

Low Organization/ Co-operative Games

More Than A Name Game: Students get into a large circle. Time the amount of time it takes for all students to say their name (one at a time). Have students run on the spot and say their names again. Time it and see what their best score is. Challenge students and have a consequence for not meeting a time requirement (ex running two laps).

Hoola-Hoop: Have students join hands in a circle and move the hoop around. Time it and attempt to set a record for how quickly the hoop gets from start to finish (Grade 6 class of 30 did it in under a minute).

Netball: Basketball net = 3 pts, soccer net = 1 pt, wall targets (from a set line) = 2 pts. Students work in teams of three and travel around the gym for a minute attempting to accumulate as many points as possible (they keep a tally). They can work against another team and it can be elimination if desired.

Move it Together: Students carry balls of various sizes from one side of the gym to another with a partner. They cannot use their hands, therefore must come up with creative ways to carry the balls.

Partner Offence/Defence: 1 partner tucks a flag into their pants and the other partner tries to grab it (switch every capture or 2 minutes).

Pinnie Grab: Each student tucks 2 pinnie into their pants. Students go around the gym attempting to steal as many pinnies as possible. If a student loses both they must sit down (and can get back into the game by grabbing one from someone who is running around). Students cannot tuck them in too far, or use their hands in attempts to protect a pinnie. This can also be done in teams of 2 with an accumulation of pinnies at the end.

Capture the Flag: 15 flags (or small pieces of equipment) are set in each of the basketball keys. Students are divided into two teams. Each team attempts to steal flags from the other team while protecting their own. If a student is tagged by a member of the opposing team in the other half of the gym, they are frozen until a member of their own team tags them (if they have a flag it is lost). Students cannot be tagged in the process of stealing a flag. The first team to bring me all of the other teams flags wins. Students can ONLY be tagged in the opposing half of the gym.

Basketball Golf: Students get into groups of 4 or 5. Each basket will be numbered. The first student tries to score from the foul line. If they score it is a hole in one,

otherwise they grab their own rebound and continue attempting to score from where they caught the ball. They stop once they have scored or reached 6 attempts and record it on their card. This continues until all members have gone. The team proceeds to the next hole.

Shark Attack: Students sit in a circle holding the Para shoot. Three students go under as 'sharks' and attempt to kill people by grabbing their legs and pulling them under. If they get ½ way under they too become sharks. There will also be lifeguards walking around the outside. If the lifeguard gets to a person being attacked and touches them, they have been rescued.

Quick Hands: 3 students throw a ball around and the 4th attempts to grab it. If they touch the ball, the person who threw it then becomes it.

Catch Ten: Divide the class in half. Each team chooses 3 members to be in the opposing teams 'Free Zone' (the basketball key). Each team attempts to throw balls for their teammates to catch in the 'Free Zone'. The three teammates call out each caught ball and the first to catch 10 win.

Sea, Shore, Shell: Students respond as quickly as possible to instructions.

- Bow: run to the front wall
- Stern: run to the back wall
- Starboard: run to the right wall
- Port: run to the left wall
- Submarine: lie on the ground on your back
- Swab the deck: on one knee scrubbing the floor
- Hit the deck: on the ground, stomach down
- Captain's coming: Stand at attention

Tag: 4 people in a group. 2 players hold hands and attempt to stop the 3rd player from tagging the 4th by moving around. Switch every 2 minutes or every tag.

Cooperative Game Creation: Using various equipment, students create a game that is cooperative, promotes fair play and is positive. Students present the game to the class. Everyone should be included; there should be enough equipment for all; group rather than individual challenge; non-traditional (element of surprise).

GAMES

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1. Farmer-Farmer

Purpose

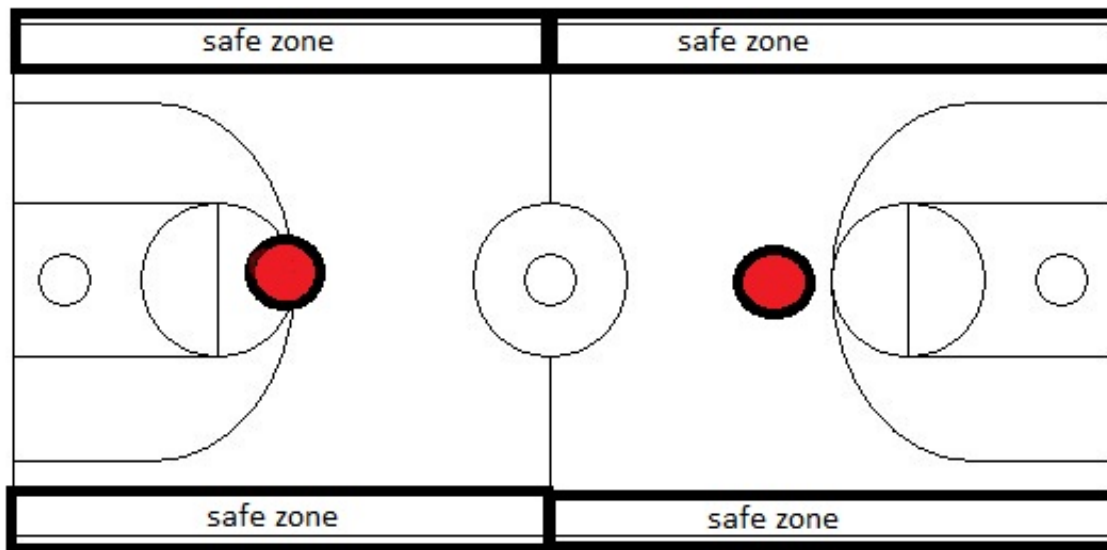
The purpose of this game is to get kids up and moving around. It promotes cooperation and a fun way to create equal opportunity. This game promotes active listening to both the instructor and peers who are the farmers in the middle. This game also encourages the use of different muscle groups and cardio while having fun interacting with peers.

Equipment Needed

All that is needed for this game is a pair of good shoes for the children to run in. This game is great when little or no equipment is available to be used.

