

Survive  
&  
Thrive  
In The Gym!!!!

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## Warm ups and minor games

### *Warm Ups and Short duration games:*

#### **Dynamic Warm up**

Shuttles of various jog speeds, high knees, butt kickers, slides, karaoka, 2 and 2, high kicks, Skipping, sweeps, gate open/close, lunge steps, etc.

#### **Larry, Curly, Moe**

Arrange class into 3's. Each 3 decides who is Larry, who is Curly, and who is Moe. Arrange all the trios in a circle with bean bags or pinnies in the middle that number one less than the number of groups. On call of one name, that person runs around the circumference of the remaining pairs while their own pair create a bridge with connected feet. Runners go under bridges and try to hand-cover a bean bag. Don't be the last (there is no elimination...)! Call a new name immediately when last bean bag is covered. If you call the same person twice in a row, that person must crawl out of the inner circle under the bridge and repeat the sequence.

#### **Plank relay**

Teams of at least 4 are best. Line students up side by side on stomachs. One person at head of line has a ball and rolls it under the plank created by their teammates. Receiver at other end gathers ball and runs to become the new head/roller of the ball. Continue across the gym in a leap-frog fashion.

#### **Buffalo Run**

Organize class into pairs, sitting back-to-back and form a large circle around the gym. When the music plays, the pair jog in opposite directions around the circumference. When the music stops they begin to sprint in their same directions until they meet again sitting back-to-back. Try to stop the music after they have gone past each other since they can't re-trace and go backwards.

#### **Noodle Soup**

Organize class into four/six teams in corners of gym with one hula hoop each which serves as their "bowl". In the middle of the gym have 25-30 pool noodles inside a marked out cone area which acts as the "noodle store". Two store "guards" are the taggers with a pool noodle each. The guards try to tag the players as they leave their corner one at a time to get as many noodles as possible back to their bowl one at a time. Store is a "safe zone" but limited time of five seconds. Any player tagged on their return trip puts noodle back in the store. Change taggers after each round.

#### **Not in My House**

Arrange class into groups of four with four hula hoops and four bean bags per group. Arrange hula hoops into a grid and have each player plank in front of their hula hoop with the bean bag in the hoop. On "go" each player maintains their plank and tosses their bean bag into another hoop to keep it out of "their house". On whistle, teacher decides task. Ex: players with one bean bag do five jumping jacks; or...any player with an even number of bean bags, no bean bags, etc. Mix it up so they don't know...the least number isn't always the winner!

### **Everybody's It Tag "partner style"**

Traditional rules of Everybody's It but class is divided into pairs. One person tagged, one knee down and show "X". If the partner can make it safely to them, do a task (ex High 10, jumping jacks, etc) and the tagged person is safe again. If both are tagged, they do a task to meet up and connect "X's". ex Bunny hop to each other.

### **Cat and Mouse (single and pairs)**

Students on stomachs around the gym. Begin with one cat chasing one mouse and exchange roles on the tags. Add additional cats and mice. Decide whether just the mice or both cats and mice can lie down beside a student on the floor to trade off.

### **Horseshoe Noodle Tag**

Use pool noodles held at each end. Tag others with noodle (you must keep a hand on each end, ie. No extended noodles!). When tagged, hold noodle in horseshoe shape on the floor and when another player steps inside the noodle, the player is now free.

### **Pizza Pizza tag (primary oriented)**

Two or three students are "it" and try to tag other students who are split evenly between three colours of pinnies. Around the gym are 4-6 hula hoops which act as the pizza shells. Yellow are "cheese", red can be "pepperoni", green can be "green peppers" etc. Tagged students hop in a hoop (on the pizza shell). When a pizza shell has one of each colour a pizza has been made and the students are free again.

### **Catch Me If You Can (elementary oriented)**

Pair students off and play music while they play a game of toss and catch. As soon as the music stops, the holder of the ball/bean bag etc becomes the tagger. When music resumes have students stand back-to-back and pace off an appropriate number of steps to re-set the throwing distance.

### **Tic Tac Toe**

Use poly spots, hula hoops, or preferably floor tap to mark out tic-tac-toe grid. Players race one at a time to win a tic-tac-toe with bean bags or pinnies that cover the grid spots.

