



Physical Activity

Animal Tag

What you will need:

- 4 orange cones to mark the playing area

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

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

What you will do:

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

Wrap-Up Questions:

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



Physical Activity

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



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?