

Listening Skills/ Lead Up Games

I See

The leader says "I See" and the group responds with "What do you see?" Then the leader tells what he or she sees which can be any movement, exercise or skill challenge such as "I see everyone jogging clockwise." The group begins jogging and continues until the leader says "I See," which starts the process over. This is an excellent and positive attention getter. If you choose to add various types of equipment such as balls or jump ropes there is no end to the activities the group may be guided through.

Attention

Students march around gym while staying in big empty spaces. Teacher calls out "Attention!" and students snap to attention (stopping and looking at teacher). The teacher then calls out something like "Always eat your vegetables!" and the students will repeat in unison "Always eat your vegetables—Yes Sir/Madam!" (students salute at Yes Sir/Madam). After students salute they resume marching until the teacher calls out "Attention!" again.

One Behind-Two Behind

Almost like Simon Sez. The group does what the teacher does except they do it one turn after or behind the leader. On two behind the group does what the teacher does but they do it two moves behind.

Partners-(Toe to Toe)

The class walks around in general spaces until the teacher tells them what type of partner to find such as a "back to back partner". Students are to find a partner and stand back to back. The teacher says "Go" and students walk again. The next partner has to be a different person. At the end the teacher calls out all the different partner types and the students have to remember who their different partners were. Examples can be toe to toe, high 5, elbow to elbow, etc.

Line Partners-Right hand to Right hand

In this game you will call out different commands and each time students will have to add on motions and in order. To begin have students get approx. 8-10 ft. across from one another in two long rows. Call out "Right hand to right hand", partners will walk and meet in the middle and touch their right hands together and then walk back. You call out the next command "Left hand to left hand", partners will meet but they have to do the first command **first** so they will do right hands and **then** left hands and walk back. The game goes along in this order for as many commands as you would like.

Blinks

Students get with a partner and depending on what skill activity you are working on (balance, dribbling, catching, etc.) will determine the particular activity. If students are working on dribbling for instance, then students will each get a ball and a partner. Students will have to stare at each other while dribbling. If a student blinks, looks down, or loses control of the ball they lose and have to go the "I'm gonna' win" side and get a new partner. Students that win stay on the "I win" side and play again.

Toe-Tag

Students get with a partner in a big empty space. The object of this game is to gently tap the top of your opponents foot before they can move it away. The winner has to do this three times. Winners go to win side and non-winners go to the non-winner side and all play again. Students are not allowed to kick or run away from their partners.

Rock, Paper, Scissors

Everyone should know this one. Winners go to winner side, non-winners go to non-winner side. We do not allow anything other than rock, paper, or scissors. Students have to win 2 or 3 times with the same partner before they can move to a new partner.

Hunter, Gorilla, Ninja

Students stand back to back with a partner. Students jump around and face each other on the count of three in the shape of a hunter (hands like guns), gorilla (arms above head), or a ninja (karate hands). Hunter beats Gorilla (because the hunter can shoot the gorilla), Gorilla beats Ninja (because the gorilla is stronger than the ninja), and Ninja beats Hunter (because the ninja can karate chop the guns away). Students are not allowed to peak over their shoulder before the count of three. Students must win 2 or 3 times before finding a new partner.

One Step

The skill activity will determine what equipment you will use. Usually throwing and catching activities with bean bags, scoops, foam balls, or basketballs. Students get item and a partner. Students start facing each other at close range. Students then either toss or bounce the item to one another. If the student catches the item then that student can take one step back and then toss or bounce it back. If that student catches it then that student can take one step back. This continues until one partner misses or drops the item. Then students have to start all over at close range.

Blocks

You will need some small blocks for this game. Students get with a partner and each group gets 3-4 blocks. Using only the tip of one finger students must work together to lift up and hold together the blocks without letting the blocks fall. Once they are holding the blocks, you can have them switch fingers (from index finger, to middle, to ring, to pinkie, and then to thumb) without dropping the blocks. Then you can have them sit down and try to stand up holding the blocks. You can have them practice moving around at different speeds while holding the blocks. You can have them move around holding the blocks and let them try to knock down other groups blocks without letting their blocks fall. You can do several different adaptations with this game.

