



# Physical Activity



## Physical Activity: Kindergarten – 2<sup>nd</sup> Grade

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



## 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?



## Physical Activity



### Physical Activity: 3<sup>rd</sup>-5<sup>th</sup>

<b>Sharks and Minnows</b>	4 orange cones to mark the playing area
<b>Drop the Keys</b>	Item to drop (like small stuffed animal)
<b>Animal Tag</b>	4 orange cones to mark the playing area
<b>Crows and Cranes</b>	4 orange cones to mark the playing area
<b>Freeze Tag</b>	No materials
<b>Spider Race</b>	4 orange cones to mark the playing area
<b>Sticks and Stones</b>	Jump ropes
<b>Circle Soccer</b>	Soccer ball, 4 orange cones to mark the playing area
<b>Foot Tag</b>	4 orange cones to mark the playing area
<b>Balloon Bounce</b>	Balloon for each player
<b>Don't Break the Chain</b>	5 Hula Hoops
<b>Triangle Tag</b>	No materials
<b>Help Your Friend</b>	Bean bags, one for each player
<b>Noodle Hockey</b>	Pool noodles, 1 for every 2 children, nerf or soft ball, 2 laundry baskets, 4 orange cones to mark the playing area
<b>Captain's Coming</b>	Command Sheet
<b>Steal the Bacon</b>	4 orange cones to mark the playing area, item for the "bacon"



# Physical Activity



## Sharks and Minnows

### 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. 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



## Drop the Keys

### What you will need:

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

### 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 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



## Animal Tag

### What you will need:

- 4 orange cones to mark the playing area

### 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. 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



## Crows and Cranes

### What you will need:

- 4 orange coins to mark the playing area, coin for the coin toss

### 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. 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

### What you will need:

- No materials

### 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 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



## Spider Race

### What you will need:

- 4 orange cones to mark the space

### 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 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



## Sticks and Stones

### What you will need:

- Jump ropes to define space

### 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. 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?



# Physical Activity



## Circle Soccer

### What you will need:

- 4 cones to mark the playing space, soccer ball

### 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 Circle Soccer

1. Have youth make a circle (they can hold hands to form the circle)
2. Divide the circle into two teams (the teams will be joined at two spots)
3. Soccer ball is placed inside the circle
4. Youth are to keep hold of hands while they kick the ball around inside the circle. If the ball goes out UNDER the hands or BETWEEN the legs of one team, they get one point.
5. Return ball to the circle and begin play again
6. Game is over when one team has 10 points
7. Team loses a point if the ball is kicked over the hands or heads of a 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



## Foot Tag

### What you will need:

- 4 orange cones to mark the playing area

### 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 Foot Tag

1. Designate the playing field with cones (about 20 yards square)
2. Divide students into groups of 3
3. Ask students to form a circle, holding hands
4. Tell students the object of the game is to "tap" the foot of the other players without letting them "tap" you
5. If student "taps" another player he calls out "1", if it is the second tap, he calls out "2", 3, 4, 5, and so on.
6. When you stop play, group counts the number of tags total for the group
7. At the end of the game, the team with the lowest score wins.

### 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



## Balloon Bounce

### What you will need:

- Balloon for each player

### 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-Balloon Bounce

1. Take children to a large grassy area where they can play without running into something or someone
2. Give each person a balloon and ask them to blow it up and tie it off.
3. Once this is done, explain the object of the game is to keep the balloon they have from hitting the ground for as long as possible.
4. The person who has kept the balloon up in the air the longest wins.

### 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



## Don't Break the Chain

### What you will need:

- 5 Hula Hoops

### 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 do-Don't Break the Chain

1. Have all students make a circle, joining hands.
2. Place a hula hoop between two of the students, having them join hands with the hula hoop on the wrists.
3. The task is to move the hula hoop around the circle without letting go of hands.
4. When the hula hoop has made it all the way around, keeping adding hula hoops in the circle across from one another. One pair will need to pass two hula hoops, going in both directions.