Organization of Game/Playing Area

The game area is a wide open area with two distinct lines at either end of the area that designated the safe zones. The players must stand behind these lines, in the safe zone, while waiting for instructions from the person who is "it" (red dot). (one gym = 2 games)



How to Play

Ask all the kids to pick a number between one and twenty and who ever is closest to the number you chose becomes the “Farmer” for the first game. The rest of the children line up at one side of the gym on a line. All of the children on the line yell at the same time “Farmer-Farmer can we cross your golden bridge?” Then the farmer yells, “Only if you're wearing the colour . . . (picks a colour)”. The children with the colour he picks gets a free pass to the other side over the “bridge” but this can only be done if they skip across. Then when all the free people reach the other side, the remaining children must then run as fast as they can to the other side without getting touched by the farmer. If a child is touched by the farmer, he/she then also gets to become a farmer and helps Farmer #1 catch people as they run by. This competitive game can continue until one person is left to get across the bridge. This person is now the winner and if they would like, they may be the farmer for the next game.

Safety Tips

A safety point for this game is for the children to always keep their heads up and looking to where they are going (aware of their surroundings) so they do not bump into another child.

It is also strongly encouraged that the instructor mentions before the start of the game that the farmer may only tap the people he catches and not hit them too hard.

NOTE: This game has the potential to cause collisions and therefore injury. Consider having smaller groups (2 games going on at once) or have groups go in waves (eg. blue shirts go, then white shirts)

Refinements

One tip for the players to improve their likelihood of becoming the original farmer is to have “hot feet”. This can be achieved with smaller children by telling them to imagine the ground is super hot and they have to move as fast as they can to the other side to cool their toes.

Modifications

Simplification

A way to make Farmer-farmer easier would be to not let any free passes go by. This would make it an even chance each turn to run across. This eliminates the chance of being the only person without a blue shirt on so they must run across all alone.

Extension

A way to make this game harder is, each time a child gets a free pass, he/she must follow the instructor's words for a change in locomotion. For example, instead of always skipping across for a free pass the children may do a bear walk, crab walk, log rolls, run, hop(one foot, two feet) etc. This way it is more challenging for the children and if the main farmer catches any children not following the instructor's directions they too can be caught and become another farmer. The change in locomotion is also a good idea to slow the game down and reduce injury risk.

Inclusion Modification or Strategy

One way to make it more inclusive for an individual with a disability would be to pair up everyone in the class so that they must move to the other side attached to one another in some way. This would make it more equal for those that need to be pushed across the playing area by a classmate. This would also promote fair play and cooperation with one another which are both very important life skills.

Also the slower kids will always get caught so making pairs slows everyone down making it more equal.

Age/Grade

6-12

Skill Focus

Locomotion and stability

Movement Concept Focus

Body awareness, relationships and spacial awareness

2. Octopus**Purpose**

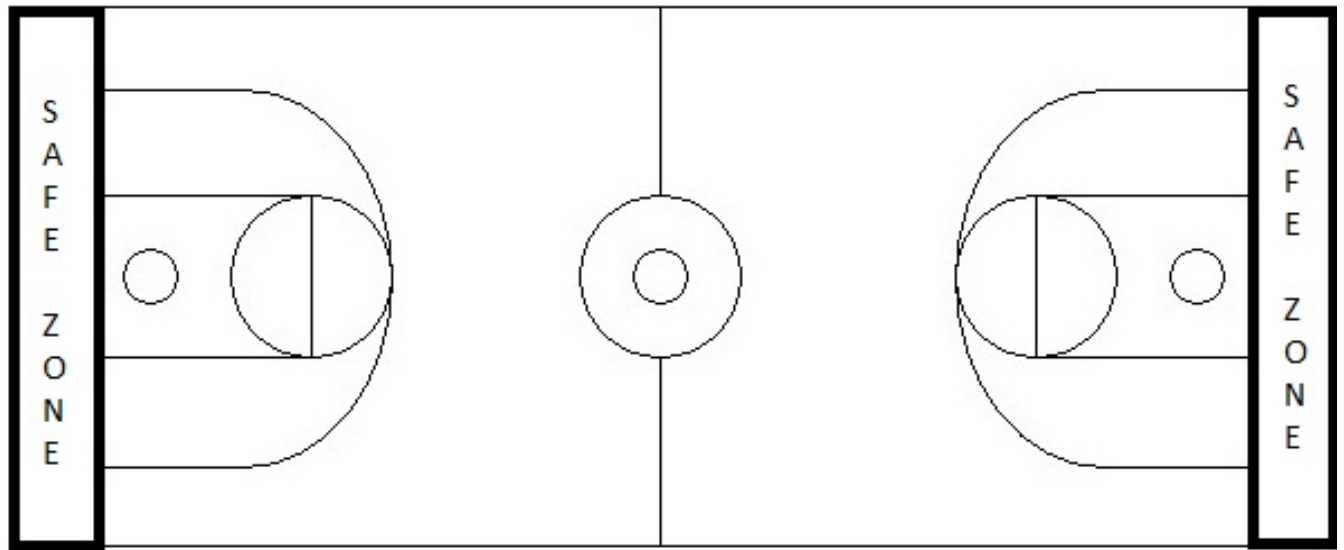
The purpose of this game is to incorporate physical fitness through a fun activity. This is considered the hidden curriculum to the students as they are having fun and not realizing they are engaging in physical activity at the same time. It promotes key life skills such as honesty and cooperative relations with others.

Equipment Needed

The only equipment needed for this game is tape to make a boundary of play for the children so they know where it is safe for them to play.

Organization of Game/Playing Area

The game area is a wide open area with two distinct lines at either end beyond which are the designated safe zones. The players must stand in the safe zones while waiting for instruction from the person that is "it".