Straddle Ball

Groups of 5-7. Students are instructed to get in a circle with their legs shoulder width apart and with toes touching. Each group gets one small ball. The object of the game is to hit the ball with the palms of the hand and try to get it through opponent's legs before they can block it. If the ball goes through your legs before you can block it then you get one point. The goal is to have the lowest points. Students are not allowed to throw the ball, to squat down, or put their feet together to block. They have to bend at the waist and they can only block with their hands.

Bean Bag Drop

Students get in groups of three and each group gets one bean bag. Two students get in push-up position facing one another. The other student stands in the middle with the bean bag. When they are ready, the push-up students begin alternating shoulder taps while in push-up position. The student with the bean bag then drops the bean bag in the middle of the two doing push-up taps. The first one to grab the bean bag wins. The winner takes the new bean bag position and the old bean bag position now plays the other student.

Six Sticks (Two Sticks for younger grades)

Students get two or six craft sticks and get with a partner. Students can be instructed to play a lead up game of your choice (rock, paper, scissors, Hunter, Gorilla, Ninja, Toe-Tag, etc.) Students play for two rounds. The student that wins twice gives the other student half of his/her sticks (2-3) and finds a new partner. Once a student gets rid of all their sticks they get a fuzzy "prize" ball and more sticks and play again. The object of the game is to get rid of your sticks and to earn the most fuzzy "prize" balls. The prize object can be any small object that students can easily carry around.

Pyramid Building

You will need several 18 or 20oz. plastic cups, rubber bands with eight strings tied around it. This is a group cooperation activity. Students have to use the rubber bands and strings to pick up and stack cups in a pyramid. Students have to move, build, and then take down the pyramid without letting the cups fall. If cups fall, then they have to pick them up and resume building. For younger grades they stack a six cup pyramid, and older grades can stack a ten cup pyramid.

Parachute Activities

Shapes:

Umbrella-everyone squats down with parachute on the ground. At teachers command students stand up with their arms straight above heads and hold.

Mushroom

Start on ground same as umbrella, holding hands over head but this time group takes 2 giant steps to center and hold. Then you can do a three step mushroom and so on.

Flying Saucer

Start on ground, on command group stands and lift up arms and then quickly bring parachute back down to the ground in front of them. Next, have them do the same but bring the parachute down behind them and sit on the edge, now they are inside the flying saucer.

Games:

Golf, Basketball, Cones, Colors, Giant Fan, Sharks and Lifeguards

Hand Clap Brain Teasers

This is a fun game that really gets both sides of the brain thinking. Students get with a partner and sit facing one another. Both clap together and then clap opposite hands together while one calls out subject, then they both clap together, then clap the other hand together while the other partner calls out subject. They have to alternate hands in-between center claps and they have to take turns calling out subjects. The subjects can be limitless. Examples: counting 1-10, by 2's, by 3's, 5's, etc, alphabet, colors, shapes, animals, states, continents, months of the year, days of the week and so on.

Exercise Ideas

Squad Spots

For carpeted gyms take squares of Velcro (numbered x-xx) and space them out in straight rows. As students enter the gym they are instructed to go to their squad spots. These can be assigned by the teacher or you can let the students choose. This is the spot where students will do exercises and they can also be utilized during games such as Simon Sez.

Exercises

At the beginning of the year all grades do the same basic exercises with a slight variation for younger grades. These can be changed through out the year by letting students rotate through exercise centers or by rotating a line leader to lead an exercise of his/her choice until the whistle blows and the next student moves up to lead a new exercise.

Sample of exercises:

- Standing toe touch
- Sit and reach for toes
- Hurdler stretch (right the left)
- Sit ups
- Back stretch
- Push ups
- Jumping jacks
- Run laps

Running

K-To start with students are informed on which areas are for running, walking, and which areas are to be avoided (area next to wall). Students as a group follow the teacher around these areas for the first time, and then they are allowed to travel at their own pace. Students always travel in the same direction and are not allowed to cut across the middle. After you are satisfied that they have mastered this, then you can advance to "running like the big kids" and proceed with the 1-5 plan.

