

KNES 281 Portfolio

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I. Ball/Throwing Games

- A. Bean Bag Toss
- B. California Kickball
- C. Catch and Toss
- D. Chicken Cacciatore
- E. Chuck the Chicken
- F. Crab Kick
- G. Frisbee Catch and Toss
- H. Frolf
- I. Ricochet

Other Resources:

- Moving and Choosing (borrow equipment) -
<http://www.movingandchoosing.com/category/resources/active-living>

Ashley Thompson

Bean Bag Toss

Classification:

- Throwing
- Running

Age category:

- Grades K-6

Description:

- Have students pair up and give them a bean bag and hula hoop
- Have all pairs line up on the basketball sideline and put their hula hoop on the inside edge of the basketball baseline
 - Students must take turns throwing their bean bag into the hoop
 - Once a player gets the bean bag in the hoop (or on the edge of the hoop), the hoop is flipped over so that it is closer to the opposite side of the gym
 - To get the bean bag to partner, thrower must get bean bag and RUN it back to their partner (no throwing)
- First hoop past the far volleyball sideline WINS

Equipment:

- Bean bag
- Hula hoop

Safety:

- Keep head up to avoid running into partner or other classmates

Modifications:

- More challenging:
 - Use a ball that may bounce out of the hoop
 - Use a smaller hoop or a can/bucket of some sort
 - Allow student to throw their bean bag into other teams hula hoops
 - If it goes in, that team must restart with their hula hoop at the basketball baseline
- Less challenging:
 - Have students speed walk, gallop, skip instead of run
 - Only go to the center line instead of the far volley ball court
 - Have students flip their hoop twice
 - Allow students to throw bean bag back to partner

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Bean Bag Boichi</i> • <i>Tic-Tac-Toe Relay</i> 	<ul style="list-style-type: none"> • <i>Toss and Name Game</i> 	<ul style="list-style-type: none"> • <i>Catch and Toss</i> • <i>Chicken Cacciatore</i> • <i>Make the Stick Move</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a fun game that is actually pretty tiring and uses easy to find materials. This game is especially develops the skill of throwing (and accuracy of throwing) even when students are tired, as they have done a fair amount of running. Also, this game is easily adaptable to suit many different ages and skill levels. However, it is easy to cheat and move the hula hoop farther than you should, so I would make a rule that if I see cheating, I get to move the hoop wherever I want.

Ashley Thompson

California Kickball

Classification:

- Team
- Large space
- Ball game

Age category:

- Grades K-6

Description:

- Split class into two groups
- One team will start as fielders (one player will be pitcher, but do not need a back catcher)
 - Other team will be “batting”
- Once the ball has been kicked (after it has been rolled to the kicker by the pitcher), the entire running team must run around the bases and they must be touching
 - While the batting team is running, the fielding team must get the ball and over-under it (last person slams the ball)
- If the running team gets to home base (team will have to run around the bases) before the ball is slammed on the ground they get a point!
 - If they do not make it home in time, it’s an out
- Play a few innings (as time permits) and have three outs per inning

Equipment:

- Large kickball
- Pylons or something to mark the bases and the pitchers mound

Safety:

- Keep head up when running
- Do not hover over the ball when it is slammed
- Fields should stay focused so they do not get hit with the ball
- Do not use a rope that all the runners can all hold to (potential dragging situation)
 - If teammate falls in the running chain, stop and the kick will be redone

Modifications:

- More challenging:
 - Play in a larger area
 - Increase distance between bases
 - Have to run around the bases twice or under-over twice
- Less challenging:
 - Walk, speed walk instead of run
 - Twist to the sides instead of under-over
 - Play in a smaller area
 - Decrease distance between bases

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> N/A - end of class game 	<ul style="list-style-type: none"> <i>R-P-S Pep Rally</i> <i>Blog Tag</i> <i>Kick and Chase</i> <i>Triangle Tag</i> 	<ul style="list-style-type: none"> <i>Chuck the Chicken</i> <i>Double Ball</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills	✓	Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a great game, and is a fun twist on a kickball/baseball game. I really like how it gets all the students moving, and not just the ones who are throwing or batting. I love the addition of under-over instead throwing the ball to get out, as it encourages teamwork. I also love how this game can be played outside for a gym class or just at reeses (all kids need is a ball and a markers for bases).

Ashley Thompson

Catch and Toss

Classification:

- Catching and throwing
- Partner

Age category:

- Grades K-6

Description:

- Students partner up and each pair are given something to throw (rubber chickens are FUN)
- Once the pair has two successful catches (1 per partner) they each take a step back

*remind students to step with opposite foot to gain rotations (step in opposition)

- Start with underhand throw and gator catch (two hand catch in a clapping motion)
- Can graduate to any other fashion of throwing and catching providing it is granted by the teacher
 - Crab catch
 - One hand (dominant/non-dominant)
 - No hands or no arms

Equipment:

- Something to throw (RUBBER CHICKEN) or any sort of softer ball

Safety:

- Do not use harder objects
- Have students make eye contact with partner to avoid any bonks on the head

Modifications:

- More challenging:
 - Use harder to catch objects
 - Rubber chicken
 - Tennis ball or any smaller balls
 - Use harder methods of catching and throwing and catching
 - One hand (esp non-dominant)
 - No hand and/or no arms
 - Have catcher turn their back and can turn around once the thrower has thrown the object (thrower will have to call name as they are throwing or once the object is airborne)
- Less challenging:
 - Focus more on two hand and catching and throwing
 - Start at a relatively small distance so that students do not get too far out too fast
 - Use soft, and large objects (easier to catch)

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Toss and Name Game</i> • <i>Chicken Cacciatore</i> • <i>Chuck the Chicken</i> • <i>Make the Stick Move</i> • Any throwing/catching game 	<ul style="list-style-type: none"> • <i>Toss and Name Game</i> 	<ul style="list-style-type: none"> • <i>Frisbee Toss and Catch</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a fun game that allows students to work at their own pace. I really enjoy the aspect of this game because it is easily altered (even within groups) so that all students can be challenged, but not overwhelmed. This game works well in areas outside of the gym and can be incorporated as a movement break. It functions as an awesome throwing warm-up that is a great segue to any throwing/catching game

Ashley Thompson

Chicken Cacciatore

Classification:

- Warm-up
- Throwing and catching
- Chasing /tag

Age category:

- Grades 3-6

Description:

- Students partner up
- Students toss chicken back and forth
- When a teacher calls go, the partner with the chicken (or about to catch the chicken) becomes the runner, while their partner has to chase and tag them before the teacher calls stop
 - If the runner is tagged before the teacher yells stop, the pair find a safe space to continue tossing and catching
 - If the runner is not tagged before the teacher calls stop, then once stop is called the pair go back to catching and throwing

*Students do not have to run or catch and throw normally (modifications has ideas)

*Students should step with the opposite foot (opposite foot of throwing arm) to perform proper rotation

Equipment:

- Rubber chickens or something soft to throw

Safety:

- Students must run with their heads up to avoid any collisions
- Make eye contact with partner while throwing and catching

Modifications:

- More challenging:
 - Use objects that are more difficult to catch (smaller balls, i.e. tennis ball)
 - Focus more on harder forms of throwing and catching (one hand, non-dominant hand, no hands, no arms)
 - When the teacher yells go, students have to do 10 of an activity (jumping jacks, pushups, burpees, ect)
 - Do groups of three and person with the chicken is the chaser instead, thus they have to chase (and hopefully catch) 2 people
 - Use a smaller area (less space to run = easier for the chaser, but harder for the runner)
 - Allow students to only run on the lines (jumping lines = easier, no jumping lines = harder)

- Less challenging:
 - Use large and easy to catch objects
 - Focus more on easier forms of throwing and catching (two hand, dominant hand)
 - Have students walk/speed walk instead of run (safer also), can also skip or gallop
 - Before being chased, a head start is given to the runner (2 steam boats)
 - Use a smaller area (less space to run = easier for the chaser, but harder for the runner)

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Chuck the Chicken</i> 	<ul style="list-style-type: none"> • <i>Toss and Name Game</i> • <i>Touch and Go</i> 	<ul style="list-style-type: none"> • <i>Catch and Toss</i> • <i>Frisbee Catch and Toss</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a great game that involves multiple skills (throwing, catching and running). I had lots of fun playing this game as it brings out the competitiveness while you are chasing or being chased. However, this game does not allow competition to get out of hand as you still have to play catch with you partner. This game is also great for getting 100% of students moving while still making it fun and exciting. I can see this game working well for a class with multiple skill levels as I can allow pairs to make alterations in order for it to be challenging, but achievable.

Ashley Thompson

Chuck the Chicken

Classification:

- Catching and Throwing
- Running
- Team game

Age category:

- Grades 3-6

Description:

*Best explained as you go in a demo/practice round

- The class is split into two groups (allow students to choose their team names?)
- Group A throws the chicken in the gym (away from the other group)
- Group B retrieves the chicken and has to under-over the chicken throughout their group
 - The last person in line calls “CHUCK THE CHICKEN” and throws the chicken for group A to retrieve
- While group B is under-overing, group A forms a tight circle where one person from their team is running circles (count the circles out loud)
 - Once team A hears “CHUCK THE CHICKEN” they retrieve the chicken and begin the under-over process while group B runs the circle
- This process repeats until time is up or both teams have an equal number of turns
- The group with the highest number of runs around the circle wins the game so,
 - **The running is counted consecutively, meaning that if the first person ran around the circle 4 times, the next person running would start at 4, not 1**

*Ensure that all students have a turn running around the circle and throwing the chicken

Equipment:

- Rubber chicken or any soft ball

Safety:

- Make sure students throw the chicken away from their group to avoid too many kids in one area
- Use something easy for all students to throw and is soft

Modifications:

- More challenging:
 - Students do under-over twice (last person runs to the front of the line to repeat)
 - Add additional objects so more than one must be retrieved (all objects must be in possession before under-over can begin)
 - Play with objects that can be easily thrown far = more running

- Less challenging:
 - Instead of under-over, go side to side
 - Speed walk or skip instead of run
 - Play in a smaller area or pylon out an area in the gym for less running

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • N/A - end of class game 	<ul style="list-style-type: none"> • <i>Catch and Toss</i> • <i>Touch and Go</i> • <i>Chicken Cacciatore</i> 	<ul style="list-style-type: none"> • <i>California Kickball</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills	✓	Body Image		Fair Play		Safety	✓
		Well-being		Leadership	✓	Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is my favourite game we have played this semester! I love how this game makes it easy for the students to work together and keeps them moving, while still giving them a break when they can stand in the circle. To make this game exciting and fair, teams should be divided evenly. To do this effectively (esp at the beginning of the year) a warm up game (Chicken Casatorie or Catch and Toss) should be played before hand to determine more advanced students and less advanced students, so that they can be mixed to make fair teams.

Ashley Thompson

Crab Kick

Classification:

- Team game
- Kicking
- Ball game

Age category:

- Grades K-6

Description:

- This game is essentially soccer, but played in the crab position
- Split class into two groups and give one group pinnies
- Use the volleyball court as the playing area
- Establish two goals with pylons
- Start the game by dropping the ball in like a face off
- Players must kick the ball into the goals while staying in the crab position

Equipment:

- Ball (something easy to kick but will not hurt if a player is struck with a ball)
- Pylons
- Pinnies for one team

Safety:

- Watch where you are crab walking (hands are easily stepped on)
- Watch where you are kicking as it is easy to kick other players

Modifications:

- More challenging:
 - Increase playing area
 - Add more goals
 - Add more balls
- Less challenging:
 - Decrease playing area

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">• <i>Soccer</i>	<ul style="list-style-type: none">• <i>Builders and Bulldozers</i>• <i>Kick and Chase</i>	<ul style="list-style-type: none">• <i>Double Ball</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This was a fun game that I can see kids really enjoying! It is a great way to play a familiar game like soccer, but in a different manner. I think additional goals and balls will make the game especially more interesting and engaging. Hands in this game may get sore, so I think short rounds interspersed with another game, like *Cat and Mouse* (or any other Little to No Equipment Games) or normal soccer would give students enough time to rest between rounds.