### **Hula Hoop twister tag (elementary)**

Pair students off with one hula hoop per pair. The tagger begins by twisting the hoop on the floor and try to tag their partner who should be using the spinning hula hoop as a shield. Take turns being the tagger.

### **Predator & Prey Tag:**

Organize in groups of three. To begin, one is the predator (A), one is the prey (B) and one is Dead ©. Predator chases prey. When tagged, Prey goes to one knee and becomes Dead. The Predator becomes Prey and the original Dead becomes the new Predator. Keep cycling through.

**1-2-3 Catch:** Another tag game. Make groups of 4. One is designated tagger. The other three decide Assigned their numbers (1, 2, or 3) secretly among their group. Tagger chases and must tag The remaining three in order. If player gets tagged out of order, they shake their head "No" and Tagger must figure out by order of elimination who would be next. When all three tagged,

Pick new tagger and assign new 1,2,3 numbers to the other three.

**Fing Fang Foom:** A 1v1 warm up game. Pair students off and give one a unifix cube, or something small enough to hold hidden in their hand. Organize all pairs along a given line in the gym/outside. Designate a running/destination point for the loser of the Fing Fang Foom battle. Player 1 hides the object in one hand behind back, then hold both hands out, knuckles up. Player 2 taps one hand and says, "Fing", then taps other hand and says, "Fang", then taps original hand and says, "Foom". Player 1 opens hand. If player 2 guesses correctly the hand with the object, player 1 gives Player 2 the object and moves (jog/slide/skip/etc) to designated point/line and back (add jumping jacks, push ups etc for extra challenge). Meanwhile, Player two hides object and waits for partner to return. Play again. If the guesser guesses incorrectly, then he/she runs and does the exercise. The player who kept the cube can elect to secretly change hands or keep it in the same one.

### *Longer Duration Games:*

#### **Wall Cricket**

Divide class into two teams, offensive and fielding. Line up 4 cones along a basketball baseline and put a dodgeball on each. One attacking player per cone, all four throw ball at same time and attempt to run to opposite side and back. Defensive/fielding team try to get them out dodgeball style. Points awarded for each player who makes it safely back. Keep sending groups of four out to throw and run until all put out. Fly balls count as an out.

#### **Color Code (intermediate and older; works best outside).**

Six cones, six felt pens, divide class into six groups. Spread out and hide the cones around The playing area. Have a "template/answer key" of the order of colours to be found. Assign each team a starting colour and have them find all six in the correct order. I give each player a small piece of paper to draw their lines on rather than use the back of their hands. Don't give the team their next colour until all have returned each time. Encourage discussion of The best strategy (splitting up, going together, etc). First team to get all six colours is the winner!

#### **Hultimate**

A combination of Ultimate and Handball! Teams of 5 work well. Use a fairly bouncy ball that can be thrown with one hand. The goal is to pass to a teammate with one foot In any of three scoring zones: basketball key = 1 pt; gymnastics mat in one corner = 2pts; hula hoop in the other corner = 3 points. Gymnastics mat is put in one corner with the hula hoop in the other. No running with the ball, any incomplete/intercepted pass is a turnover; ball cannot touch floor.

#### **Squirrel Tag**

Pinnie hanging from each player as others try to grab their "squirrel tail". Sit when you lose your pinnie, but you can steal from another player if they get close to you. Steal as many tails as you can.

**Monster Ball (primary)**

Separate class into two groups, one each side of the gym and place a large exercise ball in the center. Use multiple dodgeballs. Students throw the dodgeballs at the “monster” ball to try and move it across a designated line on the other side. Students are not allowed to throw in front of the same designated line on their side (but may go across it to retrieve a ball).

**Hula hoop bean bag races (elementary)**

*Version 1:* Pair students off, each pair with one hula hoop and one bean bag. Underhand throw bean bag into hoop, flip the hoop over towards the opposite wall. Each successful throw advances the hula hoop to a designated finish line. Alternate throwers.

*Version 2:* Pair #1 vs pair #2. Put each pair across the gym from each other with hula hoop in the middle. Successful throw advances the hoop one flip towards the team with the object of getting the hoop all the way to your side.