1-5-Students are instructed to get into groups of 3 and stand against the wall around the gym. Students are informed on which areas are running or walking lanes and which areas are to be avoided (area next to walls). Students always run in the same direction and are not allowed to cut across the middle. When the signal is given, one student from every group runs one lap. When they get back to their group the next person in line goes and so on until the signal is given to stop.

Jump Ropercise

Students will jump rope when the music is playing. When the music stops they must find a partner and play one of the following games: rock, paper, scissors; hunter, gorilla, ninja, thumb wrestling, etc. Students must win twice before finding a new partner. When the music starts again, students return to their jump ropes and begin jumping. Repeat and change out activities to do between jump roping.

Hula Hoopercise

Students will hula hoop around their waist or arm when the music is playing. When the music stops they must find a partner and play one of the following games: rock, paper, scissors; hunter, gorilla, ninja; spinning tops. Students must win twice before finding a new partner. When the music starts again, students return to their hula hoops and begin hula hoping around their waist or arm. Repeat and change out activities to do between hula hoping.

Dice Aerobics

You will need 6 cones and 6 folders (numbered 1-6) to go over the cones with 4 exercises of your choice on them (the first one is always a stretch) and reps for each one. You will need dice in the middle of the gym and the cones spread out around the sides of the gym. Students will get with partners. When you say go one student will go to the center and roll the dice. If they roll a 2 then both partners go to cone 2 and do the first exercise listed. Then the other partner gets to roll the dice and so on. If the students roll a 2 again then they would do the second exercise listed for cone 2.

Card Aerobics

You will need two decks of cards for this activity. One set will be in the middle turned face side down. The other set will be divided into four suits around the gym. They will be face up and on the back will be an exercise activity to do. When the command is given to go one partner will run to the middle of the gym and turn over one card. For example they get the 3 of hearts. Then both partners would go to where the Heart suit is and find the 3 of hearts. They would then turn that card over and find that it says "10 push-ups," they would then do 10 push-ups. Partners take turns going to the middle. Play until everyone has done 8 or 10 tasks and move on to another activity.

Centers

You can really just use your imagination for this. The object is to set up different centers around the gym. These can be different exercises or activities like jump roping or free-throws. Students enter the gym and get in to a group of two and choose a center. There can not be more than 2-3 groups at each center. Be sure you go over each center and what is expected

as far as direction flow and repetitions. When the music starts or you give the go command, students begin the center activities.

Various Games

Road Block

You will need to construct different parallel and intersecting lines all over the gym floor to be the road. You can do this with tape or Velcro. Give 4-5 students a ball and they are the taggers. The rest of the student spread out on the roads. When the music starts students begin walking on the roads. Students are not allowed to run or to jump to new roads. They can change directions, but must always stay on the road. Taggers are not allowed to throw the ball. Once a student gets tagged, they must sit down on the road where they got tagged. They now are a road block and the other students can not travel around them. This makes it more difficult for the other students to move and they really have to work on strategy to avoid the taggers. Eventually there will be one or just a few left. Rotate taggers and play again.

Independence Day

You will need several balls and Frisbees for this game. Students each get one ball and spread out in the center of the gym. You will get at one end of the gym with the Frisbees. The idea of this game is that aliens have come to Earth to destroy everything that children love. The student's job is to knock down the flying saucers before they land on Earth. If they get knocked down the alien's mission has been destroyed, if students miss and the flying saucers touches the ground, then that object has been destroyed. You will say, "Sent to the Earth to destroy all candy bars!" then you will throw the Frisbee across the gym. The students will throw the balls at it and try to knock it down. This is a fun game and the students get very excited when we play this.

Chairball

You will need one ball, two buckets, and two chairs or mats for students to stand on. Students are divided into two teams. Each team has a goal to score at. The object of the game is to work the ball towards the goal by throwing and catching. Students are not allowed to move with the ball, they can only throw. When they get down to their end zone they will try to throw the ball into the bucket. One student from that team will be standing in a chair or on a mat with the bucket. They can move the bucket in order to catch it, but they can not step off the chair or mat. You will need to mark off a safe zone for the catcher, (with tape or a floor mat) so that other students won't run into them or knock them down. After the attempted score, the ball is turned over to the other team and they try to get to ball to their end zone without it becoming intercepted. If the ball gets knocked down it becomes the property of the first player to pick it up.

