



# 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

## 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

## 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

## 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

## 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?