How to Play

All of the children line up on one side of the playing area. The student with the closest birthday to the date at which the game is played is given the opportunity to be the octopus. The octopus stands in the middle of the playing area. The octopus then yells “octopus” and everyone must run to the other side of the ocean where they are safe from being caught. If a student gets caught they then sit where they get caught and become seaweed. Seaweed are allowed to help the octopus by remaining seated but their seaweed limbs can reach out and touch the “fish” as they run by. If they catch a fish they too must sit and become seaweed. Once all the fish are caught the game is over and they may stand on one side of the ocean and the last fish that was left will get a chance to be the octopus for the next game.

Safety Tips

- Keeping head up while using the specified locomotion to the other side
- Placing the taped off boundary away from all obstacles such as the walls or stands in the gym.
- Seaweed must remain on their bottoms at all times and be cautioned not to grab only to tap the fish.

- When avoiding the seaweed, students should never jump over or around them as they might step on them and injure them.

Refinements

Hot feet is the quick and rapid movement of the players feet - players should be on the balls of their feet while running so that they are able to change direction more quickly to get away from opponents or over and around obstacles.

Modifications

Simplification

One way to make this game more simple would be to place taped circles in certain areas to act like safe zones for people to stay in until the area is clear or until 10 seconds is up in which time they must move out of the circle and continue running to the other side.

Extension

One way to extend this game and make it more difficult would be to have more than one octopus to catch the children and make them become seaweed. This would encourage many strategies to avoid the octopus prior to and during running across the ocean to the other side.

Inclusion Modification or Strategy

One way to make it more inclusive for an individual with a disability would be to pair up everyone in the class so that they must move to the other side of the ocean attached to one another in some way. This would make it more equal for those that need to be pushed across the ocean by a classmate.

Age/Grade

6-12

Skill Focus

Locomotion and Stability

Movement Concept Focus

Body awareness, relationships and spacial awareness

3. Pip, Squeak and Wilbur

Purpose

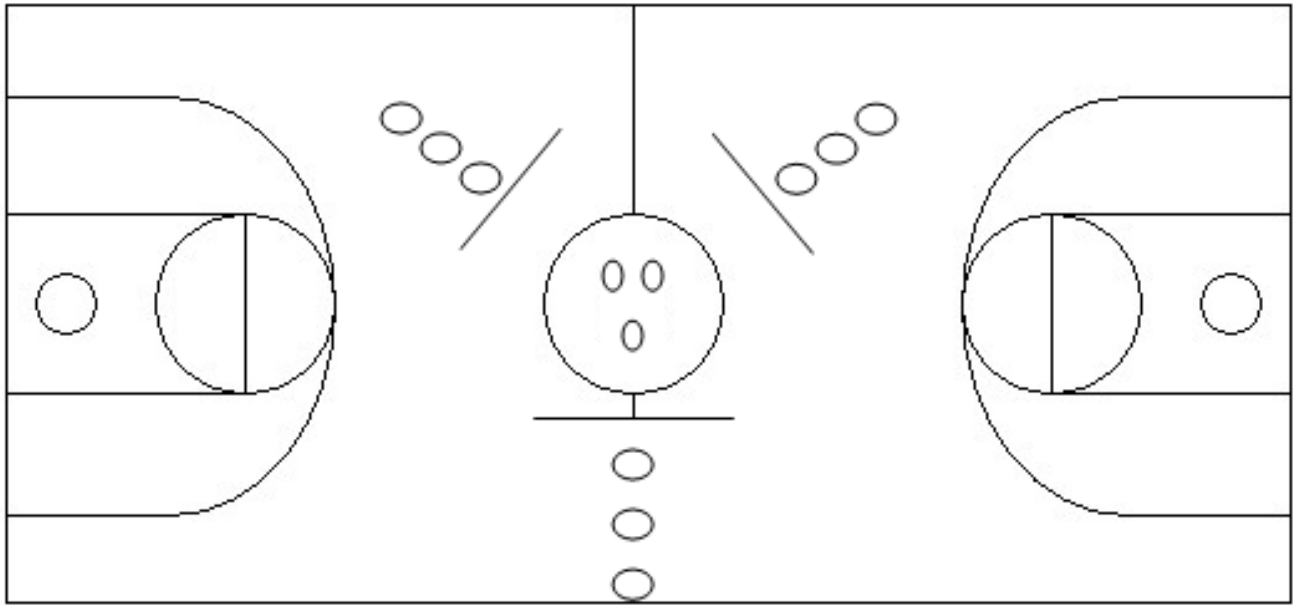
The purpose of this game is to promote healthy activity while working as a team. Life skills that can be transferred into real life as the students grow are things such as cooperation, honesty as well as working as a team for a common goal. This game also promotes the life skill of active listening because the students must listen carefully to the instructions and the name(s) that is being called out.

Equipment Needed

The equipment needed for this game is the same number of beanbags or a small object as there are teams (ie. 3 teams = 3 beanbags) as well as tape to locate the boundary line where the teams must stand behind.

Organization of Game/Playing Area

Make groups of three people. Group members line up, one behind the other, behind a taped line on the gym floor or field. Beanbags are set in the middle of all the groups. While running, the players must run in the same circular direction as the other runners and on the outside of where the group members are standing.



How to Play

Show kids the direction you want them to travel around (ie: if you want them to go right walk around the circle in that direction) The student closest to the line is named “Pip” then the second is named “Squeak” and the third person is named “Wilbur”. The instructor will call out one name for example “Pip”. Once Pip is called out that person runs once around the outside of all the groups and back to their own group. Meanwhile the group members left must crouch down like frogs so that Pip can leap frog over them and into the middle. One in the middle, Pip must try to grab a beanbag. This continues as the instructor calls out different names or even combination's of names such as “Pip, Wilbur”. In this case, both individuals have to run and leap frog over as a team.

Safety Tips

- Keep your head up while running around the groups.
- While crouched down like a frog make sure to keep your head down and hands tucked in close to body while the runner leapfrogs over top of the group.
- All runners must run in the same direction to avoid running into one another.

Refinements

Hot feet is the quick and rapid movement of the players feet - players must be on the balls of their feet while running so that they are able to change direction more quickly to get away from opponents or over and around obstacles.