3 Team Volleyball

Divide the students into three teams. One team will be on the serving side playing against the other team and one team will wait on the sidelines. The serving team has a poly spot to mark the serving point and they can serve as soon as the server has the ball. The goal is to stay or get to the serving side. If the serving side looses, then they sit out, the team they were playing against advances to the serving side and the new team enters the game. If the non-serving team looses then they switch out with the team waiting on the sideline.

Fajaskern

You can search iTunes for this song or check with your music teacher to see if they have this on a folk dance CD. Students get in a large circle. To begin everyone moves in the same direction for 16 counts then change direction and move that way for another 16 counts and then face the middle. Kick R-1, L-2, R-3, Clap together-4, walk forward for 5-6-7-8. Repeat Kick sequence and walk back 5-6-7-8. Repeat whole kick and walk forward/back sequence. Then it repeats from the beginning.

Cargo

In this game students stand in a line on different mats (ships) spread throughout the gym. A few students on one side of the gym throw cargo out (balls) to the people on the ships. The people on the ships must pass it behind them and the person at the end of the line must throw it to another ship until it reaches the end of the gym where there are students gathering the cargo. There are also students in the middle that are sharks/scavengers in the water that can intercept or block the cargo from being delivered. Sharks are not allowed to touch the ships. Students who are on the ships are not allowed to step off the ship. If they do they have fallen overboard and must exit the game. They can reenter the game at the next rotation.

Battleship

Each team needs a mat (ship), 4 big bowling pins, 1 small bowling pin, and balls. Each team must stay on their boat and try to throw balls at the opposing teams pins. If all the pins get knocked down then the boat sinks and those students sit down and are out of the game. Each team is allowed one "powder monkey" who can run around and collect balls for their team to throw. The team that either does not sink, or has the most pins standing at the end wins.

Ultimate Handball

This game will have side boundaries and end lines for each team. Each team will have 6-8 balls in their end zone to start the game. Players may score if they catch a ball in the opposing team's end zone. The ball is advanced toward the end zones by throwing and catching. The player with the ball cannot move with the ball. They must throw it to a teammate. When a player scores, they leave that ball in the end zone, get the player that threw them the ball, go out of bounds on the side, come to the score keeper (teacher) at midfield and record the score. To get back into the game these two players continue down the sideline out of bounds until they get to their end zone. They reenter through their end zone. If there is a ball in the end zone they may pick it up and start another scoring drive. If there are no balls in the end zone they may come onto the field and try to intercept a ball from the other team. If players intercept a throw from the other team they may start their scoring drive from that point. They do not have to take the interception back to the end zone to start the drive. Any ball that is dropped or knocked to the ground becomes the property of the first player to pick it up. Do not allow players to guard the players who have the ball. This will save a lot of headaches. This is a face paced game with a lot of teamwork and catching practice, and will become an aerobic activity in a short period of time.

Hoopla

You will need 6 hula hoops and 1 bowling pin at each end of the gym. The bowling pin is the target and is set next to the wall. The hula hoops are in a triangle with the base closest to the target. The students are divided into two teams and are told which side they need to score at. You will need a ball to toss out to the students. Students are not allowed to move with the ball, they can only pass it. Students will try and work the ball down to their side and get it to a person that is standing with two feet in one of the hoops. Students must catch the ball with both feet in the hoop for it to count. Then that person is given the chance to score by throwing the ball at the pin. If they knock it down from one of the hoops closest to the target they score 1 point, the next hoop back would be worth 2 points, and the farthest hoop would be worth 3 points. After the attempted score the ball is turned over to the other team and the game resumes.

Castle Wars

In castle wars you will need two teams on opposite sides of the gym. Each team needs builders, blockers, and attackers. The builders build the castles after they fall, the blockers try to block the balls from destroying their castles, and the attackers throw the balls at the opposing team's castles. Each team gets three castles (you will need 6 hula hoops to build 1 castle). When the command is given to stop the team with the most castles still standing wins.