**Rock, Paper, Scissor (RPS) Games (cones, or tape)**

Organize students into two teams for each set of cones/floor tape. Students can do different movement tasks along the course, meet up, RPS and then continue towards the other team’s home. They can win an object and bring it back to their team.

**Horseshoe Noodle Hockey (elementary)**

Use one/two dodgeballs and try to score using pool noodles held at each end in a horseshoe shape. No kicking/contacting the ball with body. Goal is scored when it crosses a line or hits the wall on opposite side of gym. Rotate different squads into the goalie/protector positions.

## Mini Games and Warm-ups...& a couple of long duration games

In most of the following tag games the taggers use dodgeballs to tag (not thrown). Pinnies are not needed to designate taggers, any other "free" players are potential savers.

1. Flower tag: Take a knee when tagged, both arms up @ right angles, hands in fists. First saver taps one hand to "open the flower", another saver must open the other hand with a tap to set the player free. Change taggers often.
2. Moose and Rooster tag: Take a knee when tagged make moose antlers with both hands. First saver taps and shoulder, moose becomes a rooster (one hand on head). Second saver taps shoulder to set player free.
3. Human Pretzel tag: Sit on bum when tagged, fold arms across chest, lift feet off floor and cross legs. First saver taps shoulder to "untie" arms, second saver taps shoulder to untie legs and set player free.
4. Bad sandwich tag: Take a knee when tagged, hold hands out in front above and below each other with space between to form an "open sandwich". Saver adds something to your sandwich that's gross/stinky/etc. Player is free.
5. Speed walk tag: Players in pairs, designated A/B, side-by-side, one foot touching. Teacher calls either A or B, that player speed walks away with a five second head start. Then B gets to speed walk to try to tag. A tag must be made in ex) ten seconds. Both players take a knee if a tag is made. Mix up pairs, adjust the speed, etc.
6. Foxes and Chickens tag: Chickens must follow lines on floor, foxes/taggers cannot step on a line. Get tagged, take a knee and elbows out chicken wings! Tap to free.
7. Push up tag: Get in upper push up position when tagged. Freer gets to one knee in front and holds one hand in front. Player in pushup position alternate taps palm/back of hand of saver 2 or 3 times each side to get freed.
8. Big Ugly Circle Tag: When tagged take a knee and hold out arms to form a big half-circle. A freer arrives, takes a knee and forms the other half of the circle with their arms. Another freer arrives and steps through the hole/circle. Make it "electrified" so that the freer cannot touch the arms.
9. Partner Noodle tag: Played in pairs, with one noodle per pair. 15 second rounds of chase. Don't be left with the noodle in your hand at the end. Player without the noodle gets a point. Play three rounds, then switch up the pairs.
10. Hot Dog Tag: Tagged?-->lie on floor. One player lies beside as one bun, second player must lie on other side as other half of bun. All up and continue!
11. Kaboom Tag: Scatter 4-6 hula hoops on floor, designate two taggers, and 2-3 "Kaboomers". Players avoid being tagged by taggers and may stay in hula hoop safe zones. Limit hoops to 2-3 players depending on class size. "Kaboomers" help the taggers by placing a foot in a hoop and "Kabooming" the players out of the hoop. Players may

not return to the same hoop twice in a row. No time limit in hoops. The more kaboomers there are the less time the players have to stay safe in the hoops.

12. Motorbike tag: All players have a noodle. Motorbikers hold noodle with both hands like handlebars. Police wave noodle with one hand above their head like a siren. Police tag the speeding motorbikers!