Modifications

Simplification

One way to make this game easier would be to always use the correct number of beanbags to team ratio. Not taking away a beanbag every time a name is called out, boosts confidence and makes the game less competitive. The line which the teams must remain behind can be moved closer to the beanbags creating less running space around the circle.

Extension

A way to make this game harder is to only use one beanbag throughout the entire game. This would create a more competitive environment. The game can also be made much harder by increasing the distance away from the beanbags in the middle therefore making the running space much larger.

Inclusion Modification or Strategy

One way to make it more inclusive for someone with a physical disability would be to have everyone crawl on their hands and knees around the circle to increase the time it takes to match that of someone in a wheelchair. Instead of leapfrogging, everyone must weave in and out of the group members who are standing so that the person in the wheelchair can also weave in and out of the group members.

Age/Grade

8-12

Skill Focus

Locomotion and Stability

Movement Concept Focus

Body awareness, relationships and spacial awareness

4. Steal the Bacon

Purpose

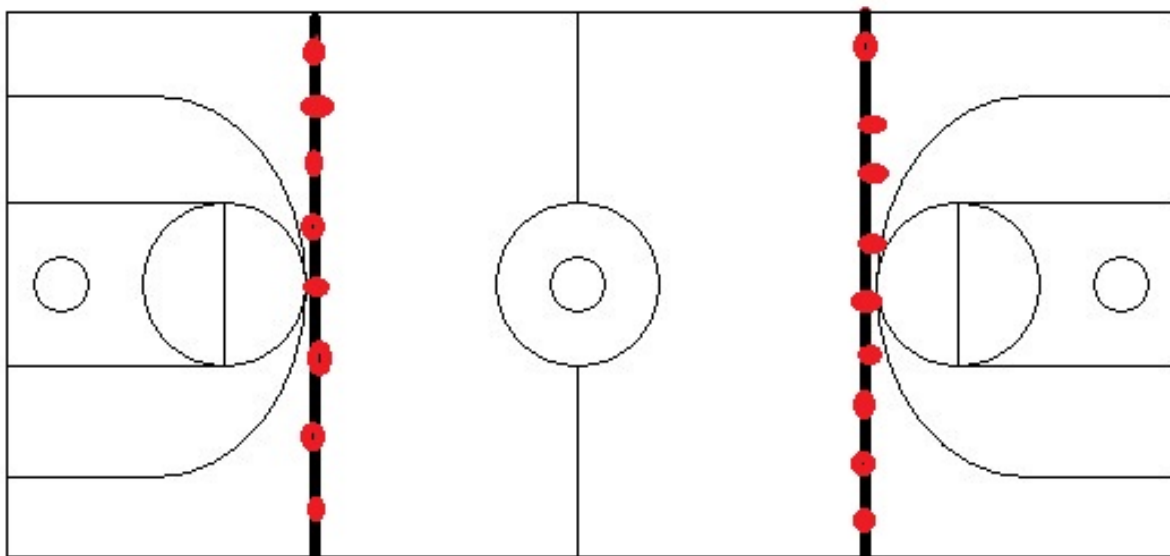
To get the bean bag and bring it back to your team's line before getting tagged

Equipment Needed

- bean bags
- pinnies (2 different colours)
- pylons

Organization of Game/Playing Area

- Pylons: create two lines of pylons parallel to one another spaced approximately 25 feet apart
- can be played in a gymnasium or outside



How to Play

- Divide students into two teams.
- The teams line up on each of the lines created by the pylons. Each team member is given a number.
- The instructor throws a bean bag into play and then calls a number. These two participants race to secure the bean bag.
- The person that gets the bean bag tries to get back to their line before the other person tags them. If the person does get tagged, there is no score. If the person gets back behind his or her teams line before he is tagged, his team gets a point.
- The team with the most points wins.

Safety Tips

- Keep your head up
- Tap the person when trying to tag them, do not push them
- Be aware of your surroundings (i.e. watch out for benches, gym bags etc if in a gym, or trees, goal posts and stands if outside)

Refinements

(hot feet) - Be ready, on the balls of your feet, for when your number is called.

(dodge) - knees bent, place all your weight on one foot, push hard off that foot and go the other way to dodge your opponent.

Modifications

Simplification

- Students just have to be the first person to make it to the bean bag to get a point, they do not have to try and run the bean bag back to their line
- Call out the numbers sequentially not in random order. Students will know when their number is coming up

Extension

- Call more than one number at once (two bean bags will be in play). Students on the same team can pass the bean bags back and forth or one student can take both bean bags. This means that teams can each score a point, no team can score at all, or one team could score both points.
- Call out a number and a type of locomotion the players must use to get to the bean bag. Once they retrieve it, they can use whatever locomotion necessary
- Play the game in partners - Students must stay attached to their partner at all times

Inclusion Modification or Strategy

- Have the teacher write down each number called so that all numbers are called out equally
- Teacher calls out the next number as soon as the first group has their bean bags to maximize participation time.

Age/Grade

8-12

Skill Focus

locomotion and stability

Movement Concept Focus

body awareness, spatial awareness and relationships

5. Snake Tag

Purpose

To chase and catch the "tail" of a "snake"

Equipment Needed

No equipment necessary

Organization of Game/Playing Area

can be played in a gymnasium or outside

How to Play

- Divide students into groups of three or four. Have one person left over to be "it".
- Have the members of each group attach together by holding onto the waist of the person in front of them to form a snake. The person in front is the head and the person in back is the tail.
- To start, the person that is "it" must catch the tail of one of the snakes and attached to it. If he is successful, the head must come off and he is now "it".
- The newly "it" person can not attach to the same snake it came off of for 10 seconds.