### 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



## Triangle Tag

### What you will need:

- No materials

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

7. On a basketball or other lined court, have children find a partner and line up on either side of the line.
8. 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).
9. Behind each child place a cone just out of reach.
10. When you say "Go!" children begin pulling on the rope trying to move the other player with them to retrieve the cone.
11. If one child is successful, child gets one point and the activity resumes.
12. The activity should last approximately 3 minutes.

### What you will do-Triangle Tag

1. Divide the students into groups of 4
2. Have each group of four number off 1, 2, 3, and 4
3. The child that is #1 becomes "IT"
4. The other 3 children form a triangle by joining hands
5. Player #1 tries to tag the child who is #4, and the triangle moves constantly to protect the #4 from being tagged.
6. After the #4 is tagged, have the #4 and #1 trade places and play again.
7. Repeat two more times so that all players have a chance to be "IT" and the #4.

### 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



## Help Your Friend

**What you will need:** Bean bags for each child (can make these with beans and plastic bags)

### 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. Players form a circle.
2. Players balance the beanbags (or other item) on their heads.
3. On a signal, players move around the area following the directions of the leader who call out actions such as: jump, hop, skip turn in circles, skip, wiggle, etc.
4. If the beanbag falls off a player's head, that player is frozen until another player picks up the beanbag and hands it back to the first person without losing his or her own beanbag.
5. The player who has had the beanbag returned becomes unfrozen when they put the beanbag back on their head

### 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



## Noodle Hockey

### 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 need:** Pool Noodles ½ for each child, Nerf or other soft ball, 4 orange cones to mark the field, 2 laundry baskets for each team

### What you will do:

1. Divide the students into two teams.
2. Mark the playing field (end zones and side boundaries)
3. Place a laundry basket on its side in the end zone at each end of the playing field
4. Make a center line.
5. One player from each team does a face-off on the center line.
6. Nerf ball is moved by hitting it with the Noodle
7. Play continues until one team scores a goal 8. Play begins with a face off
8. Game is over when one team scores 5 points (or 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



## Captain's Coming

### 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:** Command sheet (see below)

### What you will do:

1. Before you begin, youth should be taught the commands which the activity involves (see below).
2. Students start by forming a line (one behind the other) directly in front of the leader. The leader then shouts a command and the students have to perform the activity associated with that command.
3. Leader continues to call out different commands and children act alone or form the groups they need to fulfill the command
4. Game 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



Command	Action
<b>Captain's Coming</b>	Children salute and shout out "Aye Aye Captain" 1 child
<b>Life Boat</b>	Children find a partner, sit on the floor facing each other, holding hands and rocking backwards and forwards (as in "row, row, row your boat"). Group of 2 children
<b>Rats on board</b>	Children sit on the floor, hugging their knees, whilst feet are raised off floor. Group of 3 children
<b>Walk the Plank</b>	Children get in a straight line with hands on the shoulders of the person in front of them and walk the plank saying, "Left, right, left, right" Group of 4 children
<b>Scrub the Decks</b>	Children crouch down and pretend to clean the floor with their hands. Group of 5 children
<b>Man Overboard</b>	Children sit in two lines of three and act like they are rowing the dingy to rescue the "man overboard". Group of 6 children
<b>Main Deck</b>	Run back and form the original line in front of the leader (children do not have to be in the same order).



# Physical Activity



## Steal the Bacon

### 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 need:** 4 orange cones to mark the playing area, item which can be used as the “bacon”

### What you will do:

1. Divide the children into two teams. Have them line up facing each other about 25 feet apart.
2. Have the children number off, beginning at the right end of each line (1, 2, 3, 4, etc.)
3. Place the “bacon” in the center of the space between the two lines.
4. Call out a number. The players from both teams race to grab the “bacon” and get back to his/her place without being tagged.
5. Team scores one point each time it brings the bacon back without being tagged.
6. Replace the “bacon” and call another number and repeat.
7. First team to reach 10 points, wins