Ashley Thompson

Frisbee Catch and Toss

Classification:

- Catching and throwing
- Partner

Age category:

- Grades K-6

Description:

- Students partner up and each pair are given a frisbee
- Once the pair has two successful catches (1 per partner) they each take a step back
- Start with underhand throw and gator catch (two hand catch in a clapping motion)
- Can graduate to any other fashion of throwing and catching providing it is granted by the teacher
 - Crab catch
 - One hand (dominant/non-dominant)
 - No hands or no arms

Equipment:

- Frisbee

Safety:

- Do not use harder objects
- Have students make eye contact with partner to avoid any bonks on the head

Modifications:

- More challenging:
 - Use different size frisbees (smaller are harder to catch)
 - Use harder methods of catching and throwing and catching
 - One hand (esp non-dominant)
 - No hand and/or no arms
 - Have catcher turn their back and can turn around once the thrower has thrown the object (thrower will have to call name as they are throwing or once the object is airborne)
- Less challenging:
 - Focus more on two hand and catching and throwing
 - Start at a relatively small distance so that students do not get too far out too fast
 - Use soft, and large objects (easier to catch)

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Frolf</i> • <i>Ultimate Frisbee</i> 	<ul style="list-style-type: none"> • <i>Toss and Name Game</i> • <i>Catch and Toss</i> • <i>Chicken Cacciatore</i> 	<ul style="list-style-type: none"> • <i>Catch and Toss</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a fun game that allows students to work at their own pace. I really enjoy the aspect of this game because it is easily altered (even within groups) so that all students can be challenged, but not overwhelmed. This game works well in areas outside of the gym and can be incorporated as a movement break. I also enjoy the addition of the frisbee, as I think it is easy to neglect this skill (and yes throwing a frisbee is a skill) .

Ashley Thompson

Frolf (Frisbee Golf)

Classification:

- Throwing (frisbee)

Age category:

- Grades K-6

Description:

- Split class into groups of 3-4
- Set of different “hole”(represented by a hula hoop) around the gym or outside with differing levels of difficulty
 - Most holes are around a par 3
- Once all four players have taken one “shot” the person with the frisbee farthest from the hole goes next (and so on and so on)
- Can keep track of points if desired
- Ideas for holes
 - Through wooden gym benches or a chair
 - Between two folding tables (not over)
 - Through a hula hoop that is hung on a bball hoop
 - up/down stairs
 - Over stood up mats
 - Hole is between two hockey nets with a goalie pad blocking the gap in front the the hole

Equipment:

- Frisbee
- Obstacles (hockey nets, benchest, chairs, tables)
- Hula hoop for hole

Safety:

- Do not get hit with the frisbee

Modifications:

- More challenging:
 - Use non dominant hand
 - Eyes closed
 - Smaller frisbees
 - More challenging holes (more shots to make, more obstacles)
 - Play outside where wind plays a factor
- Less challenging:
 - Easier holes (less shots to make, less obstacles)
 - Use an easy to throw/roll ball instead of a frisbee
 - Have students play *Bean Bag Toss* but with a frisbee

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Ultimate Frisbee</i> 	<ul style="list-style-type: none"> • <i>Frisbee Toss and Catch</i> 	<ul style="list-style-type: none"> • <i>Bean Bag Boichi</i> • <i>Bean Bag Toss</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills	✓	Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a great game that is not too physically demanding and allows students to chat and get to know each other (great for a beginning of the year game or for an extra chatting class). I enjoy that this game practices a skill (throwing a frisbee, which is more important than you think). I think a really good modification to this game is to play outside! I also like that students can learn some basic rules of golf with this game.

Ashley Thompson

Ricochet

Classification:

- Rolling/ball game
- Large group
- Team game

Age category:

- Grades 3-6

Description:

- Split students into two teams
- Choose a boarder in the gym (volleyball court is good, can adjust as needed)
- Place large ball in the center of the area and give students one dodge ball each
- Students are required to roll their dodgeballs to get the center ball past the volleyball sideline line on the opposing team's side.
 - Students must be behind the volleyball sideline when they are rolling their dodgeballs
- Can add super ball (rubber ball) or mega ball (volleyball) to add layers to the game

Equipment:

- Center ball (medicine ball? Basketball?)
- Dodge balls
- Rubber balls, volleyballs

Safety:

- Roll balls underhand
- Balls may be a tripping hazard

Modifications:

- More challenging:
 - Play in a larger area where students have to roll the ball farther
 - Use a smaller and/or heavier center ball
 - Allow one student per team to roll a ball at a time
 - Add an additional center ball
 - Student must play sitting down and can only get up to retrieve a ball (easier or harder?)
- Less challenging:
 - Play in a smaller area where students do not have to roll the ball as far
 - Use heavier balls that hit the center ball farther
 - Use a larger center ball (i.e. beach ball)

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> <i>Aerobic Bowling</i> 	<ul style="list-style-type: none"> <i>Noodle/Plank Relay</i> 	<ul style="list-style-type: none"> <i>Hula Hut Battle</i> <i>Builders and Bulldozers</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a fun game that can be played with multiple ages and with a large group. This is a great team game, where students can test different strategies. Ricochet is a variation of dodgeball that allows all students to play all at once (they cannot get hit and then they are out) and rolling dodgeballs is generally easier than throwing them, which is great for students who my struggle with throwing a ball. Also, students are not hitting each other, but they are working together to win, but still get to use dodgeballs.

II. First Nations Games

- A. Double Ball
- B. Kick and Chase
- C. Make the Stick Jump
- D. Ring the Stick
- E. Screaming and Running

Other Resources:

- First Nations Outdoor Games - :
<http://www.virtualmuseum.ca/edu/ViewLoitLo.do?method=preview&lang=EN&id=1172>
[9](#)

Ashley Thompson

Double Ball

Classification:

- First Nation game
- Running
- Team game
- Throwing

Age category:

- Grades 3-6

Description:

- Split class into two groups (use pinnies?)
- Each student will have a stick that they can spear the ball with
- Use the volleyball court as the playing area and the basketball key as the scoring area
- Students have to pass the ball three times before they can score a point
 - Cannot run if they are in possession of the ball
 - To score a point the ball must be caught inside the basketball key (can score in either key)
- Start the game with a basketball toss
- First team to 3 points wins

Equipment:

- Foam sticks
- Hollow ball with openings that the stick can fit through
- Pinnies

Safety:

- Run with heads up to avoid collisions
- Do not hit others with sticks
- Pass ball nicely
- Rock-paper-scissors to resolve any disputes

Modifications:

- More challenging:
 - Full court press
 - Hold stick with non-dominant hand
 - Play in a larger area
 - Use a smaller ball
- Less challenging:
 - Have a half court press
 - Play in smaller area
 - Use a larger ball
 - Allow students to take 3 steps with the ball

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> <i>Ring the Stick</i> <i>Make the Stick Move</i> <i>Catch and Toss</i> <i>Builders and Bulldozers</i> 	<ul style="list-style-type: none"> <i>California Kickball</i> <i>Carb Kick</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills	✓	Body Image		Fair Play	✓	Safety	✓
		Well-being		Leadership	✓	Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a super fun game the most students have probably never played before. I enjoy how you can score on both sides and is similar enough to other games (like basketball) that it is easy to get the hang of. I also love the level of communication this game requires (as students have most likely never played a game with this equipment), it really encourages teamwork which I think is a great game to give students a chance to work together in a physical way and not an academic one.

Ashley Thompson

Kick and Chase

Classification:

- Running
- Dribble ball with feet (kicking)
- First Nations Game

Age category:

- Grades 2-6

Description:

- Have students partner up (or group of three) and stand on the basketball baseline
- Place a pylon at the volleyball base line
- Students must dribble their ball out to the pylon, around the pylon, and then back to their partner
- Once they get back to the baseline, the next person can go

Equipment:

- Pylons
- Balls

Safety:

- Do not trip on ball
- Do not kick ball at partner and/or classmates

Modifications:

- More challenging:
 - Use a harder to kick/control ball (small and/or irregular shaped)
 - Increase the distance they must dribble
 - Can only use non-dominant foot
 - Add more pylons that they must weave through
 - Partner has to face back to students who is weaving (cannot anticipate when they are going to cross the baseline)
- Less challenging:
 - Use an easier to kick ball (large)
 - Decrease the distance they must dribble
 - Increase number of students per group for more rest

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">● <i>California Kickball</i>● <i>Crab Kick</i>	<ul style="list-style-type: none">● N/A	<ul style="list-style-type: none">● <i>Tic-Tac-Toe Relay</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a fun and easy to explain relay game. It is really good for developing dribbling skills and is easily adapted to suitable for all levels. I would add a hive five as a way to indicate the next player to go. I really like this game for a warm up to other kicking games and/or relay games.

Ashley Thompson

Make the Stick Jump

Classification:

- First Nations Game
- Throwing

Age category:

- Grades K-6

Description:

- Students pair up (or groups of three) and stand at the basketball baseline with a ball they can throw
- Place a pylon at the volleyball baseline
- Students must take turns throwing the ball trying to hit the pylon

Equipment:

- Balls that can be thrown
- Pylons

Safety:

- Do not hit others with the ball

Modifications:

- More challenging:
 - Use a harder to throw object (irregular shaped and smaller)
 - Move the pylon farther back
 - Use non-dominant hand
 - Kick the ball
- Less challenging:
 - Use an easier to throw ball
 - Move the pylon closer
 - Roll the ball

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">• <i>Bean Bag Boichi</i>• <i>Aerobic bowling</i>• <i>Hula Hut Battle</i>	<ul style="list-style-type: none">• N/A - warm-up game	<ul style="list-style-type: none">• <i>Bean Bag Toss</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a fun game that isolates the throwing skill (students do not have to also worry about catching). I would definitely use a cycle in this game (like aerobic bowling) so that students stay moving and can easily transition into that activity. I quite like the ball that we used (little balls inside a larger ball, like a stress ball that is meant to mimic buffalo brains in mesh), it was squishy and is different to a dodgeball.

Ashley Thompson

Ring the Stick

Classification:

- First Nations
- Hand-eye coordination

Age category:

- Grades 3-6

Description:

- Students hold toy and attempt to get the stick in the hole or the ball on the hoop

Equipment:

- Stick and ball toy

Safety:

- Do not hit self or classmate with ball/poke with a stick

Modifications:

- More challenging:
 - Lengthen the sting
 - Make it a relay
 - Non dominant hand
 - Behind back, through the legs
 - Have students run a lap and then get the stick in the hoop
- Less challenging:
 - Shorten the string
 - Allow students to use other hand for support

Links:

- Great cool down for gym class
- Good to use with stations as a breather station

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a lower movement game, that can be very frustrating. It is fun, but I think it may be difficult to find/rent a class set (or even half a class set and students could share). This activity is more of a brain break, where students can practice for a bit and then get back to their work. It could also work as a station, either in the classroom or the gym, that will act as a more fun station. It is also a great activity to boost hand-eye for students who may struggle with this.