- You are to twist and turn your snake to keep from losing your head

Safety Tips

- Keep your head up and be careful not to trip on the feet of the person in front of you
- Be aware of your surroundings (i.e. watch out for benches, gym bags etc if in a gym, or trees, goal posts and stands if outside)
- Leader/head of snake only go as fast as everyone in your group can go

Refinements

- Dodge: knees bent, place all your weight on one foot, push hard off that foot and go the other way to dodge the person who is "it"
- the head must communicate and let their group know where they are going ahead of time so they can all move together
- be aware of other snake groups moving around the gym floor

Modifications

Simplification

for the person who is "it":

- increase the number of people in each snake. More people make it more difficult for the snake to move
- Decrease size of playing area
- Have two people that are "it"

Extension

- Each snake only has two people
- Increase the size of the playing area

- Different locomotions i.e. hopping, skipping, speed walking
- Different pathways i.e. only travel on the lines of the gym, only travel in curved pathways

Inclusion Modification or Strategy

- split the students into two groups, have two games going at once
- Students who become "it" cannot attach to the same snake they came off of

Age/Grade

8-12

Skill Focus

locomotion and stability

Movement Concept Focus

body awareness, spatial awareness, relationships

6. Chaos

Purpose

To get the other teams' bean bags back onto your side of the gym or to have the most bean bags on your side of the gym when the game is over

Equipment Needed

12 bean bags, tape (or hula hoops if playing outside), pylons, pinnies

Organization of Game/Playing Area

- can be played in a gymnasium or outside

- Create a horizontal line with the pylons splitting the playing area in half
- using tape create a medium sized safety zone at each end of the gym



How to Play

1. Divide children into two teams
2. Each team has 6 bean bags which they must protect
3. Place the bean bags in designated areas (taped boxes) at each end of the gym.
4. Children try to make their way onto the opposing team's side to get the bean bags, while some children stay to protect their own bean bags

5. If a child is touched on an opposing team's side, they must freeze where they are. They can only begin playing again when a member of their own team tags them
6. If they are in the safety zone they can not be tagged
7. Once in the safety zone they can either try and run with the bean bag or pass it with to a team mate
8. If they cross the mid-line back to their side they are safe and the bean bag is then placed in their safety zone. If they are touched, before they reach their side the bean bag goes back to the opposing team's safety zone
9. The first team to have all 12 bean bags in their safety zone wins or the team with the most bean bags at the end of the game wins

Safety Tips

- Keep your head up and be aware of your surroundings

Refinements

- Dodge: knees bent, place all your weight on one foot, push hard off that foot and go the other way to dodge your opponent.
- Try and run with one and/or a couple of teammates at the same time that way the other team can not tag all of them at once.

Modifications

Simplification

- Add more safety zones (ones that do not contain any bean bags) so that there is a shorter distance for the children to run to the safety zone.
- Students only have to make it to the safety zone with the bean bags. Once they reach the safety zone they get a free walk back to their side

- only one person can guard the safety zones. Everyone else can still defend their side but cannot go within a certain distance of the safety zones with the bean bags in it

Extension

- Add in a third team. Students will have 2 teams that they can take bean bags from and 2 zones in which they can get frozen (increases participation of students)
- Put a time limit on the safety zones (monitored by teacher), only 2 people can be in a safety zone at a time
- Different locomotions used to travel i.e. first time they play they run, second time speed walk etc

Inclusion Modification or Strategy

Allow the teacher to unfreeze the students by yelling "Defrost"

Age/Grade

10-12

Skill Focus

locomotion and stability

Movement Concept Focus

body awareness, spatial awareness, relationships

7. Giants, Wizards and Goblins

Purpose

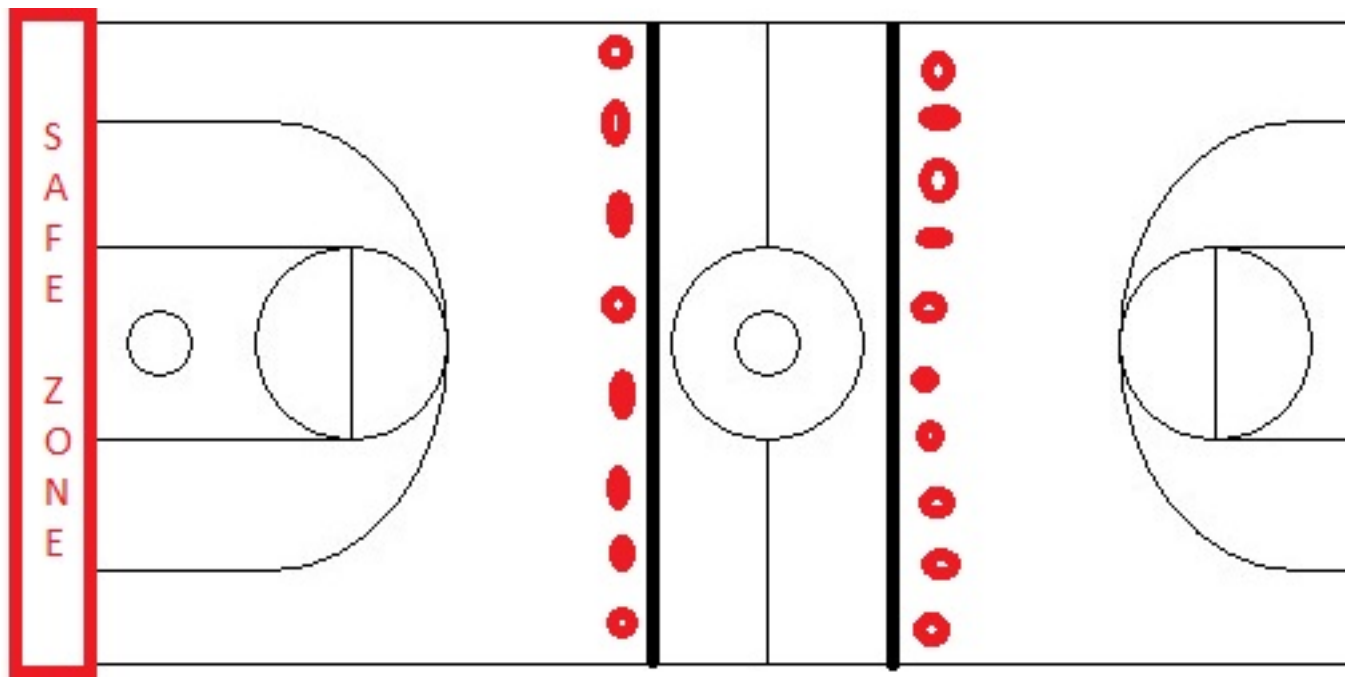
To get the entire class participating at the same time, working in groups and learning about body manipulation and strategy

