5. Upon calling crows, the crows must turn in flight with the cranes after them.
6. If any crow makes it to the safety zone he is free.
7. If he is touched, he switches teams.
8. Regroup in the center of the field and flip the coin again.
9. Repeat until time is up or everyone is on the same team.

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Freeze Tag

Warm Up-S-T-R-E-T-C-H for the Cone

1. On a basketball or other lined court, have children find a partner and line up on either side of the line.
2. Each pair of children should be given a piece of rope at least 3' in length (you could also use a jump rope. and fold in half).
3. Behind each child place a cone just out of reach.
4. When you say "Go!" children begin pulling on the rope trying to move the other player with them to retrieve the cone.
5. If one child is successful, child gets one point and the activity resumes.
6. The activity should last approximately 3 minutes.

What you will need:

- No materials

What you will do:

1. Have children congregate in the center of a grassy area
2. Ask for 2-3 volunteers to be "It"
3. Explain when you call "Go!", "It" will begin chasing the other children. If a child is tagged, then he/she must freeze in place and "It" will move on to find another person to tag
4. If a player who is not "It" tags a person who is frozen, they can join the game again.
5. Game is over when time is called or everyone is "It"

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Red Light, Green Light

Warm-Up: Walk Slow, Walk Fast

Note: Part of power walking is pumping your arms so you are engaging your entire body.

1. Using the basketball court or a grassy area about the same size (you can mark with cones) have children line up across one of the side lines.
2. When you say “Go”, children begin walking from one side to the other.
3. Children should begin by walking slowly, then when you say, “Speed up”, children should walk faster, on the command “Slow down”, children should go back to a regular walking speed.
4. Be sure that children are pumping their arms front to back with elbows close to the side.
5. Continue alternating between the two speeds for about 3 minutes.

What you will need: No materials needed

What you will do:

1. One player, the traffic light, has their back to the group and shouts ‘Green Light’.
2. The group takes slow steps toward the traffic light.
3. Imagining walking on a tightrope is a good way to make this style of walking clear.
4. The traffic light faces the group and shouts ‘Red Light’.
5. No one is allowed to move during a red light.
6. If someone does move or wobble as they’re off balance, they have to return to the starting point.
7. The first person to reach the traffic light wins, and becomes the next traffic light.

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Spider Race

Warm Up-Trio

On a basketball court or a grassy area about the same size, have children spread out. Lead children through the Trio—

Step #1: Heads, Shoulders, Knees and Toes (3 times each time faster)

Step #2: Do The Twist (stretch tall and twist, move low and twist, up and down 3 times)

Step #3: Punch and Judy (2 punches right arm, 2 punches left arm, 2 kicks right leg, 2 kicks left leg, 2 jumps) 3 times.

What you will need: 4 orange cones to mark the space

What you will do:

1. Divide students into 2 teams, and each team into pairs.
2. To prepare your pairs, player #1 stands facing the goal.
3. Player #2 stands beside him, with his back to the goal.
4. The two players link elbows and on the signal, the pair run to the goal and back.
5. One person runs backward each time.
6. The rest of the players repeat the same action until every person has a turn.
7. Game is over when one team has completed the challenge.

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



100 Inch Dash

Warm Up-Traditional

1. On a basketball court or a grassy area about the same size, have children spread out. Lead children in the following traditional warm-ups (or have another child lead):
2. Neck roll, right and then left, count of 5 each direction.
3. Large arm circles, forward and then backward, count of 5
4. Truck rotations, forward, side, back, side, 5 rotations one way, then reverse
5. Heels and Toes together, bend forward, bounce up and down to the count of 5
6. Knee hug, right leg, left leg, repeat 5 times
- 7.
8. Jog in place to the count of 20

What you will need: tape measure, 4 orange cones to mark start and finish lines

What you will do:

1. Divide children into 3 teams
2. Measure out 100 inches between the start and the finish line and mark the start and the finish line with tape.
3. Teams line up behind the start line.
4. Taking baby steps only (teeny, tiny steps), team member races to the turn-around point and comes back and tags his/her next team mate.
5. Relay continues until all players have come across the finish line.

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?



Physical Activity



Sticks and Stones

Warm Up-Who's It?

1. Using the basketball court or a grassy area about the same size (you can mark with cones), have all of the children spread out in the space.
2. When you say "Go", everybody walks as fast as they can to tag every other child while avoiding being tagged him/herself.
3. When a child is tagged, he/she must take a seat until only 2-3 children are left untagged, at which time all children can begin moving again.
4. If two children tag each other simultaneously and can't decide who tagged first, they should both sit down.
5. Repeat activity if time permits (about 3-4 minutes for warm-up or cool down).

What you will need: jump ropes to define space

What you will do:

1. Divide the children into two teams. If there is an odd number, that person will be the referee, otherwise you will be the referee
2. Have the children line up in a horizontal line. Place the jump rope about 25-30 feet behind each team.
3. Name one team Sticks and the other Stones. Explain when you call one of the team's names, the other team will turn and race to their safe line while the team you called will try to tag them before they reach safety.
4. The referee can change from one team to another, any time during the activity to keep it interesting
5. The winning team has all the players on it.

Wrap-Up Questions:

- What did you enjoy about playing this game?
- Would you recommend it to someone else?
- How might you change this game to be even better?