Oscars Garbage Can

You will need to set up 3-4 mats in the center of the gym. Stand these up on their sides and close them into a circle, these are the garbage cans. Pick one student to enter each garbage can and these students are the Oscars. The rest of the students spread out in the gym with a ball. You will need to set up a line around the garbage cans that students are not allowed to cross while they are throwing. The object is for students to throw their garbage (balls) into the garbage cans. If any garbage enters the cans, then the Oscars get to throw it back out. Switch out Oscars every 2-3 minutes.

Narnia Tag

In Narnia tag the Ice King/Queen have their freezing wands (noodles) and the Aslan's have their magical orbs (balls). If the Ice King/Queen freezes you then you must freeze like a statue until Aslan touches you with the magic orb.

Mad Scientist Tag

The mad scientists are it and they carry a ball. Their job is to tag students and turn them into cockroaches. The tagged students lie down on their back and kick their arms and legs in the air. The good doctors cure the cockroaches with their shots of medicine (noodles) which turns the cockroaches back into students.

Group Juggling

Divide students into groups of 7 or 8 with bean bags or balls. First develop a pattern with one object. Once you've developed the pattern start throwing the object while adding more objects into the pattern. The object is to see how many objects you can keep juggling in the group keeping the same pattern. Students are not allowed to throw object to the person next to them.

Human Knots

Divide students in to even groups of 5-8. Students need to form a small circle. Instruct students to hold hands with someone in their group who is not standing next to them. Next students are instructed to take the other hand and hold hands with someone else who is not standing next to them and it can not be the same person. Then instruct the students to untie the knot. They can not let go of hands. They will either end up forming a circle or a figure 8. The first team to untie the knot wins.

Walking Tag

Divide students into 5-6 lines at the end of the gym. The first person in line gets to walk anywhere in the gym. As soon as they pass a certain point in the gym or you give a command the next person in line gets to walk and try to tag the first person. Students must WALK. As soon as the first person gets tagged then they go to the end of their line and the second person

becomes it. The third person in line now becomes the tagger. Students have to pay attention in this game so they know who they are after and when they can go. They get very excited and really have to work on controlling their speed during this game.

Clothes Pin Tag

In this game each person puts one clothes pin on the back of their shirt. When the game starts students must try to collect clothes pins from other students and add them to their own shirt. If students lose all their clothes pins they still remain in the game and try to collect clothes pins. The student with the most at the end is the winner.

4-Square

Basic

You will need to set up 4-square stations on the gym floor. You can do this with tape or Velcro. We have one King/Queen square, 1, 2, 3 squares, and one ref spot. The rest of the students will wait in line behind number 1. When a person gets out they rotate to the ref spot and then to the end of the line. In 4-square the King/Queen always serves. They can serve it to any one they want to. The ball can only bounce once in your square and then you have to hit it to another player. You can not hit it to the person that hit it to you. If the ball hits the line, you are out. If the ball bounces out of the square, you are out. If the ball bounces more than once, you are out. Students are not allowed to spike the ball.

Around the World

Students must volley in order: King-1-2-3-King. Only the King can change directions: King-1-2-3-King-3-2-1.

Battle

King serves to any player, but the players always have to hit it back to the King.

War and Peace

Starts with basic 4-square. Only the King can call "War!" When the King calls war with a player, the King and that player hit it back and forth until someone loses or until the King calls "Peace!" and the game goes back to basic 4-square.

Doubles

Each position has two players in the square. You can play any version of 4-square, but players have to rotate hitting the ball. Both players have to move quickly and pay close attention to the ball.

Tournaments

Designate one of the 4-square stations to be the champion center. The winners from the other centers get to advance through centers to make it to the champion center. Students can not advance up unless they win. If a student loses then they have to start at the beginning center.

Table Games

You can take the basic principle of 4-square and play table top 4-square. You will need 2 folding tables for each station. The person with the ball is number 1 and serves the ball down the table to number 2. Numbers 3 and 4 are on the sides of the table. Students must roll the ball down the table to serve. The serves must follow in order. Number 1 always serves to number 2; number 2 serves to number 3; number 3 serves to number 4; and number 4 back to number 1. When a person gets out they go to the back of the line and the other players advance up in number. The new player entering the game becomes the new number 4. The ball can only bounce once on the floor then the player has to hit it back up on the table. If the ball hits the edge of the table it doesn't count and the player is out. This is a fast moving game and it takes a little bit of catching on at first. Students have to realize they have to move to the opposite side from their opponent in order to return the serve. As they advance and get better you can take one of the tables away and play on one. You can also do tournaments with this.