Ashley Thompson

Screaming and Running

Classification:

- First Nations Game
- Running
- Warm up

Age category:

- Grades K-6

Description:

- Have students stand on the basketball baseline
- When teachers calls go, the students will scream and run as far as they can
 - Will stop running once they can no longer scream
- Repeat 3 times and see if students can go farther each time

Equipment:

- N/A

Safety:

- Run with heads up in a straight line

Modifications:

- More challenging:
 - Have students scream in different pitches
 - Repeat a greater number of times
 - Students partner up and race their partner
 - Sing a song but they do not get a breath
- Less challenging:
 - Speed walk, skip, gallop
 - Repeat less number of times

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">● Literally any game	<ul style="list-style-type: none">● N/A	<ul style="list-style-type: none">● Nothing is like this

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of		Body		Fair Play		Safety	✓

Basic Skills		Image					
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This was an interesting activity that I think is more enjoyable for younger students. However, it would be quite comical to do that at a PD with a bunch of teachers. I can definitely see kindergarten students loving this. I like how it gets kids running in a manner where they probably won't collide with one another and it allows them to get their screams out at the beginning of the class. This activity may rile the kids up too much, but I think a whisper scream round at the end may calm them down enough to move explain the next

III. Hula Hoop Games

- A. Hula Hoot-a-Nanny
- B. Hula Hut Battle
- C. See You Later Alligator
- D. Shipwreck
- E. Star Wars Tag
- F. Tree Hawk

Other Resources:

- Hula Hoop Activity Ideas for PE:
<https://www.gophersport.com/blog/pe-hula-hoop-activity-ideas-video/>

Ashley Thompson

Hula Hoot-a-Nanny

Classification:

- Large group
- Elimination
- Warm up
- Hula hoop game

Age category:

- Grades K-6

Description:

- This game is essentially musical chairs with hula hoops
- Students will make a circle and be standing in front of a hula hoop
 - When the music starts, students will run around the hula hoops and when the music stops they have to find a hula hoop (get at least one foot in the hoop)
 - Once students are comfortable with this, you can start taking hula hoops away so that there is one less hoop than players (and the student without a hoop is out)

Equipment:

- Hula hoop
- Something to play music

Safety:

- Hula hoops slide on the gym floor so student must try to avoid slipping on them

Modifications:

- More challenging:
 - Instead of one foot in the hoop do:
 - Do two feet, hand(s), elbow(s), crouch, say a math problem that they can show with their hands and put that number of fingers in the hoop (if they get it wrong, other players can steal their hoop with the correct action or number)
 - Keep the same number of hula hoops (one less than the number of players) and then switch out the eliminated person, this also keeps student more engaged
 - Take away more than one hoop at a time
- Less challenging:
 - Instead of running around the hoops students can walk/speed walk, skip or gallop
 - Start with more hoops than players

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Tree Hawk</i> • <i>See You Later Alligator!</i> • Great warm-up for other tag games 	<ul style="list-style-type: none"> • N/A - warm-up game 	<ul style="list-style-type: none"> • <i>Noodle Drop</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a fun and easy twist on musical chairs! The biggest issue with this game is that once you are eliminated, players have nothing to do. To keep students moving I would keep the same number of hula hoops (one less than the number of players) and then switch out the eliminated person or make some kind of teared game where the eliminated player moves down and the player how gets in the golden hoop gets to move up (would have two games going, could play around with this by having more games and different color hoops that would indicate moving up or down)

Ashley Thompson

Hula Hut Battle

Classification:

- Team game
- Strategy game
- Dodgeball

Age category:

- Grades 3-6

Description:

- Split class into two groups
- Give each team 18 hula hoops(6 hoops per hut) and show them how to make the huts
 - One hoop goes on the bottom, and four hoops are stood up in the middle to make a teepee like structure (make two upside v's that overlap) and the last hoops is placed on the top of the structure (it will naturally slide down a bit, this will help to stabilize the hut)
- Set up three huts per team, evenly spaced along the volleyball sideline for each team
- The middle line is the divider that teams cannot cross
- The goal of the game is to knock down opponents huts with dodgeballs
 - Teams are allowed to guard huts
- Each knocked down hut is worth one point
 - First team to 5 points wins and the game resets (can keep consecutive points or play a best of 3 game)

Equipment:

- Hula hoops (lots)
- dodgeball

Safety:

- Don't fall on the huts
- No head shots

Modifications:

- More challenging:
 - Decrease number of huts
 - Teams can only throw two balls at the same time
 - Can only kick balls towards huts
 - Use a random number generator or die to decide how many points each team gets per knocked down hut
- Less challenging:
 - Increase number of huts
 - Roll balls instead of throw
 - Entire team has to do 5 jumping jacks after they have knock down a hut

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> <i>Hula Hut Relay</i> 	<ul style="list-style-type: none"> <i>Make the Stick Jump</i> <i>Builders and Bulldozers</i> 	<ul style="list-style-type: none"> <i>Ricochet</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a super fun game that encourages communication among students. It is also a really clever spin on a dodgeball game that allows students to play different roles (offence or defence). For this game, we used a random number generator to determine the number of points each team would get after they had knocked down a hut. This was very interesting to me as it acts as a bit of a level (and makes the game more exciting) because it gives the weaker team a better chance of staying in the game, which increases student motivation to win.

Ashley Thompson

See You Later Alligator!

Classification:

- Tag
- Running
- Hula hoop game

Age category:

- Grades K-6

Description:

- Spread hula hoops throughout the gym (enough for all but three students)
- Choose 2 students to be “it” (they will wear pinnies)
- All other students must stand in a hula hoop (except for one) (hula hoop = safe zone)
- The “it” students are trying to tag the other players, when they are not in the hula hoop
- To get in a hula hoop, students must run to another play in a hoop and say “see you later alligator!”
 - The player in the hoop must then find a new hoop to steal (they can't go back the the same hoop that they were just at)
- If a player is tagged, they switch roles with the person who was it

Equipment:

- Pinnies
- Hula hoops

Safety:

- Run with head up
- Do not step on the hula hoops as they will slide

Modifications:

- More challenging:
 - Take additional hula hoops away
 - Add more people who are “it”
 - Allow “it” players to UNDERHAND throw bean bags to tag players
 - Play in a smaller area (easier for “it” students, not regular player)
- Less challenging:
 - Play in a larger space (easier for players, not “it” students)
 - Speed walk instead of run

Links:

Good Segue To	Good Segue From	Similar Games
• <i>Tree Hawk</i>	• <i>Hula Hoot-a-Nanny</i>	• <i>Shipwreck</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This was a fun game that is like an amped of version of musical chairs in a way. I like how it keeps students moving with a purpose. It also seems relatively easy to tag others, so most players will have a turn to be it. This is a great game for younger children as it is easy, but still complicated enough that it keeps all students engaged (especially students who may be at a higher level than their classmates).

Ashley Thompson

Shipwreck

Classification:

- Tag
- Hula Hoop Game

Age category:

- Grades K-6

Description:

- This game is basically freeze tag with hula hoops as safe zones
- Use the basketball court as a playing area
- Sprinkle hula hoops around the playing area
 - They will act as safe zones, where players cannot be tagged (only allow players to be in hoops for 10sec max)
- Choose two players to be “it” and two player to be “rescuers”
 - It players cannot tag rescuers
- Once a player has been tagged, they must stand with their arms out (so that they will look like a t)
 - A rescuer can rescue tagged players by taking them back to the safe zone (a basketball key works well for this)

Equipment:

- Hula hoops
- Pylons to mark off safe zones
- Pinnies for it players

Safety:

- Run with heads up
- Don't trip on hula hoops

Modifications:

- More challenging:
 - Play in a smaller area
 - Use less hula hoops
 - Increase number of “it” players
 - Give it players bean bags and allow them to tag others by throwing them
 - Decrease number of rescuers
 - Once a player has been rescued, they have to do 10 jumping jacks or other activity
 - Do not use a safe zone or rescuers
- Less challenging:
 - Play in a larger area
 - Increase number of rescuers

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Star Wars Tag</i> • <i>Golden Ball</i> • <i>Tails</i> 	<ul style="list-style-type: none"> • <i>Tree Hawk</i> 	<ul style="list-style-type: none"> • <i>See You Later Alligator!</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This was a fun tag game that allow student to have little breaks during the game (in the safe zone hula hoops). To make sure that the same people are not it all the time, I would have players switch being it after they have tagged someone (this would eliminate the rescuer position). To avoid the same person always being "it," after they have tagged three people, I would have them switch being in with the fourth person they tagged.

Ashley Thompson

Star Wars Tag

Classification:

- Large group/medium group
- Tag
- Hula hoop game

Age category:

- Grades 3-6

Description:

*This game is best described in layers as the game is being played (can add or take away as necessary, no pressure to get to Layer 5)

- Give border where students are allowed to be (volleyball court works well)
- Layer 1 - students are all rebels and must explore space
- Layer 2 - choose a student to be a Stormtrooper
 - This student will get a yellow pinnie and yellow hula hoop
 - They must kick their hoop towards the rebels (slide along the floor to “tag” other students, will hit them in the feet)
 - If a rebel is hit, they are frozen in place
- Layer 3 - choose a student to be Luke/Leia
 - This student will be given a pool noodle that can unfreeze rebels (Luke/Leia will tap frozen rebel with the noodle to unfreeze them)
 - If Luke/Leia is hit by a rebel, they become frozen and will drop the noodle
 - Any other not frozen rebel can pick of the noodle to assume the role of Luke/Leia
- Layer 4 - choose a student to become Darth Vader
 - This student will get a red pinnie and a red hula hoop
 - Darth Vader is able to turn any rebel (including Luke/Lea) into a Storm Trooper by hitting them with their hoop
 - Once a student has been hit by Darth, they have to grab a yellow pinnie and yellow hula hoop to assume the role of a rebel
 - Darth cannot turn Yoda to the dark side (Layer 5)
- Layer 5 - choose a student to become Yoda
 - This student will get a green pinnie and red hula hoop
 - Yoda’s goal is to turn the Stormtroopers into rebels by hitting them with their hoop
 - Once a Stormtrooper is hit them will put their pinnie and hoop back where they got them from
 - Yoda cannot turn Darth to the light side

Equipment:

- Red, green and yellow pinnies and hula hoops (esp yellow)
 - Put in a designated pile away from the playing area
- Pylons to map out playing area

Safety:

- Keep heads up to avoid collisions
- Hula hoops stay on the ground (cannot be rolled)
- Keep pile of pennies/hoops away from playing area to avoid any collisions

Modifications:

- More challenging:
 - Advance to all 5 layers
 - Play in a larger playing area = more difficult to hit players with hula hoops
 - Add a second Darth Vader (Darth Maul?)
- Less challenging:
 - Stop at layer that is challenging enough
 - Do not use hula hoops, and play more traditional tag where students only tap other players to tag them
 - Play in a smaller area

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • N/A - end of class game 	<ul style="list-style-type: none"> • <i>Hula Hoot-a-Nanny</i> • <i>Tree Hawk</i> • <i>Shipwreck</i> • <i>Wizard Tag</i> 	<ul style="list-style-type: none"> • <i>Blob Tag</i> (Layers) • <i>Finding Nemo</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play	✓	Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is an engaging game that incorporates Star Wars, which interests students in different way (rather than catching and throwing or running exercise). This is a more challenging game as it involves different layers, which makes it less attractive for younger grades. To simplify the game and make Star Wars Tag more applicable for younger children, I would ditch the hula hoops and have students tap each other to tag each other.