### 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: 6<sup>th</sup> – 8<sup>th</sup> Grades

<b>Triangle Tag</b>	No materials
<b>Steal the Bacon</b>	4 orange cones to mark the playing area, item for “bacon”
<b>Group Juggle</b>	1 piece of copy paper for each player
<b>Friends for Life</b>	No materials
<b>WHACK-O</b>	4 bases, tennis racket, tennis balls
<b>Freeze Tag</b>	No materials
<b>Dead Ants</b>	4 orange cones to mark the playing area
<b>Noodle Hockey</b>	Pool noodles, 1 for every 2 children, nerf or soft ball, 2 laundry baskets, 4 orange cones to mark the playing area
<b>President’s Dodge Ball</b>	4 orange cones to mark the playing area, Nerf or other soft ball
<b>Hot Lava</b>	Outdoor playground equipment
<b>Elephant Ball</b>	4 red or soccer balls
<b>Four Corners</b>	4-Square game or Painter’s tape
<b>Boomer Ball</b>	4 bases, kickball, empty 10 gallon water bottle
<b>Cups Up, Cups Down</b>	16 ounce SOLO cups, 1 for each player + 8 for each team
<b>4 Way Soccer</b>	8 orange cones to mark the playing area, 4 soccer balls
<b>Elbow Tag</b>	4 orange cones to mark the playing area, pinnies for each team



# Physical Activity



## Triangle Tag

### 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 need:** No materials

### What you will do:

1. Divide the students into groups of 4
2. Have each group of four number off 1, 2, 3, and 4
3. The child that is #1 becomes "IT"
4. The other 3 children form a triangle by joining hands
5. Player #1 tries to tag the child who is #4, and the triangle moves constantly to protect the #4 from being tagged.
6. After the #4 is tagged, have the #4 and #1 trade places and play again.
7. Repeat two more times so that all players have a chance to be "IT" and the #4.

### 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



## Steal the Bacon

### 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 need:** 4 orange cones to mark the playing area, item which can be used as the “bacon”

### What you will do:

1. Divide the children into two teams. Have them line up facing each other about 25 feet apart.
2. Have the children number off, beginning at the right end of each line (1, 2, 3, 4, etc.)
3. Place the “bacon” in the center of the space between the two lines.
4. Call out a number. The players from both teams race to grab the “bacon” and get back to his/her place without being tagged.
5. Team scores one point each time it brings the bacon back without being tagged.
6. Replace the “bacon” and call another number and repeat.
7. First team to reach 10 points, wins

### 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



## Group Juggle

### 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 need:** 1 piece of copy paper for each player

### What you will do:

1. Have group make a circle
2. Give each person in the group a piece of paper to "crush" into a ball.
3. Group chooses a leader and then gives that leader the crushed paper balls.
4. The first round is to determine the pattern. The leader tosses an item to one person in the circle, calling his/her name. That person catches the item and tosses it to another person. When the last person gets the item, they pass it back to the leader.
5. Each time you play, the player tosses the item to the same person, and catches the item from the same person, no exceptions.
6. For round 2, each time the leader tosses an item, he/she picks up another item and tosses it as well.
7. The challenge for the group is to keep all of the balls up in the air at the same time.

### 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



## Friends for Life

### Warm-Up: Follow the Leader

### 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 need:** No materials

### What you will do:

1. This activity is for everyone on the team.
2. Student selects a partner, greeting them with an exchange of names and a strong handshake.
3. Players share their favorite food with this partner. This becomes Partner #1 who is their "High 5 Partner".
4. Students change partners several times:
  - a. Partner #2: Introductions, favorite color, Low 10 Partner
  - b. Partner #3: Introductions, favorite school subject, Elbow Swing Partner
  - c. Partner #4: Introductions, favorite TV show, Booty Bump Partner
  - d. Partner #5: Introductions, favorite movie, Patty Cake Partner
5. After introducing each new partner, review by calling out Low 10, or Booty Bump, or High 5 randomly, reminding students that they have to find the right partner.