Hula Hoops

Hoop Drop

Students get a hula hoop and a big empty space. Students hold the hoop over their head with two hands. When you say to students try and drop the hoop so that it falls straight down their bodies without touching. It doesn't count if the hoop touches any part of the body.

Hoop Spinning

Students get one hula hoop and get with a partner. Students face each other and hold the hula hoop on the ground with one hand. On the count of three the students spin the hoops. Students are not allowed to touch the hoops, even if they crash into one another. The hoop that spins longest wins. Students that win go to the winning side and other students go to the non-winning side and find new partners.

Hula Hoop Indy 500

Students line up on one side of the gym and the teacher gives directions as to who races their hula hoop (boys only, girls only, different colors, and different classes). The students must roll their hula hoop and stay behind the line. The first hoop to cross the finish line wins.

Roll and Clap

Students get into groups of two and get one hula hoop. Students take turns with this activity. One student will roll the hula hoop on the ground and count how many times they can clap their hands around the hoop with out touching it and before it falls down. Ask how many the students got and then let them switch. Repeat a few times.

Roll and Tap

Same as the Roll and Clap up this time students are trying to tap their foot thru the hoop without touching it and before it falls.

Toss and Catch

Students get a hoop and get in a big empty space. Students practice tossing the hoop up and catching it.

Clap and Catch

Students toss the hoop up and clap once before they catch it. Each time they catch it they add one more clap 1-2-3-4... they keep going until they miss it. When they do they have to start all over at one clap.

Roll Over Hoop

Students get a hula hoop and a partner. Students then get in two lines with one partner on each side. One partner places their hoop in the middle of the line and the other partner keep their hoop. When you say go the partner with the hoop tries to roll it to his/her partner making their hoop roll over the hoop in the middle. They have to practice rolling it hard and straight enough to make it over the hoop and to their partner.

Knock Away

Have students stand in hoops fairly close to one another. Each will have a bean bag. When you say go students will underhand toss bean bags into other hoops to score points. Players may bat bean bags away to protect their hoop. Players may leave the hoop to retrieve bean bags but then they leave their hoop unguarded. Players may only toss when standing in their own hoop.

Twister

Have students get together and place their hoops on the ground so that the hoops are touching. Then call out various body parts (hand, foot, etc.) to place in the different colored hoops.

Hoop Hop -15 seconds

Students get in pairs and get one hoop. One student is the counter and the other does the activity. Some of the movements can be: jump in and out to the right with feet together, jump to the left, jump to the front, jump to the back, jump in and out alternating right and left sides, jump in and out alternating front and back. Each time the student lands in the middle that counts as one. Time students for 15 seconds and then let the students switch.

Scramble

Divide students into 4 teams. Each team will need one hula hoop and there will be one hula hoop in the center of the gym with about 15-17 bean bags in the middle. Spread out the four teams at equal distance from the center hoop. When you say go the first person in each team will run to the center hoop and get one bean bag then run it back and place it in their hoop. Students are not allowed to throw the bean bags. Once the bean bag is in the hoop the next person goes. When all the bean bags are gone from the center hoop then students can "steal" bean bags from the other group's hoops. The first team to get 5 bean bags in their hoop, even for a second, wins.

Rattlesnake

Students form a chain by holding hands or wrists (5-6 students). Designate or let the students decide which end is the head and which is the tail. Spread many hoops over the entire playing area. Each group pretends to be a snake shedding its skin. Teams run around gathering as many hoops (rattles) as possible. When the music starts one student on the end must grab a hula hoop and step through it passing it over their body to the next person in line without letting go of each others hands. The person at the end of the line holds on to the hula hoop. The snake leader may pick up only one hoop at a time. The hoop must make it all the way to the tail before the snake travels to the next hoop. The team with the most rattles (hula hoops) wins.