Ashley Thompson

Tree Hawk

Classification:

- Running
- Tag
- Hula hoop game

Age category:

- Grades K-6

Description:

- Spread hula hoops throughout the gym floor (Hoops represent trees)
 - Each hula hoop needs a SASSY bird (one student per hoop)
 - The “birds” will blink at each other, signaling that the players will switch hoops
- 2 students will be “hawks” (will wear a pinnie), their goal is to tag the birds while they running between hoops (birds cannot be tagged when they are in a hoop)
 - When a bird is tagged, they switch roles with the hawk
- If no birds are moving, call GO (this means that all birds must find a different hula hoop)

Equipment:

- Hula hoops
- Pinnies

Safety:

- Run with heads up to avoid any collisions
- Ensure that the person you are blinking at is ready to go before you start running
- Do not step on the hula hoops as they will slide

Modifications:

- More challenging:
 - Have more hawks
 - Have a larger playing area
 - Allow hawks to UNDERHAND throw bean bags at birds as a way to tag them
 - Can also put in an empty hoop, where a bird is going towards to tag them
 - Do not allow birds to move to a hoop that is adjacent to them
 - Students have to move in groups of three instead of partners
- Less challenging:
 - Have a smaller playing area (easier for hawks)
 - Have less hawks
 - Have players call the name of the bird they are switching hoops with
 - Speed walk instead of run

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Shipwreck</i> • <i>Star Wars Tag</i> 	<ul style="list-style-type: none"> • <i>Hula Hoot-a-Nanny</i> • <i>See You Later Alligator!</i> 	<ul style="list-style-type: none"> • <i>Triangle Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a fun game that develops non-verbal communication skills. The biggest challenge the game poses is that the birds aren't always motivated to move. So after 10ish secs of no birds moving, the teacher would have to call go (and all birds would have to find a new hula hoop). I think this game would work well for a class of more daring students who are keen to be constantly moving.

VI. Ice Breaker Games

- A. Adventure Bingo
- B. Finding Nemo
- C. Get to Know Me R-P-S
- D. Have you Ever?
- E. Name Aerobics
- F. Toss and Name Game

Other Resources:

- Top Ten Ice Breaker Games for Youth -
<https://youthgroupgames.com.au/top-ten-icebreaker-games/>

Classification:

- Icebreaker
- Warm up

Age category:

- Grades K-6

Description:

- Each student is given a bingo card
- Students will find a partner and ask if they have done an activity that is represented by the symbols
 - Ask “**Have you ever** ____?”
 - If the answer is yes, then the asker will write their partners name down and run a lap
 - If the answer is no, then the student finds a different partner (student will not run a lap)
- Students can only partner with each classmate once
- Activity is over once allotted time has passed or when a student has a blackout

Equipment:

- Bingo cards
- Markers or crayons (no pens or pencils)
- Pylons

Safety:

- Do not use pens or pencils because they are sharp
 - Show students how to hold their marker or crayon downwards so they do not poke a peer or themselves
- Ensure that students are running with their heads up
- Only allow running outside the pylons to avoid any collisions

Modifications:

- More challenging
 - Set up stations with different activities (would replace running)
 - Jumping jacks, push ups, burpees, jump rope, etc
 - Incorporate with other sports(i.e. students would have to dribble a basketball or soccer ball instead of just running)
 - Use a bingo card with written words instead of just symbols
 - Could use academic questions that students would have to solve together
- Less challenging
 - Allow students to walk instead of run
 - Have less and more general symbols on the bingo card

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> <i>Have You Ever?</i> 	<ul style="list-style-type: none"> <i>Toss and Name Game</i> 	<ul style="list-style-type: none"> <i>Finding Nemo</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

I very much liked this activity as it is both fun and a great ice breaker. I like that all students can participate in this activity and get to know their classmates. It is also a great way for the teacher to get to know students by learning their names and something about them. I could even use this game as a check-in with my students to see how they are feeling and get some one-on-one time with each student.

Ashley Thompson

Finding Nemo

Classification:

- Icebreaker
- Layers

Age category:

- Grades K-6

Description:

- Students sit in a circle, aside from one leader
 - Students in the circle will close their eyes and the leader will tap on other student on the shoulder (tapped student is Nemo)
- Layer 1: Only Nemo - the students mill around and say to their classmates **“Hi, I’m name. Are you Nemo?”**
 - Students will reply **“No, I’m not Nemo. I’m name.”**
 - At first Nemo will say no (about 5 times), then Nemo will say **“Yes, I am Nemo”** and once they say this, the student will stand behind Nemo
 - Once other players see who Nemo is, they will all start to follow him (once all the students are behind Nemo, a new round can start)
- Layer 2: Nemo and Dory - Dory is given two taps in the circle
 - Dory can answer, “Yes, I am Nemo,” but as she is the confused fish, once three students are following, Dory will turn around and say **“Sorry, but I’m Dory”**
 - Once Dory is revealed, the rest of the students are back in the game and are trying to find the real Nemo
- Layer 3: Nemo, Dory and Bruce - Bruce is given three taps in the circle
 - Bruce can also answer, “Yes, I am Nemo,” but once four students are following Bruce, they yell **“LUNCH TIME,”** and all of Bruce’s followers will go running to find the real Nemo

*Dory and Bruce should also answer no a few times

*Once Dory and Bruce are revealed, they can no longer say, “Yes, I am Nemo”

Equipment:

- N/A

Safety:

- Keep heads up if running

Modifications:

- More challenging:
 - Do all the layers
 - Allow Bruce to chase other classmates for 20sec, tagged = out of the game for that round
 - Have multiple Nemo’s/Dory’s/Bruce’s
- Less challenging:

- Do less layers
- Have Nemo reveal himself, the first time someone asks

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Have You Ever?</i> 	<ul style="list-style-type: none"> • <i>Name Aerobics</i> 	<ul style="list-style-type: none"> • <i>Adventure Bingo</i> • <i>Star Wars Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a super fun game, that lots of studnets will have played similar versions to (like wink murder, etc). It is better than some other variations of this game because it has layers. Also, the different roles allow more students to have a chance to be “it.” Finding Nemo is a popular movie that some children may have seen, but older (middle.high school aged students) are more likely to have seen the movie(s) which is why this game would also be a fun one for older students too.

Ashley Thompson

Have You Ever?

Classification:

- Ice breaker
- Running
- Decision making

Age category:

- Grades 1-6

Description:

- Students stand in a circle marked by pylons (student must be standing next to a pylon)
 - Should be one less pylon than students or one less pylon per group
 - Leftover student stands in the middle
- Student in the middle asks the question “**Have you ever ____?**” or something to this degree (Do you have ____?, ect also works), **the person in the middle must also have done what they are asking**
 - If the students on the outside HAVE done the blank then, they MUST RUN to a different pylon
- ***Students cannot run to the pylon next to them**
 - If the student have NOT done the blank, then they DO NOT move
- ***The goal of the game is to not be/get out of the middle**

Equipment:

- Pylons

Safety:

- Remind students to run with their heads up to avoid any collisions
- Any disputes can be settled with a game of rock-paper-scissors

Modifications:

- More challenging:
 - Have students perform an activity before they find a new pylon
 - Touch a gym wall, to 10 jumping jacks, shoot a puck, make a hoop
 - Play in a larger circle so the students have farther to run
 - Limit the kinds of questions they can ask
- Less challenging:
 - Have students walk instead of run
 - Play in a smaller circle so they don’t have to run as far

Links:

Good Segue To	Good Segue From	Similar Games
● <i>Adventure Bingo</i>	● <i>Toss and Name Game</i>	● <i>Cat and Mouse</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play	✓	Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a great game that can be played with multiple grades. I enjoy the element of competitiveness as it keeps kids engaged even if they are not moving. My only critique of this game is that the person in the middle may feel singled out/anxious/embarrassed if they are in the middle. To combat this one could have two students in the middle instead of one so that they have a teammate to work with (however I am unsure if this would help and I would have to test it out).

Get to Know Me Rock-Paper-Scissors

Classification:

- Ice breaker
- Warm-up

Age category:

- Grades K-6

Description:

- Split playing area into two or three spaces (depending on the number of players and the size of the space) and place an equal number of students in each area
- After the students are in their area, reveal to them that they are gold, silver and bronze (or just gold and silver)
- Students will find a partner play R-P-S
 - Before they play, each student will share their name and one about themselves or something they did that summer/over Christmas break, etc
 - Winner moves up (if you win in gold you stay, if you lose in gold you go to bronze)
 - Loser moves down (if you lose in bronze you stay)
- The goal of the game is to stay in the gold court
- If desired, at the end of the game, choose a volunteer that will try to name all of the students in the class

Equipment:

- N/A

Safety:

- N/A

Modifications:

- More challenging:
 - Play best of 3
 - At the end of the game, students must introduce their partner to the class
- Less challenging:
 - Only share name
 - Have only gold and silver court

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">● <i>R-P-S Pep Rally</i>● <i>R-P-S Tug of War</i>● <i>Noodle Boxing</i>	<ul style="list-style-type: none">● N/A - warm-up game	<ul style="list-style-type: none">● <i>Toss and Name Game</i>● <i>Name Aerobics</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This a great beginning of the year game! Students love R-P-S and using the King's Court method allows students to be competitive, but it in a more fair manner as R-P-S is a leveler. There may be some students who lack in telling their classmates their name and something about themselves, to combat this I should remind the students to tell give their info and periodically ask them introduce a partner to the class.

Name Aerobics

Classification:

- Ice breaker
- Large group

Age category:

- Grades K-6

Description:

- All players stand in a circle arms length apart
- The first player says their name (first and last)
 - For each of their names, they have to do an action
 - The rest of the group then repeats that person's name and mimics the action they did
- Each player will get a turn and by the end hopefully the students can remember the name of their peers
- If desired, at the end of the game, choose a volunteer that will try to name all the students around the circle

Equipment:

- N/A

Safety:

- Stay arms length away from classmates

Modifications:

- More challenging:
 - Students must do an action per syllable
 - Between each person the group has to do 5 jumping jack (push-ups, run in place, burpees, ect)
 - Have students explain why they choose their actions
- Less challenging:
 - Only do one action with their first name
 - Do this in partners and have the partners introduce each other to the class with their actions

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">● <i>Adventure Bingo</i>● <i>Finding Nemo</i>	<ul style="list-style-type: none">● N/A - warm-up game	<ul style="list-style-type: none">● <i>Get to Know Me R-P-S</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a great way for students to learn each other's names, which is very important at the beginning of the year. It is better than having a student say their names out loud, as the addition of the action will help their peers remember their name. This is also easily playing in a classroom which is a bonus.

Toss and Name Game

Classification:

- Ice breaker
- Throw and catch

Age category:

- Grades K-6

Description:

- Students stand in a circle
- One student will start with a ball and will throw to across the circle to another student, repeat until all students have been thrown and caught the ball (last person throws to first person)
 - Students cannot throw to the person next to them

Tell students to: Call name of receiver, then make eye contact, then throw ball

- Students will continue to throw the ball in this pattern
- Additional items can be added and the direction can be changed by saying switch

Equipment:

- Different sized balls and items that can be thrown (rubber chicken, frisbee, etc)

Safety:

- All items must be soft in case a student gets hit with it
- Ensure students call and make eye contact before the ball is thrown

Modifications:

- More challenging:
 - Add smaller and/or harder to catch items
 - Make the circle bigger (have students take a step back)
 - Add many items
 - Incorporate with a unit like hockey - students will pass the puck instead of throwing a ball
 - Have students face outwards and can only turn around to catch once their name is called
- Less challenging:
 - Have students sit and roll items instead of throwing
 - Use large and easily catchable balls

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">● <i>Catch and Toss</i>● <i>Have You Ever?</i>	<ul style="list-style-type: none">● N/A - warm-up game	<ul style="list-style-type: none">● <i>Name Aerobics</i>

- Good to do before

- *Have You Ever?* As students are already in a circle (pylons would need to be added)
- *Bean Bag Boichi*
- *Bean Bag Toss*

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

I enjoyed this game as it allows students to learn each other's names without having to introduce themselves to all of their classmates. I enjoy how it can be easily altered so that many different age groups and skill levels can successfully participate. This game also serves as a diagnostic assessment, so that I can better understand where my students are in basic skills like throwing and catching.

