



Physical Activity

Cookie Monster

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. With cones (about 50 feet apart) create two end lines.
2. Select 3 Cookie Monsters to stand in the middle.
3. Other children are behind one of the "lines".
4. Children chant: "Cookie Monster, Cookie Monster, Come get me!" On the word "me", all children try to run to the other line.
5. If the Cookie Monster tags them, they become a Cookie Monster, if not, then they are still in the game.
6. The Cookie Monster changes when all children have been tagged except one.

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

Simon Says

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:

- No materials

What you will do:

1. One person is chosen to be "Simon" the others stand in a straight line.
2. Simon calls out an action for the children to follow. It can be anything like.... touch your toes, jump 10 times on 1 foot.....
3. When giving the action, if Simon simply says, “Jump 10 times”, anyone who jumps must sit down. In order to complete the action, Simon must give the direction by saying, “Simon says, Jump 10 times.”
4. You can vary the actions according to the age group of children you are playing with. The last person who is standing can then be next "Simon"!

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

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

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

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

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

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?