### 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



## WHACK-O

### 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 need:** 4 bases, tennis racket, tennis balls

### What you will do:

1. Divide students into two teams.
2. Set the playing field up like a baseball diamond.
3. One team goes up to “bat” while the other team takes the field.
4. First player up to bat tosses the tennis ball in the air and hits the tennis ball into the playing field (each player has two tries, if he/she does not hit the ball into the playing field, he/she is out).
5. Once the ball is hit, player runs to first base—and continues running the bases until the tennis ball is back at home plate.
6. All players on one team bat and then the teams trade places.
7. Game continues until both teams have had two opportunities to be up to bat.

### 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-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 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



## Dead Ants Tag

### 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 need:** 4 orange cones to mark the playing area

### What you will do:

1. Ask for one or two people volunteers to be ant-eaters.
2. The rest of the class will be ants.
3. Mark off a playing area (the ant hill)
4. Ant eaters are going to try to tag all of the ants.
5. Once an ant is stunned by a tag, he/she must sit on the ground and wave arms and legs to alert other ants of the situation
6. To make a rescue, four of the ants must surround a stunned ant, lock arms in a circle, and escort the ant outside of the playing area.
7. After being outside, he/she can rejoin the game.

### 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



## Noodle Hockey

### 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:** Pool Noodles  $\frac{1}{2}$  for each child, Nerf or other soft ball, 4 orange cones to mark the field, 2 laundry baskets for each team

### What you will do:

1. Divide the students into two teams.
2. Mark the playing field (end zones and side boundaries)
3. Place a laundry basket on its side in the end zone at each end of the playing field
4. Make a center line.
5. One player from each team does a face-off on the center line.
6. Nerf ball is moved by hitting it with the Noodle
7. Play continues until one team scores a goal 8. Play begins with a face off
8. Game is over when one team scores 5 points (or 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



## President's Dodge Ball

### 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 need:** Nerf or other soft foam ball, 4 orange cones to mark the playing area

### What you will do:

1. Have students make a circle (they can hold hands to form the circle)
2. Select two children to be in the center: one is the President and the other the President's bodyguard
3. Explain that the bodyguard is do anything he/she can to block the ball with his body (jump, squat, dive, etc.) The bodyguard must keep the ball from touching the President. If the ball touches the President, the President joins the circle, the bodyguard becomes the President, and the player who threw the ball which hit the President is now the bodyguard.
4. Play continues until 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



## Hot Lava

### 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 need:** Outdoor space with playground equipment to climb on

### What you will do:

1. Designate a play space outdoors. Discuss what can be done (climb playground equipment, sit in a chair and pull one's feet up, etc).
2. Identify three children as the Lava Monsters. The Lava Monster is trying to tag the children. The Lava Monster must NOT touch the equipment. The Lava Monster may call "Hot Lava", which means the play space is now hot lava and each player has 3 seconds to get his/her feet off the ground.
3. If the player's feet are still on the ground after three seconds, then the student is out. If a player is tagged by the Lava Monster, he/she is out.
4. Game is over when everyone is out. Game may restart.

### 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



## Elephant Ball

### 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 need:** 4 red or soccer balls

### What you will do:

1. Have students form a circle, feet apart but touching the feet of player on either side
2. Put four balls into play.
3. Punch balls around the circle as fast as possible until one goes through someone's legs.
4. When this occurs, play freezes.
5. If it goes through a person's legs they are out and the circle regroups and the ball is put back in play.
6. The person who is out stands on the outside of the circle and helps to retrieve the balls.
7. Play resumes and continues until there is one person left, and that person is the winner.

### 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



## Four Corners

### 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 need:** 4-Square game or you can make the 10' to 12' squares with Painter's tape

### What you will do:

1. Five players can play at one time. Remaining players can line up to the side waiting for a turn. It would be best to make a "court" for every 5 children.
2. One player goes to each corner of the square and one player stands in the middle.
3. The players on the corners exchange places repeatedly while the player in the middle tries to capture a corner for him/herself.
4. Players may only stay in a corner for 15 seconds without moving.
5. If a player from one of the corners is displaced, if there is a line, then he/she would go to the end of the line and a new player comes to the center. If there is no line, then displaced player becomes the person in the center.