V. Little to No Equipment Games

- A. Blob Tag
- B. Cat and Mouse
- C. Line Dancing - Cadillac Ranch
- D. Penguin Tag
- E. R-P-S Pep Rally
- F. Touch and Go
- G. Triangle Tag

Other Resources:

- 25 Gym Class Games - <https://www.signupgenius.com/sports/gym-class-games.cfm>

Classification:

- Tag
- Little to no equipment
- Running
- Warm-up game

Age category:

- Grades K-6

Description:

- Choose one person to be it.
 - When this person tags someone, the person who has been tagged will link arms with the person who tagged them and becomes it with them
 - When another person is tagged that person will link arms with the one who tagged them as well. This keeps going until everyone has linked arms in one big “blob”, which will look more like a line
 - Only the people on either end of the blob or line can tag people

Equipment:

- N/A

Safety:

- Careful not to trip on each other when they are running arm in arm
- Keep their heads up so that they don't run into other students.

Modifications:

- More challenging:
 - Each time a blob of four is made, they split into two blobs of two people
 - Each time a blob of fours is made the last person to be tagged becomes. We could also change the way blobs are connected.
 - Have students run back to back with their arms linked
 - We could also make someone a blob divider who can steal members off of blobs with a pool noodle and take them to a safe zone where they would do five jumping jacks and return to the game, avoiding getting tagged again.
 - DNA sequences
 - The teacher will assign each of the four letters, A, T, G, and C, to the students equally.
 - To start, As and Gs will be it and As can only attach to Ts while Gs can only attach to Cs.
 - However, a T can come save a C from the blob, knocking it off the DNA sequence, and a C can knock a T off the DNA sequence.
 - The Ts and Cs must not be tagged themselves though in order to save each other. The letters will be shown by colour of pinnie.

- After a few minutes, switch so that the Ts and Cs are it and the As and Gs are saving each other.
- Less challenging:
 - Play with smaller group (games goes faster)
 - Hold hands instead of link arms

Links:

Good Segue To	Good Segue From	Similar Games
● <i>California Kickball</i>	● N/A - warm-up game	● <i>R-P-S Pep Rally</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

We like this game because it involves all students and keeps them moving at all times. It is also great for teamwork and communication because when students are attached together in their blobs, they must learn to move together with a common goal of tagging their classmates and creating more blobs. This game is also easily modified to suit the needs of different age levels and skill levels.

References

10 Fun Tag Games that Tire Kids Out. (2016, June 16). Retrieved from <https://www.whatdowedoallday.com/tag-games-for-kids/>

Ashley Thompson

Cat and Mouse

Classification:

- Tag
- Large group
- No equipment

Age category:

- Grades K-6

Description:

- Split group into partners
 - Choose a pair (one will be the cat and one will be the mouse)
- The rest of the class forms a circle which is the mouse trap, with gaps between each player
 - The cat starts on the outside of the trap and the mouse starts on the inside
- Mouses goal = get cat stuck in the mouse trap
 - As the mouse and the cat runs in and out of the gaps in the circle, the players will close that gap by holding hands (then the cat and the mouse can no longer go through the gap)
- Cats goal = tag the mouse before they get caught in the mouse trap
- Take turns with partners and allow all players to get a turn to be the cat and the mouse
- For larger groups you may want to play multiple games

Equipment:

- N/A

Safety:

- Keep head up when running
- If a player does go through an already closed gap, players should let them go to avoid a clothesline situation

Modifications:

- More challenging:
 - Use a larger group with lots of gaps to close
 - Only close gaps the the mouse goes through (not the cat)
- Less challenging:
 - Play with smaller groups (8 players)
 - Give the cat a half noodle they can use the tag the mouse
 - Walk or speed walk instead of run

Links:

Good Segue To	Good Segue From	Similar Games
• <i>Noodle Drop</i>	• <i>Triangle Tag</i>	• <i>Have You Ever?</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is such a fun whole class game, as the bystanders are still involved because they have to be watching the game for when the gaps need to be closed. I think this is a great game for class needs a little more rest as you do not really have to do that much running. I think this game should be played multiple times throughout the year to see how strategies develop over time.

Ashley Thompson

Line Dancing - Cadillac Ranch

Classification:

- Dance
- Individual

Age category:

- Grades 3-6

Description:

- Students start standing with their feet together
- While keeping their toes together, students tap their heels out twice (like reverse Dorothy)
- Keeping left foot planted, touch outwards twice with right foot (step to the side while staying stationary)
 - Then do the same thing with the other foot
- With right foot, tap in front with heel twice
- With right foot tap, tap backwards with toe twice
- With right foot tap in front, then to the side
 - Then backwards and bring foot up to tap with your hand
 - Keep foot/leg up and bring to the side and tap again with hand
 - Keep leg/foot up and tap in front
 - Plant leg/foot
- Turn 90 degrees and cross over (grape vine) to the right and clap on the last step
 - Do the same thing back the other way
- Four steps backwards and clap with the last step
- Two step forward and clap with the last step
- Go back to the first step and run through the rest of the steps

Equipment:

- N/A

Safety:

- Keep head up to avoid running into other students
- Practice far enough apart so that if a student goes the wrong way they will not hit another student

Modifications:

- More challenging:
 - Do the dance moves faster
 - Only teach the first few steps
- Less challenging:
 - Do the dance moves slower
 - Slide instead of crossover
 - Omit the 90 degree turn

Links: N/A

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

Line dancing is something I think everybody should learn as it is fun and something that students will use if they ever go to a good hometown country wedding. I had fun learning this dance and I think students will have to start slow and do lots of repetition.

Ashley Thompson

Penguin Tag

Classification:

- No equipment
- Small area
- Slower-paced/ no running

Age category:

- K-6

Description:

- Pylon off a section in the gym (basketball key works fine)
- Show students how a penguin walks (heels close together with toes pointed out, hand close to sides with fingers pointed out at a 90ish degree angle
 - Students will walk like a penguin for the duration of the game
- Students find a partner
- Partners rock-paper-scissors to decide who it “it” and who is not (winner decides who is it)
- All students play in the designated area and the “it” partners goal is to tag their partner (can only tag their partner)
- If the “it” person tags their partner, then they switch roles
 - Tagged person does three jumps, to give their partner a fair chance to get away

Equipment:

- Pylons

Safety:

- Keep heads up
- Reminder of no running as this game involves a small playing area

Modifications:

- More challenging:
 - Students are only allowed to penguin walk on lines
 - Less jumps after being tagged
 - Groups of three instead of two (“it” person is chasing two people)
- Less challenging:
 - More jumps after being tagged
 - Play in a larger area
 - Walk instead of penguin walk

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">• <i>Tails</i>	<ul style="list-style-type: none">• <i>Hula Hoot-a-Nanny</i>	<ul style="list-style-type: none">• <i>Touch and Go</i>• <i>Triangle Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play	✓	Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a fun game that can be played in many spaces. Due to the small area you need for this game, it is easily played in a hallway or classroom. I think is game is valuable because I can have students play this game if they are getting antsy while they wait for something. It can be difficult for children to stand still (especially in exciting environments) so this game is a great movement break that is easy and safe (involves no running and can be played in a small area).

Ashley Thompson

Rock-Paper-Scissor Pep Rally

Classification:

- Leveler
- Quick
- No equipment

Age category:

- Grades K-3

Description:

- Students partner up and play R-P-S (best of three)
 - Losers follows winner and cheers them on during their next match
 - Winners find another student
- Game ends when all students are cheering on the ultimate winner

Equipment:

- N/A

Safety:

- N/A

Modifications:

- More challenging:
 - Thumb wrestle instead of R-P-S
 - Students must run a lap after each match before they can play again
 - Have cheerers come of with a cheer for their player
- Less challenging:
 - Only do best of one (instead of best of three)
 - Split the class into two groups so that students will have less matches

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">• <i>Rock-Paper-Scissors Bean Bag Game</i>• <i>Rock-Paper-Scissors Tug of War</i>• <i>Noodle Boxing</i>	<ul style="list-style-type: none">• <i>R-P-S Get to Know Me</i>	<ul style="list-style-type: none">• <i>Blob Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	
Basic Skills	✓	Functional		Communication		Effort	

		Fitness					
Application of Basic Skills		Body Image		Fair Play	✓	Safety	
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a quickly played game that does not need a lot of space to be played. This is not my favourite game as a gym the cheering students may become disengaged, but it has a more valuable classroom application. This activity is a great brain break in the classroom, as it gets kids out of their desks and moving at a pace that is not a potential hazard.

Touch and Go
(safer version of slaps with some running)

Classification:

- Warm-up
- Partner
- Chasing/Tag
- No equipment

Age category:

- Grades K-6

Description:

- Students pair up, and face each other
- Rock-paper-scissors decides who will be the runner and the chaser (doesn't really matter because students will be switching back and forth)
 - Chaser will have palms up and the runner will touch their partners palms with their index fingers (runner can deke out the chaser)
 - Once the runner has touched the chaser's palms, the runner will turn and run to the safe zone

*student must run in a **straight line**

- The goal of the chaser is to tag the runner before they get to the safe zone
- Regardless if the runner gets tagged or not, once both players are in the safe zone they switch roles and repeat
- Widthwise volleyball court is a good starting place (inside the court is where the runner can get tagged, outside is the safe zone)

*start with speed walking, then skipping, then galloping, then running

Equipment:

- N/A

Safety:

- Students must run with their heads up (difficult when they are being chased)
- Student must run in a straight line to avoid collisions

Modifications:

- More challenging:
 - Have a larger distance to run
 - Give runner a head start (2 steamboats)
 - Spend more time on less vigorous form of chasing and omit running (speed walking, skipping)
 - Students have to dribble a basketball or puck handle around pylons

- Less challenging:

- Spend more time on less vigorous form of chasing and omit running (speed walking, skipping)
- Have students bear crawl and/or crab walk (this is also safer)
- Make running distance smaller

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> ● <i>Slide Tag</i> ● <i>Chuck the Chicken</i> ● <i>Chicken Casatorie</i> ● <i>Noodle Drop</i> 	<ul style="list-style-type: none"> ● <i>R-P-S Tug of War</i> ● <i>Finding Nemo</i> 	<ul style="list-style-type: none"> ● <i>Penguin Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play	✓	Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This was a fun game that easily engages the entire class. It can be played in many spaces aside from the gym as well. It also allows students to work in partners, which may ease those who are anxious in larger activities that involve the entire class. I can see this game being successful in both elementary and middle school scenarios.

Ashley Thompson

Triangle Tag

Classification:

- Tag
- Small group
- No equipment

Age category:

- Grades K-6

Description:

- Split class into groups of 4 (can do 5, but 4 is better)
 - Have each group decide on a partner who (group of four with 2 partners)
- Have 3 people in the group make a triangle by holding hands
 - The 4th group member is trying to tag their partner
 - The members in the triangle must work together to move in a circle to not get that person tagged
- Time each round for around one minute, and have students switch the runner each time
- If you have a group of 5, the fifth person can stand behind the person who is trying to be tagged (will put hands on the shoulders of this person and move with the triangle)

Equipment:

- N/A

Safety:

- Pay attention to what direction the triangle is turning
- Do not allow students to stick body parts out the triangle (don't trip the runner)

Modifications:

- More challenging:
 - Have groups of 5 instead of 4
 - The runner has to tag a certain arm (left or right)
 - Allow the triangle to run away from the runner (not just move in a circle)
- Less challenging:
 - Walk, or speed walk instead of run
 - Use groups of three instead, and switch who is tagging and who is getting tagged
 - Give the runner a half noodle they can use to tag their partner with

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">● <i>Cat and Mouse</i>● <i>California Kickball</i>	<ul style="list-style-type: none">● <i>Touch and Go</i>	<ul style="list-style-type: none">● <i>Tree hawk</i>● <i>Penguin Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This was an awesome game! I had so much fun playing this game. I love how students can go as fast/slow as they want, depending on their group. As a teacher I can statigically make groups based on athletic ability to try and put students together who will challenge each other. This is also a great game for collaboration as all of the students in the triangle have to work together to win.