Equipment Needed

No equipment needed for this game

Organization of Game/Playing Area

open gym or field with safe zones at either end



How to Play

1. Divide class into 2 teams/groups
2. Class is told what the actions are to designate Giants (stand tall with hands up), Wizards (shooting lazar bolts) and Goblins (crouching over with hands dangling), and which actions are dominate (ie: giants beat wizards; wizards beat goblins; goblins beat giants)
3. Have teams face each other along the center court line of the basketball court
4. Teams have 10 seconds to huddle together in their half of the court prior to lining up to decide which character they want to be. They must choose a first

choice character and a second choice character in case the other team chooses the same first choice character.

5. Teacher calls out “3-2-1-Attack!”. All team members act out their character – if both teams perform the same character then the teacher calls out “3-2-1-Attack!” again and both teams perform their second character, if both characters are the same again, then both teams go back to huddle and choose new characters.

6. The team that acts out the weaker character must rush to their own safety zone (on their side of the court) to be safe from the winning team – if the winning team members tag them, they must join the winning team

7. Game is over once all kids are on one team

Safety Tips

- Advise the kids not to push each other when tagged – should be a light tap
- Kids need to be aware of others in the general space in order to avoid collision

Refinements

- Make sure the kids are always on the balls of their feet with a slight knee bend always ready to move – “hot feet” – this allows them to transfer their weight quickly and either run away or chase people depending on the round
- When running away, students can use efficient dodges to help them escape the person who is chasing them which may help them make it to the base line safely – when dodging look where you are running, get low, change direction by pushing off and taking one step to the left or right

Modifications

Simplification

make the playing area smaller by bringing the safe zones closer to the center line

Extension

make the playing area bigger by making the safe zone further from the center line

Inclusion Modification or Strategy

- For people in a wheelchair, have the rest of the class change locomotion when running away (i.e. hop) to slow them down
- For people with visual disabilities, instead of just acting out the characters make sound effects (i.e. wizard = zap, giants = growl and goblins = giggle)

Age/Grade

age - 10-12

grade - 5-7

Skill Focus

locomotion and stability

Movement Concept Focus

body awareness and spacial awareness plus relationships with others

8. Safety Tag

Purpose

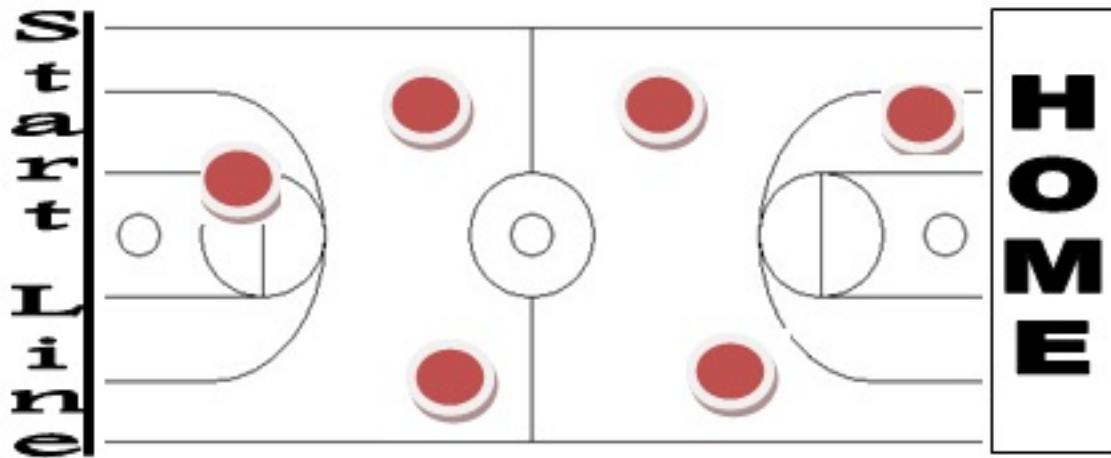
The purpose is to maximize the physical exercise through locomotor skills and provide a mental element of strategy for the kids by having the runners trying to get “home” as many times as possible within a given time period without getting caught by the people who are "it"

Equipment Needed

- 6 Hula hoops taped to the floor (therefore need some tape)
- 2 different coloured pinnies - one for the runners (ie green) and one for the people who are “it” (ie blue)

Organization of Game/Playing Area

- Divide the class into teams – 2/3 are runners while the remaining 1/3 are “it”
- place hula hoops all over the court



How to Play

- Runners start at start line, people who are “it” spread out around the gym floor
- The object of the game is for the runners to run across the gym starting at the “start line” and run to the opposite side of the gym to the safe area “home” – they must cross an unsafe area that is full of people who are “it”
- Goal of the game is for the runners to get to “home” as many times as possible within a given time (ie: 5 minutes)
- Once a kid makes it to “home” they can get a free walk back to the start line

- If a kid gets touched on the way to “home” they have to go back to the start line and start over
- Hoops are placed all over the court and are designated “safe zones” – runners can’t be touched by a person who is “it” if they are in the hoop
- 3 complete cycles – children are runners twice and “it” once (total time 15 min – 5 min intervals)

Safety Tips

- Make sure the hoops are taped down securely so they don’t move around
- Make sure that there is free space around the court so the kids don’t run into a wall
- Advise the kids not to push each other when tagged – should be a light tap - Kids need to be aware of others in the general space in order to avoid collision

Refinements

Make sure the kids are always on the balls of their feet with a slight knee bend always ready to move – “hot feet” – this allows them to transfer their weight quickly and are always ready to move

Modifications

Simplification

Have more hoops so that the runners have more safe zones (easier for kids to meet the goal of getting to home)

Extension

Divide the class 50/50 so that there is an even amount of people who are runners as well the people who are “it”

