



# 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?