VI. Noodle Games

- A. Noodle Boxing
- B. Noodle Drop
- C. Stinger Tag
- D. Wizard Tag

Other Resources:



Classification:

- Crouching
- Tagging

Age category:

- Grades K-6

Description:

- Have students partner up and give each a noodle
- Noodles will be folded in half for the entirety of the game
- Students are meant to pinch partner BELOW the knee with their noodles
 - Pairs will play to three points and then will find another student to play (like stand up-hand up-pair up)
- Students will want to be in an athletic crouching possession (like wrestling)

Equipment:

- Noodle

Safety:

- Make sure students are pinching below the knee

Modifications:

- More challenging:
 - Play to 5 points
 - Play in a king's court fashion where students move up or down in the ranks
 - Play in groups of three
- Less challenging:
 - Have students use the full noodle instead of folding it
 - Only play best of one

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">● <i>Wrestling</i>	<ul style="list-style-type: none">● <i>R-P-S Pep Rally</i>● <i>Get to Know Me R-P-S</i>● <i>Wizard Tag</i>	<ul style="list-style-type: none">● <i>Stinger Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a fun game that allows students to hit each other in a safe way. It is also a great way to develop wrestling skills and to judge where they are at in terms of wrestling. This game involves all students without tiring them out too much. I also like how fast the rounds are, it would be very easy to make a round robin tournament in a gym class to see who is the Ultimate Noodle Boxing Champion.

Noodle Drop

Classification:

- Large group
- Hand-eye coordination
- Reaction time

Age category:

- Grades K-6

Description:

- Have students make a circle and give them each a pool noodle
- Have students turn so that they are looking at the back of the head of the person in front of them
 - They will have their pool noodles in their inside hand
- When the teacher calls go, all students have to drop their noodles (so that it falls behind them) and grab the noodles in front of them
- Continue playing with different modifications (shown below)

Equipment:

- Noodles (cut in half so that they are about hip height)

Safety:

- If lunging for a noodle, be careful that you don't hit the student in front

Modifications:

- More challenging:
 - Make the circle larger
 - Use other hand (left is generally harder)
 - Put noodles in each hand
 - Hold noodle up in the air and drop it down
 - Have student only catch with one hand
 - Dominant and non-dominant
 - Have students catch without hands
- Less challenging:
 - Make the circle smaller
 - Allow catching with either hand or both hands

Links:

Good Segue To	Good Segue From	Similar Games
● <i>Giant Chopsticks</i>	● <i>Touch and Go</i>	● <i>Hula Hoot-a-Nanny</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a super fun game that I deeply enjoyed! It is a really easy game to change the level of difficulty so that all levels can be engaged. I also like how this game is more tiring than you think, you do not really realize how hard you're working until the game it over. This game also aid the development of hand-eye coordination through the process of the student having to grab the noodle as it is falling.

Ashley Thompson

Stinger Tag

Classification:

- Running
- Tag

Age category:

- Grades K-6

Description:

- Use the volleyball baseline as a boundary
- Give pool noodles to three students (they are a bee)
- The bee's have to sting other players with their noodles
 - Once a player has been stung they must go to the basketball key and do 5 jumping jacks, once they are done their jumping jacks they are allowed to return to the game
 - The stinger, drops their noodles, where any other player can pick it up (excluding the player that has just been stung)

Equipment:

- Pool noodles
- Pylons to mark out the jumping jack area

Safety:

- Run with heads up to avoid collision
- Ensure students are tapping other students with noodles and not waking them

Modifications:

- More challenging:
 - Use a larger playing area
 - Use a shorter noodle/cut the noodles in half/fold noodle in half
 - Add a bean bag into the game that can also tag player when they are hit
 - Increase the number of jumping jacks and/or do a more difficult activity (i.e. push-ups, burpees, ect.)
- Less challenging:
 - Use a smaller playing area
 - Have students speed walk, gallop, or skip

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">● <i>Wizard Tag</i>	<ul style="list-style-type: none">● <i>Noodle Drop</i>	<ul style="list-style-type: none">● <i>Noodle Boxing</i>● <i>Tails</i>● <i>Squirrel Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is my favourite kind of tag game because the person being “it” is constantly changing. This both alleviate the anxiety that comes with being “it” and keep students on edge (and moving) as they are constantly avoiding getting tagged. This is a fun game that allows all players to have their turn being “it” and being chased. The only downfall of this game is that once the noodle is dropped, players may not want to pick it up. In this case I would voluntold a student that they are “it” or join the game myself.

Wizard Tag

Classification:

- Tag
- Noodle Game

Age category:

- Grades K-3

Description:

- Choose a few students to be Wizards (“it”), they will each get a wand (noodle) that they will tag their classmates with
 - Each Wizard has to move in a different manner (skip, gallop, sliding, hopping, etc)
- The rest of the Muggles (non “it” players) have to walk around the playing area trying to avoid the Wizards
 - If a spell is cast (tagged by a Wizard) on a muggle, they then follow their Wizard moving in the same manner

Equipment:

- Noodle

Safety:

- Keep head up when moving

Modifications:

- More challenging:
 - Allow muggle to run
 - Have more wizards
 - Use half noodles (either cut in half or folded)
- Less challenging:
 - Have less wizards
 - Use easier actions for wizards (walk, speed walk, skip)
 - Have students follow the wizard for 10sec only or once there are three students following a wizard, they can break the spell and get away

Links:

Good Segue To	Good Segue From	Similar Games
● <i>Noodle Boxing</i>	● <i>Stinger Tag</i>	● <i>Star Wars Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This is a great Harry Potter game that I think many students will enjoy. I think this game is a good beginning of the year game as I can observe the students to see where they are at in some of their locomotor skills like skipping, galloping and hopping. I also like how students have to follow the Wizard as i think the games will go fast which means we can play multiple rounds, giving many students the chance to be a wizard

VII. Points per Item Games

- A. Builders and Bulldozers
- B. Capture the Flag (with Bean Bags)
- C. Golden Ball
- D. R-P-S Bean Bag Game
- E. Slide Tag
- F. Squirrel Tag
- G. Tails

Other Resources:

- Fun PE Games - <https://physedgames.com/category/fun/>

Ashley Thompson

Bean Bag Boichi

Classification:

- Throwing
- Team game
- Points per item game

Age category:

- Grades K-6

Description:

- Students pair up and then find another pair to play against
 - Each pair is given 6 bean bags of the same colour (opponents must have different colour), 3 for each player
 - Teams are also given a different coloured (different from both colours of bean bags) bean bag that will be the jack
- Opponents will play R-P-S
 - Winner gets to throw the jack
- Players will then throw their bean bags (one at a time and alternating teams) towards the jack
 - The closest bean bag(s) get a point (Scoring is identical to curling)
 - Only one team will be awarded points for each round

Equipment:

- Many different colours of bean bags

Safety:

- Do NOT throw bean bags at each other

Modifications:

- More challenging:
 - Give students a smaller item for the jack
 - Have students throw a farther distance
 - Use harder to throw item
 - Have students shoot hockey pucks instead of throw bean bags
 - Have students use their non-dominant hand (or throw between their legs)
- Less challenging:
 - Give students a larger item for the jack
 - Have students throw the jack at a closer distance

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> N/A - end of class game 	<ul style="list-style-type: none"> <i>Toss and Name Game</i> <i>Bean Bag Toss</i> 	<ul style="list-style-type: none"> <i>Frolf</i> <i>Catch and Toss</i> <i>Make the Stick Move</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills	✓	Body Image		Fair Play	✓	Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a more laid back game that works great as a warm-up or warm-down, and also gives kids a chance to socialize with their peers. It is a good way for students to feel more comfortable with each other as they get to interact in a safe setting. I can see this game working well as September game so that the kids can get to know each other a little better.

Ashley Thompson

Builders and Bulldozers

Classification:

- Large group game
- Team game
- Warm-up
- Points per item game

Age category:

- Grades K-6

Description:

- Place MANY (20-30) pylons within the volleyball court
- Split group into two teams (builders and bulldozers)
 - Bulldozers - flip over pylons so that they are upside down
 - Builders - make sure all pylons are rightside up
- Play for 5mins and at the end count number of upside down pylons (this the bulldozer team score)
 - Then, switch roles and play for another 5 mins, at the end of the round count the number of upside down pylons
- Winning team will have the higher score

Equipment:

- Pylons (LOTS)
- Pinnies to separate the teams?

Safety:

- Keep heads up when running
- Watch hands on the ground as they may get stepped on

Modifications:

- More challenging:
 - Play in a larger area
 - Have more pylons
 - After you turn over three pylons, run a lap
 - Have to crab walk instead of walk
 - Increase playing time
 - Play multiple rounds and keep a cumulative score
- Less challenging:
 - Play in a smaller area
 - Have less pylons
 - Bear crawl, speed walk, gallop or skip instead of run
 - Decrease playing time

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • Great warm-up for team games • <i>Double Ball</i> • <i>Crab Kick</i> • <i>Hula Hut Battle</i> 	<ul style="list-style-type: none"> • N/A - warm-up 	<ul style="list-style-type: none"> • <i>Ricochete</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork		Active Living	

Personal Evaluation:

This was a fun game that I think can work well for multiple ages (especially if they are all mixed together). It can also be played with a large number of students, which is great for a combined gym class. This game is also easily played outside. Builders and bulldozers is a versatile game that is fun and engaging. I also love the application of the small pylons, as this is an easy material to get a hold of at relatively low price.

Ashley Thompson

Capture the Flag (with bean bags)

Classification:

- Tag
- Team
- Points per item game

Age category:

- Grades K-6

Description:

- Split group into two teams
- Place same number of bean bags in basketball key
- Set boundary as the basketball court
 - Safe zone is the key (cannot get tagged here)
 - Pylon off the jail somewhere near the key
 - The center line divides the teams sides
- When the teacher calls go, students are able to run to their opponents side to retrieve a bean bag
 - If a player is tagged on their opponents side they must go to jail (if then have a bean bag they must drop it where they were tagged and the other team cannot touch this bean bag)
 - If a player successfully takes a bean bag and runs back to their side, they will place the bean bag in their key (this acts as one point)
- To get a teammate out of jail, they must be retrieved by a as if they were a bean bag and make it back to their side without getting tagged (a teammate cannot be saved by a player who has a bean bag)
- First team to have all the bean bags wins or team with the most bean bags at the end of a time limit wins

Equipment:

- Bean bags

Safety:

- Run with head up
- Don't step on bean bags as they can be slipped on
- Tagging is a tap, not a slap

Modifications:

- More challenging:
 - Make the player area smaller
 - Play for a longer duration or use more bean bags
 - Can only stay in safe zone for 10 sec
 - Have a few dodge balls floating around and if a player is hit they must go to jail

- Less challenging:
 - Players cannot get tagged once they have a bean bag (free ride back)
 - Make the playing area larger
 - Play for a shorter amount of time, play with less bean bags
 - Can save more than one teammate at a time
 - Can save a teammate and bring back a bean bag
 - Students lay down when they are in jail (head to feet), so they make a chain, thus closer to their side and easier to save
 - Walk, skip or gallop instead of run
 - Put in hula hoops throughout the playing area to act as safe zones (only one player per hoop?)

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> ● N/A - end of class game 	<ul style="list-style-type: none"> ● <i>Rock-Paper-Scissor Bean Bag Game</i> ● <i>Slide Tag</i> 	<ul style="list-style-type: none"> ● <i>Golden Ball</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a classic game that most kids LOVE. Playing on our lab setting, did not yield the best results as we played more defensively, but kids play almost entirely offensively. I like the variation where, if students were in jail they would lay down and make a line (which makes then easier to save). This game is also plays nicely outside, and the idea of multiple flags (bean bags or some kind of token) is intriguing to me. This would be a great team builder for an outdoor ed situation.