Inclusion Modification or Strategy

- For someone with a visual disability, have people work in partners by linking arms and traveling as a unit
- Have children change their locomotion (i.e., hop) to slow the game down if there is a child with a wheelchair or walker

Age/Grade

age - 10-12

grade - 5-7

Skill Focus

locomotion

Movement Concept Focus

Body awareness, effort, relationships and spacial awareness

9. Hoop Raiders**Purpose**

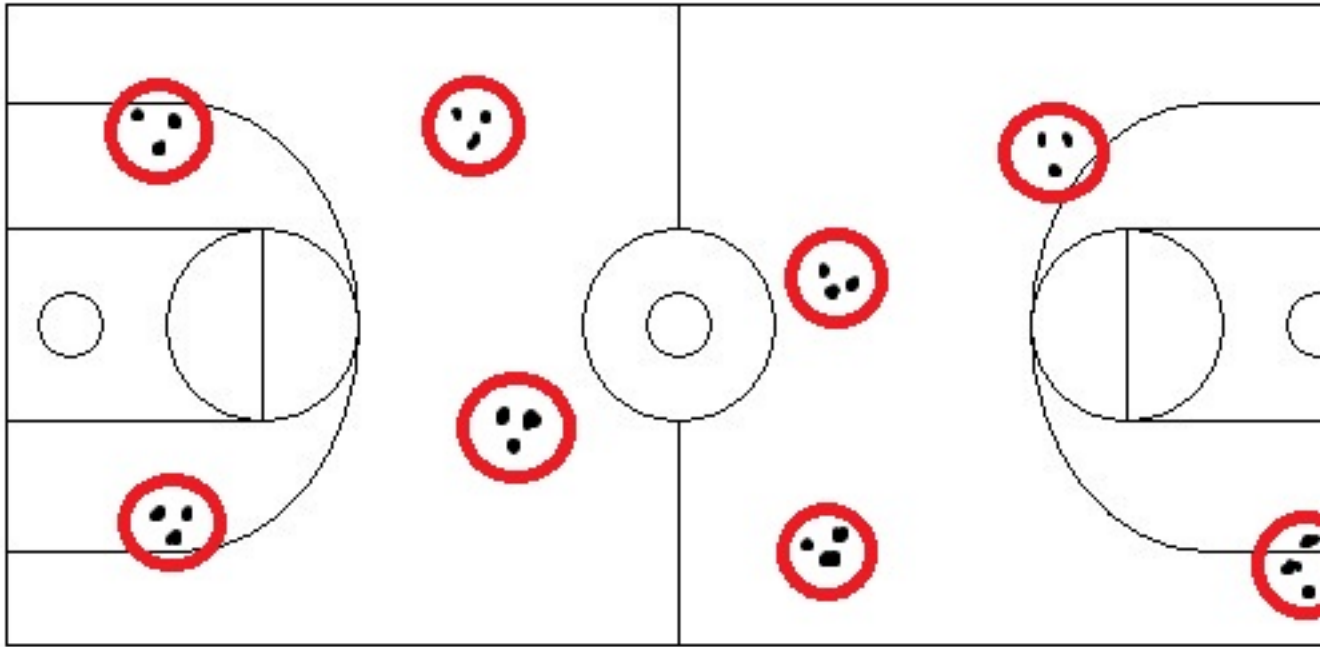
Either have the most balls in your team's hoop at the end of the game or be the first team to have 10 balls in your hula hoop at one time

Equipment Needed

- o Hula hoops (for each group of 3)
- o Utility balls (or bean bags)(start off with 3 for each hoop)

Organization of Game/Playing Area

- o Can be played ANYWHERE as long as there is an open space
- o Place hula hoops scattered anywhere in the open space with three bean bags or utility balls in each one



How to Play

- o Divide students into teams of two or three
- o Have the teams stand by one hula hoop which they will call their own
- o On the teacher's whistle, each team will send one person out at a time to grab ONE ball from another group's hoop
- o The student will bring that ball back to their hoop and give a high five to their partner or teammate to signal a switch
- o The person that the runner just high fived is the new runner and THEY must now go run and grab a ball from another hoop
- o Remember that ONLY one player from each group can be running and fetching a ball from another group at ONE time

- o Also, remember that players fetching the ball can only bring back ONE ball at a time!

Safety Tips

- o Make sure the kids watch where they are going and are aware of other players around them to avoid collisions
- o Make sure students are wearing proper footwear and clothing that is not going to cause injury or accident

Refinements

- o Let students know to grab balls that are closer to their groups hula hoop instead of running half way across the gym just for one ball - This is a more efficient way to score the most balls
- o Also, the students who are waiting at their hula hoops who are next in line to go grab balls, make sure they are on their toes / balls of their feet(“hot feet”) so they are ready to go!

Modifications

Simplification

- To simplify this game, you could place the hula hoops closer together to make it easier to grab balls more quickly and more efficiently
- You could have only groups of two which would mean there are more hula hoops and more chances to grab balls
- You could have all partners/teammates running to grab balls at one time instead of having only one person going at one time
- You could change the rule and allow players to take two balls at a time instead of one

Extension

- To make this game harder you could lengthen the play area and space out the hula hoops a lot further away from each other
- You could have different locomotion like hopping instead of running to make it harder to get balls quickly

Inclusion Modification or Strategy

- o make the teams co-ed, cannot have one team of all boys and another team with all girls
- o for someone who has locomotion difficulties or visual problems instead of making groups of 3, make groups of 6 - instead of traveling individually teammates have to move in partners (groups of 2) and always be in contact with each other (i.e holding hands or linking arms)

