



# Physical Activity



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

<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 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

### 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





# 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

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 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?