### 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



## Boomer Ball

### Warm Up-Power Walk Slow, Power 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:** 4 bases, kick ball, empty 10 gallon water bottle (like Arrowhead)

### 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. One team goes into the field like a baseball team, and the other team goes up to “bat”. Everyone gets up to bat before the team goes into the field. Runs are scored when the player crosses home plate
3. Pitcher rolls the kick ball and the player uses the water jug to hit the ball as far as he/she can and runs to base. If the ball is caught as a fly ball, the player is out, or if the ball gets to first bases before the runner, the player is out.
4. Play 3 innings. Keep score cumulatively.

### 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



## Cups Up, Cups Down

### Warm Up-All for One and One for All

1. Select one child to be the leader. Talk with the child about different stretches, etc. that children can do and he/she can lead.
2. Using the basketball court or a grassy area about the same size (you can mark with cones), have children walk around, being careful not to bump into one another.
3. On your signal, “All for one”, the children stop and respond “One for all”.
4. At that time a child who has been designated as the leader leads the stretching activity—begins with legs and arms.
5. After approximately 30 seconds signal to children to begin walking around (signal is “All for one”, and the response is “One for all”.)
6. Continue stretches of the trunk, rotation of the neck, arms, ankles, wrists, etc. and so on.
7. Alternate between walking and stretching (thirty seconds on each activity) for about 3 minutes.

**What you will need:** 16 ounce SOLO cups, 1 for each student + 8 for the team

### What you will do:

1. Divide students into two equal teams.
2. Give each team 2 cups for each player (be sure that there are an equal number of cups even if there are not an equal number of players.)
3. One team chooses to be the Cups Up team (cups are on the bottom with the brims up) and the other team is Cups Down (cups are brim down).
4. Cups are placed anywhere in the playing area by both teams, some cups up, and others down. Teams return to their baseline
5. Rules of play:
  - a. Use 1 hand only (the other should be behind the back)
  - b. No cups can be stacked
  - c. No walking around with cups
  - d. When time is called, hands go up in the air.
6. When you call “GO!” all team players move onto the playing area, and the Cups Up team tries to get all of the cups turned up, while the Cups Down team tries to get them all down.
7. There are 4 quarters, each one 2.5 minutes long.
8. In between each quarter, teams return to the baseline.
9. Score is the total cups turned up (for the Up team) and down (for the Down team).
10. Cups that are neither up or down, do not count.

### 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



## 4-Way Soccer

### 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 need:** 8 orange cones, 4 soccer balls

### What you will do:

1. On a rectangular field area, set up 1 goal on each side for a total of 4 goals.
2. Create 4 teams. Each team will choose a goalie to defend their goal.
3. Players can make goals and score points in **ANY** of the goals, except their own.
4. Play with one soccer ball, or for a challenge play with 2 soccer balls!
5. The winning team scores the most points before the game is over.

### 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



## Elbow Tag

### 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 need:** 4 orange cones to mark playing area, pinnies or shirts to distinguish teams

### What you will do:

1. Designate a playing area and 2 penalty zones
2. Designate 4 students as **IT** (they can wear the pinnie or shirt)
3. Students scatter around the playing field—turn music on to get the game started (remind students that if the music stops, everyone must freeze)
4. Have volunteers demonstrate the game activity described below
5. Once the music starts, everyone begins moving—**ITS** to tag players and players to avoid being tagged.
6. If **IT** gets close, 2 players may link elbows and begin to count 10 seconds. While players are linked for the 10 seconds they are safe, but must continue to move.
7. If **IT** tags a player, the player moves to the penalty zone and completes the penalty before re-entering the game. A good penalty is 10 Jumping Jacks.

**Note:** You may want to change **ITS** every 3-4 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?