



# 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?



# 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

## 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  $\frac{1}{2}$  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?