Ashley Thompson

Golden Ball

Classification:

- Team game
- Points per item game

Age category:

- Grades K-6

Description:

- Split class into two teams
 - Give one team pinnies
- Use the basketball court as the playing area
- Place a dodgeball at the back of the basketball key on both ends of the gym (place it on a pylon)
 - Pylon off a small section around the ball or use the key (this is a safe zone)
- The goal of the game is to retrieve your opponents ball, and get it back (running or passing to other teammates) to your home side to hit your ball off its pylon
 - This will get you one point
- Players can guard their home ball
- Players can tag other team once they have crossed the centerline onto enemy territory
 - If a player gets tagged they sit down, and can be rescued by another teammate (they get a free walk back)
 - If a player gets tagged while they have the ball, they sit down and the ball goes back to its home pylon
- If both balls come off their pylons, the game resets

Equipment:

- Dodge balls (two)
- Pylons

Safety:

- Keep head up when running
- A tag is a tap, not a slap

Modifications:

- More challenging:
 - Play in a larger area
 - Play with more than 2 teams
 - Only allow players to do a Rugby pass (to the side or behind, but not in front)
- Less challenging:
 - Add in hula hoops as safe zones (can pass ball to players in these safe zones)
 - Walk or speed walk instead of run
 - Play in a smaller area

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Slide Tag</i> 	<ul style="list-style-type: none"> • <i>Shipwreck</i> 	<ul style="list-style-type: none"> • <i>Capture the Flag (with bean bags)</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	v	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a fun spin on a capture the flag game. Instead of the game resetting if both ball come off their pylons, I would keep the game going and the first team to get their opponents ball on their pylon, wins the point. I had lots of fun playing this game and I like the addition of throwing the ball to get it back home.

Ashley Thompson

Rock-Paper-Scissors Bean Bag Game

Classification:

- Leveler
- Teamwork
- Points per item game

Age category:

- Grades K-6

Description:

- Slip class into two groups
- Each group will stand on the volleyball baseline (facing each other)
- At the middle line there will be 5ish hula hoops with 10ish bean bags in each hoop
- When the teacher calls go, students will speed walk to a hula hoop, and face their opponent
 - The pair will play R-P-S
 - Winner takes bean bag and puts it in their key (bball)
 - Loser must go back to their volleyball line before they can participate in another game
- Once a player has made it back to their line, they can go back to the middle and try for a bean bag
- Once all the bean bags are gone, the game is over
- Count bean bags, winning team has the most bean bags

Equipment:

- Hula hoops
- Many bean bags

Safety:

- Speed walk with head up
- Careful not to step on hula hoops as they will slide

Modifications:

- More challenging:
 - Make speed walking distance farther (use basketball baseline)
 - Allow students to skip, gallop or run
 - Winner must run a lap or do 10 of an activity at their baseline (jumping jacks, push-ups, burpees)
 - Best of three R-P-S
 - Have a team of four at each hula hoop
- Less challenging:
 - Make speed walking distance closer
 - Have less hula hoops (and bean bags)

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Tic-Tac-Toe Relay</i> • <i>Capture the Flag (with bean bags)</i> 	<ul style="list-style-type: none"> • <i>Get to Know Me R-P-S</i> • <i>R-P-S Pep Rally</i> • <i>R-P-S Tug of War</i> 	<ul style="list-style-type: none"> • <i>Slide Tag</i> • <i>Squirrel Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play	✓	Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a great game that I had lots of fun playing. I like how students cycle through are continually moving or watching for a hula hoop to open up. For this game to be successful, their needs to be about as many hula hoops as they are players on each team (one or two less in fine). This is to keep all students moving. To make the game harder, after the game of R-P-S, the pair have to run to a designated place in the gym (multiple) and the loser gives the winner a 3 steamboat head start, but the first person to reach the designated spot wins.

Ashley Thompson

Slide Tag

Classification:

- Tag
- Team
- Running
- Points per item game

Age category:

- Grades K-6

Description:

- Split class into two groups (ideally groups are 6ish, so for a larger class make more groups or use a larger boundary)
- Use the volleyball court as a boundary
- Group 1 will line up into parallel lines of three (pick a line on the gym floor that they must stay on)
- Group 2 will stand outside the volleyball baseline (all on one end)
- Group 2's goal is to get past group one without getting tagged
 - If they get tagged, they will run back to the starting position (run outside the volleyball court)
 - If they make it to the other side of the volleyball court without getting tagged, they will take a bean bag (found in the basketball key) and run it back to the starting line (they will run outside the volleyball court)
- Play like this for 3 mins and then switch the roles of the teams and play for another 3 mins
 - Count the bean bags at the end of each round, and reset
 - Winning team will have the most number of bean bags

Equipment:

- Bean bags

Safety:

- Be sure to run outside the volleyball court once you have been tagged or have a bean bag
- Maybe don't use pool noodles (to make the game more like foosball) as students will get close lined

Modifications:

- More challenging:
 - Use the basketball court instead of the volleyball court
 - Students have to do 10 jumping jacks (or push-ups, burpees, churches, etc) have they have been tagged or got a bean bag
 - Play a few rounds and keep points consecutively

- Less challenging:
 - Have students speed walk, gallop or skip
 - Play in a smaller area (easier for taggers, harder for runners)

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Capture the Flag (with Bean Bags)</i> • <i>Tails</i> 	<ul style="list-style-type: none"> • <i>Golden Ball</i> • <i>Touch and Go</i> 	<ul style="list-style-type: none"> • <i>R-P-S Bean Bag Game</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation		Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a fun game that allows students to strategize on how best to duke out the taggers or how to not allow any runners through. This game reminds me of a version of temple dodgeball, but this game students to do get pegged with dodgeballs (which I like). It is also like a more structured game of capture the flag, which is great for younger students, or classes they may not be as motivated to run around.

Ashley Thompson

Squirrel Tag

Classification:

- Tag
- Team
- Points per item game

Age category:

- Grades K-9

Description:

- Split class up into groups of 4-6
- Each team will have a home base (hula hoop) where they will collect acorns that are worth one point each (clothes pins, bean bags, etc)
 - A ton of acorns will be found in the center of the gym (face off circle)
 - Can only take one clothes pin at a time
- Each player has a tail (scarf/pinnie tucked into the side of their pants)
 - These tails can be stolen by other players that each worth 2 points
- If a tail gets stolen, all the tails or acorns in the possession of that player are given to the player who stole them
- To get another tail, players must go back to their home and get a tail from their home base
 - If there are no more tails they must wait until there is one
- Game ends when all the acorns are gone from the circle
 - Acorns worth 1 point and tails are worth 2

Equipment:

- pinnies/scarves
- Clothes pins/popsicle sticks/bean bags

Safety:

- Run with heads up
- Make sure tails are on the side of the pants to avoid any bum grabs
- Don't slip on hoops, tails, and acorns
- R-P-S solve any disputes

Modifications:

- More challenging:
 - Play with less tails per player
 - Play with more acorns
 - Play in a larger area
- Less challenging:
 - Play with extra tails
 - Play with less acorns

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> N/A - end of class game 	<ul style="list-style-type: none"> <i>Tails</i> 	<ul style="list-style-type: none"> <i>R-P-S Bean Bag Game</i> <i>Stinger Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills		Functional Fitness		Communication		Effort	
Application of Basic Skills	✓	Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

I loved this game when we played it in lab and I loved it when we played it in school. It can be played with lots of students and can even be played outside. I like the dual aspect of this game, that you can get acorns and steal tails. The natural response is to grab your tail when it is being stolen, which is something I should be aware of and remind students of. When in doubt, R-P-S solves most problems. Tails is a great variation of this game that is a little less complicated and can easily be introduced if Squirrel Tag proves to be too difficult.

Ashley Thompson

Tails

Classification:

- Tag
- Points per item game

Age category:

- Grades K-6

Description:

- Split class into groups of 4-6
- Give each player a pinnie or scarf that they will tuck into the SIDE of their pants (not back to avoid bum grabs)
- Give each group a home base (hula hoop) where stolen pinnies can be stored
- Goal of the game is to steal other peoples tails
 - no cheating, it is a natural response to grab own tail to avoid it being stolen *try not to do this)
- Once a tail is stolen, it is taken back to the stealers home base
 - Stealers get all tails in the possession of the stolen from player
 - Players cannot steal tails if they do not have one
- Also, tails can be stolen from home bases
- To get a tail, players must go back to their home and get one
 - If there is not a tail in their home they must wait for one
- Game is over when one team does not have any tail
 - Winning team has the most tails

Equipment:

- pinnies/scarves
- Hula hoops

Safety:

- Run with head up
- Make sure tail on the side and visible

Modifications:

- More challenging:
 - Play in a smaller area
 - Play with less tails per players
 - Give each player two tails and play without teams
 - Once their tails are gone, they are out
- Less challenging:
 - Have more tails than player (add extra tails to each home base)
 - Give each team one or two bean bags that can be thrown to hit players = they must give up their tail(s)

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> <i>Squirrel Tag</i> 	<ul style="list-style-type: none"> <i>Slide Tag</i> <i>Shipwreck</i> 	<ul style="list-style-type: none"> <i>Stinger Tag</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

I love this game as it is competitive and fun. This game is almost a fun play on flag football that is easy for kids to understand. A great addition to the game (for it to be more of a leveler) is that once a tail is stolen the pair have to play R-P-S to decide who get to keep the tail(s). The natural response is to grab your tail when it is being stolen, which is something I should be aware of and remind students of. When in doubt, R-P-S solves most problems.

VIII. Relay Games

- A. Aerobic Bowling
- B. Giant Chopsticks
- C. Hula Hut Relay
- D. Noodle/Plank Relay
- E. Pin Transport
- F. R-P-S Tug of War
- G. Tic-Tac-Toe Relay

Other Resources:

- Cooperation Games - https://thephysicaleducator.com/game_category/cooperation/

Ashley Thompson

Aerobic Bowling

Classification:

- Team game
- Rolling
- Relay game

Age category:

- Grades 3-6

Description:

- Split students into groups of 3-5 (but 3 is the best number if you want to keep all students moving)
- This game involves 3 different roles
 - Bowler - rolls the ball towards the pins, and sets them back up once they've been knocked down
 - Catcher - catches the ball and runs it to the next bowler
 - Wait“er” - they wait for the catcher to hand the ball to them
 - All three roles go in a sequence: bowler□catcher□wait“er”
- Use volleyball sidelines as a guide (players are behind a pylon, that is on one side of the sideline, and pins are on the opposite side of the line)
- To start, use three pins in a triangle formation
- Students count the pins they knock over (out loud) and the first team to 20 gets a point
 - Once this team yells out 20, all groups shift clockwise to the next station of pins and start at zero
 - Once a team gets to two wins they must start using their non-dominant hand to win their third round
- First team to 3 points wins

Equipment:

- Pylons
- Dodgeball or any easily rolled ball that will knock down pins
- At least 3 pins per group (class of 25 = 9 groups = 27 pins)

Safety:

- Pins could act as a potential tripping hazard

Modifications:

- More challenging:
 - Have students use their non-dominant hand for the entire game or after their second win
 - Move pins farther back
 - Add pins and/or change formation (have pins side by side or with gaps)

- Less challenging:
 - Only use dominant hand
 - Use a larger ball that will knock pins over more easily
 - Place pins closer together
 - Use larger group sizes to give student more of a rest
 - Use cups instead of pins - easier to place

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Pin Transport</i> 	<ul style="list-style-type: none"> • <i>Ricochet</i> 	<ul style="list-style-type: none"> • <i>Tic-Tac-Toe Relay</i> • <i>Hula Hut Relay</i> • <i>Noodle/Plank Relay</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills	✓	Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a great game that gets kids moving! There were a lot of comments after our lab that we had fun playing and we worked up a sweat. This is almost like a leveler game, as most students are more comfortable rolling ball, then throwing one. I enjoy how this game focuses on rolling a ball, but still keeps students moving. One difficult aspect of this game, especially for younger students is place the pins back where they should be. I think we could use cups to modify for these students.