Age/Grade

6-12

Skill Focus

locomotion and stability

Movement Concept Focus

body awareness, relationships and space awareness

10. Run Rabbit Run

Purpose

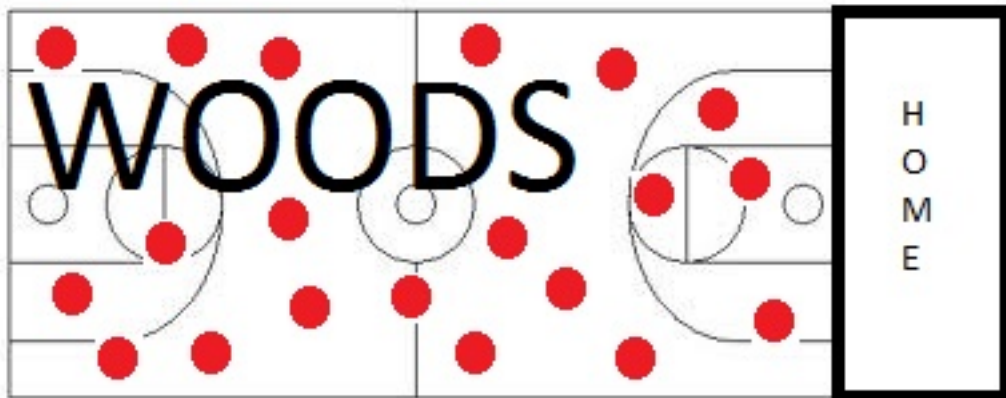
The propose of this game is for the rabbits to collect one piece of food and bring it home before the foxes tag them. This gets the kids moving around and having fun while practicing important locomotion skills.

Equipment Needed

- bean bags

Organization of Game/Playing Area

Divide the gym into two areas. Designate the small area as the Rabbits' "home". Call the remainder of the gym the "woods". Make 3/4 of the class rabbits and the remaining 1/4 foxes. Arrange the rabbits on a line at home facing a large open area where the foxes are hiding. Scatter the bean bags all over the gym floor to represent rabbit food.



How to Play

- Foxes hide in the woods (large area) and the rabbits leave their home (small area) in search of food (bean bags).
- The food is scattered all over the woods and the rabbits must gather one bean bag and bring it back home without being caught by a fox to be safe.
- If a fox catches a rabbit, the rabbit turns into a fox.
- Once 3/4 of the class are foxes roles are reversed - foxes become rabbits and the remaining 1/4 rabbits become foxes.

Safety Tips

- advise students to keep there heads up and to be aware of their surroundings to avoid colisions
- foxes lightly tap rabbits - no pushing

Refinements

Hot feet is the quick and rapid movement of the players feet - players should be on the balls of their feet while running so that they are able to change direction more quickly to get away from opponents.

Modifications

Simplification

for rabbits = make the playing area bigger

for foxes = make the playing area smaller

Extension

change the locomotion - instead of running students have to hop, skip or gallop

Inclusion Modification or Strategy

Everyone in the class gets a partner and pairs must be attached to each other in some way and must work as a team. This would make it more equal for those that need to be pushed across the playing area by a classmate for example if they are in a wheelchair. This would also promote fair play and cooperation with one another which are both very important life skills.

Age/Grade

6-12

Skill Focus

locomotion and stability

Movement Concept Focus

body awareness, space awareness and effort

“Roadkill” - <https://www.youtube.com/watch?v=fQWryjOCBIs>

- One team runs through the center of the gym
- The other team has dodgeballs along the edges of the gym and tries to hit players on the other team
- The team running through the center has to try to make it to the other end without getting hit, if hit, you must stay where you were hit

War Ball - <https://www.youtube.com/watch?v=Gvqv9MO0c0Q>

- 4 Zones, each have a hoola hoop with a cone with ball on top inside it
- Teams must try and knock another team's ball off the cone with a dodgeball
- Players can not step outside of their zone/quadrant

Speedway- <https://www.youtube.com/watch?v=8jEdIUcns8I>

- Relay race

Ants on a log- <https://www.youtube.com/watch?v=gl2hdvbT5KA>

- Players line up along a line
- Players must rearrange into some specified order (i.e. reverse your order, tallest to smallest, etc.)

Capture the Ball- <https://www.youtube.com/watch?v=WXDMUb7Q0tc>

- Capture the flag, but with a tennis ball sitting on a tall cone instead of a “flag”
- Safe zones & a jail

Pass it on-

<https://www.youtube.com/watch?v=MIUpvUQlvng&index=36&list=PLqApWQm0obyEcKgS5ZhwYQ91ZaRc4e0Wn>

SPUD (small group)- <https://www.youtube.com/watch?v=TRgYxn1-KgM>

- ball/object is thrown in air with a player's number called out
- When that player gets the object, they yell “spud” and everyone must freeze
- Everyone else should be moving away from the object
- The player with the ball must try and now hit someone near by
-

Moving Tower (small group)- <https://www.youtube.com/watch?v=AQcxgzuoO3G8>

Steal the bacon (small group)

"Port, Starboard"

"Port" = run to the left side of playing area.

"Starboard" = run to the right side of playing area..

"Captain's Coming" = stand to attention and salute.

"Submarines" = lie on the floor.

"Climb the rigging" = pretend to climb a rope.

"Mess Deck" = sit cross-legged on the floor.

How to Play:

1. Begin with a few practice rounds for players to build familiarity with the commands.
2. When ready to play, the captain shouts out a command.
3. The players do the actions associated with the commands.
4. Players that do the wrong action are out!
5. The last player still playing becomes the new captain!

Variations:

If you would like to switch up the commands, here are a few to choose from:

"Attention on deck!" - the crew must salute and yell, "Aye, aye, Captain!" No one may move again until the captain shouts, "At ease!"

"Clear the deck!" - everyone must get their feet off the deck by standing on something other than the floor.

"Board the love boat!" - each crew member must find a partner and begin dancing. No partner? You're out, Sailor!

"Man the crow's nest!" - crew members pair up piggyback-style. Anyone left without a partner is out.

"Abandon ship!" - each crew member must sit face-to-face with another and pretend to row a lifeboat.

"Hit the deck!" - the crew must immediately drop to their stomachs.

"Up periscope!" - crew members must lie on their backs, raise one leg straight up into the air, and twist their foot around as if scanning the horizon.

"Scrub the deck!" - the crew must drop to their knees and pretend to scrub the deck.