Ashley Thompson

Giant Chopsticks

Classification:

- Realy
- Noodle Game

Age category:

- Grades K-6

Description:

- Split class into teams of 4
- Use the basketball court as a playing area
 - Have a pair from each team stand behind the baseline on each side (across from each other)
- Give the first pair one noodle each and a beachball
 - They must take the ball to their partners on the other end of the gym (as fast as they can) without touching the ball with their hands (use the noodles as chopsticks)
 - Once they get to their teammates, the pairs switch roles and the process repeats
- First team past the basketball baseline wins

Equipment:

- Pool noodles
- Beach ball

Safety:

- Run with heads up

Modifications:

- More challenging:
 - Add obstacles the students must step over or go around
 - Pylons, noodles, table, chair
 - Do only pairs and have to students go both ways (maybe switch to a different ball at the other end)
 - Use a harder to carry ball (heavier, irregular shaped)
 - Have students pass the noodles to their partners without dropping the ball
- Less challenging:
 - Have the students go a shorter distance
 - walk/speed walk instead of run
 - Allow students to use hand, but arms must be fully extended
 - Increase number of students per group for more rest

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Hula Hut Relay</i> • <i>Noodle/Plank Relay</i> 	<ul style="list-style-type: none"> • <i>Noodle Drop</i> 	<ul style="list-style-type: none"> • <i>Pin Transport</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a great team building activity as students must work together to move a ball with their “chopsticks.” I also enjoy how easy it is to up or lower the difficulty level, which makes this game perfect for all ages and skill levels. It would also work well in a class with a wide range of skill level as you have students race the clock, instead of each other, and continue to add more challenges for students who are at a higher skill level.

Ashley Thompson

Hula Hut Relay

Classification:

- Team/Relay
- Running
- Hut building

Age category:

- Grades 3-6

Description:

- Split group into teams of no more than 6
- Go over how to build hula huts
 - One hoop goes on the bottom, and four hoops are stood up in the middle to make a teepee like structure (make two upside v's that overlap) and the last hoops is placed on the top of the structure (it will naturally slide down a bit, this will help to stabilize the hut)
- Place 6 hula hoops on each volleyball end line and the center line
- Teams will stand behind the basketball baseline
- Once the teacher calls go, the students have to make each hut in succession
 - Once a hut is built, the team must run back to the baseline before they can start the next hoop (will run back after each hut is built)
 - ALL teammates must touch a hoop (contribute to the hut making)
 - First team back behind the baseline with all hoops built, wins

Equipment:

- Hula hoops

Safety:

- Keep heads up when running
- Do not trip on hula hoops or huts

Modifications:

- More challenging:
 - Double decker hut, triple decker?
 - Run back and do 10 push-ups (or jumping jacks, burpees, crunchies, etc)
 - One player must go through the hut before the team can go back
 - Eyes closed
 - Whole team goes through
- Less challenging:
 - Build only one or two huts instead of three
 - Do not run back between each hut
 - Stack cups instead of build hula huts

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> <i>Noodle/Plank Relay</i> 	<ul style="list-style-type: none"> <i>Hula Hut Battle</i> <i>Giant Chopsticks</i> 	<ul style="list-style-type: none"> <i>Pintransport</i> <i>Aerobic Bowling</i> <i>Noodle/Plank Relay</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership	✓	Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a great collaborative game, that encourage students to work together. It is also an easily modifiable game, so it can be used at many different levels. This game definitely gets a person sweating, and building the huts take concentration, thus this is a great game for students to still perform even though they are tired. For smaller children or smaller groups, I would have them stack cups as a team/pair/individual.

Ashley Thompson

Noodle Relay/Plank Relay

Classification:

- Team
- Running

Age category:

- Grades K-6

Description:

- Split class into groups of about 4
- Starting at one end of the gym, have all players lay down on their backs to form a line
 - Players line up head to feet
- Students must pass a noodle to the person in front of them using only their legs
 - Once a player has passed the noodle to the next person they must run to the front of the line and lay down until their noodle crosses the finish line (far volleyball baseline)
- The first team to the finish line wins

Equipment:

- Noodle

Safety:

- Do not step on teammates when running to the front of the line

Modifications:

- More challenging:
 - Lessen the number of students per group
 - Make the distance longer
 - Use something smaller and/or heavier than a noodle (ball)
- Less challenging:
 - Have a larger number of students per group
 - Shorten the distance from starting line to finish line
 - Have student plank instead of lay on their backs and roll a ball under each student instead of passing the noodle (two students will be rollers and will not be apart of the line)

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none">● <i>Ricochet</i>	<ul style="list-style-type: none">● <i>Giant Chopsticks</i>	<ul style="list-style-type: none">● <i>Aerobic Bowling</i>● <i>Hula Hut Relay</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is an easy game the activates the core! I think that this is a great way for students to develop their core strength it a fun way. I also enjoy the collaboration this game needs, as it is relatively simple but still necessary. I think that the relays are always a good choice when is comes to gym class, they are fun, competitive, and collaborative, which also checks a lot of the circular outcomes.

Ashley Thompson

Pin Transport

Classification:

- Team/cooperation
- Running/speed
- Token Game

Age category:

- Grades K-6

Description:

- Split class into groups of 3-4 (no more than 4)
- Give each group:
 - One bowling pin
 - 2 skipping ropes
 - One scooter board
- Starting line = baseball baseline, finish line = opposite volleyball baseline
- Goal: get everything across the finish line as faster than the other teams

All layers build on each other, so rules are cumulative

If the pins hits the floor, the team must go back to the starting line

- Layer 1: every player must participate and all objects must be used
- Layer 2: pin must be on scooter board
- Layer 3: players cannot touch scooter board
- Layer 4 players cannot touch pin
- Layer 5: nothing can be touching the pin except for the scooter board
- Layer 6: pin must be upright on the scooter board
- Layer 7: scooter board must be lifted over the noodle (place noodles about the halfway mark)

Equipment:

- Bowling pins (one per group)
- Skipping ropes (two per group)
- Scooter boards (one per group)
- Noodles (enough to cover the playing area width wise)

Safety:

- Keep heads up when running
- Keep hands and hair away from scooter boards

Modifications:

- More challenging:
 - No more layers as students before more creative
 - Have a longer playing area
 - Put a bend/curve in the playing area

- Less challenging:
 - Do less layers
 - walk/speed walk instead of run
 - Have checkpoints where the students can go back to if the pin drops (instead of the starting line)
 - Have a shorter playing area

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • N/A - end of class game 	<ul style="list-style-type: none"> • Hula Hut Relay • <i>Aerobic bowling</i> 	<ul style="list-style-type: none"> • <i>Giant Chopsticks</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play		Safety	✓
		Well-being		Leadership	✓	Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a fun game that encourages student creativity and cooperation. I had lots of fun playing this game and I think that it would be especially interesting if team captains were picked and then, students were able to pick their own teams. This is a great beginning of the year/season as teamwork is necessary to succeed. It is also a great way to see who is going to take a leader position early on and whether or not they are good at it.

Ashley Thompson

Rock-Paper-Scissors Tug of War

Classification:

- Team
- Leveler (does not require a ton of athletic ability)
- No equipment

Age category:

- Grades K-6

Description:

- Students are split into teams of 3-4
- Place two pylons, parallel to each other, on the volley ball line (lengthwise)
 - Teams will line up behind the pylons (they will be facing each other)
- When the teacher calls go, the students at the front of the line will begin to speed walk towards each other
 - Once they meet, they will play a game of R-P-S
 - Loser peels out and jogs back to their team (does not jog in the line of play)
 - Winner will continue walking towards the opposing team, while the next person of the team that has just lost the R-P-S will walk towards the winner
 - Once they meet, they will R-P-S, so on and so on
- To earn a point, a student must win a R-P-S match past the three point line on the opposing teams' side
- First team to 3 points wins

Equipment:

- Pylons

Safety:

- Loser of R-P-S match must NOT run back the same way they came to avoid collisions with teammates

Modifications:

- More challenging:
 - Loser has to do 10 jumping jacks (or 10 push-ups, 10 burpees, etc) , or run a lap before returning in line
 - Have students skip, gallop or run to meet their opposing player
 - Students who are not playing must be standing backwards and cannot move until their teammate has called their name
- Less challenging:
 - Make the playing area smaller (move the pylons closer together)
 - Students play a game of thumb wrestling, instead of R-P-S

- Instead of using the three point line, place additional pylons closer to the opposing team

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Touch and Go</i> 	<ul style="list-style-type: none"> • <i>Rock-Paper-Scissors</i> • <i>Pep Rally</i> • <i>Get to Know me R-P-S</i> 	<ul style="list-style-type: none"> • <i>R-PS Bean Bag Game</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication	✓	Effort	
Application of Basic Skills		Body Image		Fair Play	✓	Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

I enjoy this game as it keeps all students engaged. They are either playing R-P-S or are watching their teammates play. Instead of using the three point line, I would put down additional pylons that the students must be past, that it is clearer where they can and cannot receive a point (the three point line is curved and may cause some disputes).

Ashley Thompson

Tic-Tac-Toe Relay

Classification:

- Team game
- Running
- Relay game

Age category:

- Grades K-6

Description:

- Split students into teams of 3-4 (must be an even number of teams)
- Place pylon where each team must line-up behind (volleyball sideline)
- Place hula hoops at the opposite end of the sideline in a three by three fashion (like a tic-tac toe grid)
- Give each team three pinnies of the same colour (but a different colour for each team, i.e. 3 yellow and 3 blue)
- When the teacher calls go the first person in each line will run to the hula hoops and place their pinnie in one of the hoops and run to the back of their line
 - The next person can go once the student in front of them is past the pylon
- Once all of a team's pinnies have been placed (but a win, three pennies in a row, has not been achieved), students are allowed to move their own teams pinnie to try and secure a win
- When a team has won, the players reset and start over

Equipment:

- Pylons
- Pinnies
- Hula hoops

Safety:

- Hula hoops will move, so don't step on them
- Run with head up and watch out for other players

Modifications:

- More challenging:
 - Place additional pylons that the students have to weave through before they can place pinnie
 - Forwards and backwards
 - Have students throw bean bags (from 1.5m away from hula hoops, mark with pylons) instead of place pinnies
 - Non-dominant hand
 - Through the legs

- Less challenging:
 - Speed walk, skip or gallop instead of running
 - Have the hula hoops closer to the students

Links:

Good Segue To	Good Segue From	Similar Games
<ul style="list-style-type: none"> • <i>Noodle Really/Plank Relay</i> 	<ul style="list-style-type: none"> • <i>Touch and Go</i> • <i>Bean Bag Toss</i> 	<ul style="list-style-type: none"> • <i>Aerobic Bowling</i>

Curricular Evaluation:

Activites	✓	Benefits Health		Cooperation	✓	Do it Daily... For Life	✓
Basic Skills	✓	Functional Fitness		Communication		Effort	
Application of Basic Skills		Body Image		Fair Play	✓	Safety	✓
		Well-being		Leadership		Goal Setting/ Personal Challenge	
				Teamwork	✓	Active Living	

Personal Evaluation:

This is a great game that keeps students engaged and moving. It also gives them a chance to rest as their teammates are placing their pinnies. I enjoyed the bean bag version of this game as it isolates the throwing and accuracy skills, without having students worries about catching something. This is an easily modifiable game, which allows it to be suitable for many different age levels and skill levels.

IX. Alberta Physical Education Program of Study

- **Other Resources:**

- <https://education.alberta.ca/physical-education/program-of-studies/everyone/programs-of-study/>
- <https://education.alberta.ca/media/160191/phys2000.pdf>