### Other fun quick games...

13. Islands: Hula hoops on floor around gym. Teacher calls out a number. Students run to put one foot in a hula hoop (the island) within a countdown of five seconds that match the number that was called. Ex) "3" → each hoop must have three feet from three different students. Be sure to have a number of islands that does not allow the exact correct amount. There should be students without a hoop, or don't have enough to make the amt required. Vary the number called to mix things up. Play a few rounds without eliminating anyone, then play elimination style where students sit on bench as they get caught without a hoop. \*\*This game can also work while dribbling a basketball
14. Hula hoop twist and switch: one hoop per student. Students twist the hoop to get it spinning. They must switch with another student before it comes to rest. Each new twist must be with a different player.
15. Lily-pads: Variation A: Groups of 5 with four players continually adds hoops in front so the designated "frogger" can advance his/her way across gym. Variation B: four of the five players are froggers with only one player moving hoops to advance his/her team across gym.
16. Scarf switcheroo: Students in pairs, each with a scarf, facing each other. Scarves are tossed high, players switch and catch each other's scarf. Take one step further away if successful, toss and switch again. See how far apart pairs can get without letting the scarf hit the floor. This game also works in groups of 3's or 4's in triangles or squares.
17. Body part scarf run: Each student has one scarf, lined up beside each other along wall. Teacher calls out a body part, students need to cover that body part with scarf and run across gym without letting it land to the floor. Players are not allowed to hold, tuck in, or secure the scarf. Use: open hand, elbow, tummy, thigh, foot, bum, etc.
18. Alphabet aerobics: Pair off students and have them on opposite sides of the gym. On the call of an alphabet letter from the teacher, pairs run out, meet up at centre and form that letter with their bodies. They can stand, lie on the ground, etc. Give a time limit of x number of seconds.
19. Golden snitch: Five players wearing pinnies and one playing card each (avoid the face cards). Pinnie players run to avoid being tagged by everyone else. If tagged, the pinnied player shows the card/tells the tagger the number on the card trying not to disclose that card to anyone else. After a chaser has tagged all players carrying cards, that player should have added up the total of all the cards and tell the teacher (who knows the total amount already). Try to choose players who can last a while by avoiding being tagged.
20. Dice and bean bag race: Teams of 5-ish along the side line with six bean bags. Six cones mark each "level" that corresponds with a dice throw. First player rolls the dice, runs out to the point level with that numbered cone and places a bean bag on floor. \*\* Players

must always carry the dice with them \*\*. Hands dice to next player, he/she rolls dice, runs and places bean bag as long as that spot doesn't already have a bean bag. If it does match, that player runs out to that bean bag, touches it, runs back and hands off dice to next player. First team to have bean bags at all six levels wins. Second round of the game would be rolling the dice to collect the bean bags. Either way, the dice roller always runs out to a level with the dice to either place a new bean bag, or to touch a bean bag that's already there.

#### **Throwing games:**

21. Caterpillar Hoop Race: Groups of 5 with 4 hula hoops per group (any number of players works, just make sure you have one fewer hula hoops than players. Avoid groups bigger than six). Each player has their own bean bag. Single file line at first hula hoop (level 1). Successful underhand toss, pick it up, return to end of line. That player would be tossing for the level 2 hoop next turn. Any unsuccessful throw, pick up bean bag and run to touch opposite walls, or all four walls, etc. First player to successfully toss bean bag into all levels of hoops is the winner. Begin next game by stretching out the caterpillar a bit longer (greater distance between the hoops).
22. Hula hoop flip: Pairs of players with one bean bag per pair. All throwers begin along same line. Underhand toss bean bag into hoops. Successful throw → partner flips hula hoop once away from teammate. Thrower always runs to get his/her own bean bag. First pair to advance their hula hoop across a designated line is the winner. Second round reverse the roles and can A) start back at the beginning or...B) start with the farthest throws and work it back closer and closer until it reaches the thrower.
23. Tennis Ball Throw/Bounce/Roll: Partners opposite each other across gym. Teacher announces a three or four sequence pattern: ex) roll/throw/bounce. First player with tennis ball rolls ball to partner, second player throws it all the way back, original partner one-bounces the ball to the partner to complete. Partners can pick how close or how far they want to stand apart from each other, but must finish in their original positions on opposite side of the gym ex) basketball sidelines
24. Sticks (indigenous game). Pile of sticks in the middle of the gym. Teams of 4/5 players. First player runs to middle, balances one stick on back of hand/wrist and tosses into their air catching with same hand. Next player runs out and tries for two sticks, next player tries for three, etc. Unsuccessful catches means next player tries for the same amount. "X" number of minutes to see what team catches the most.

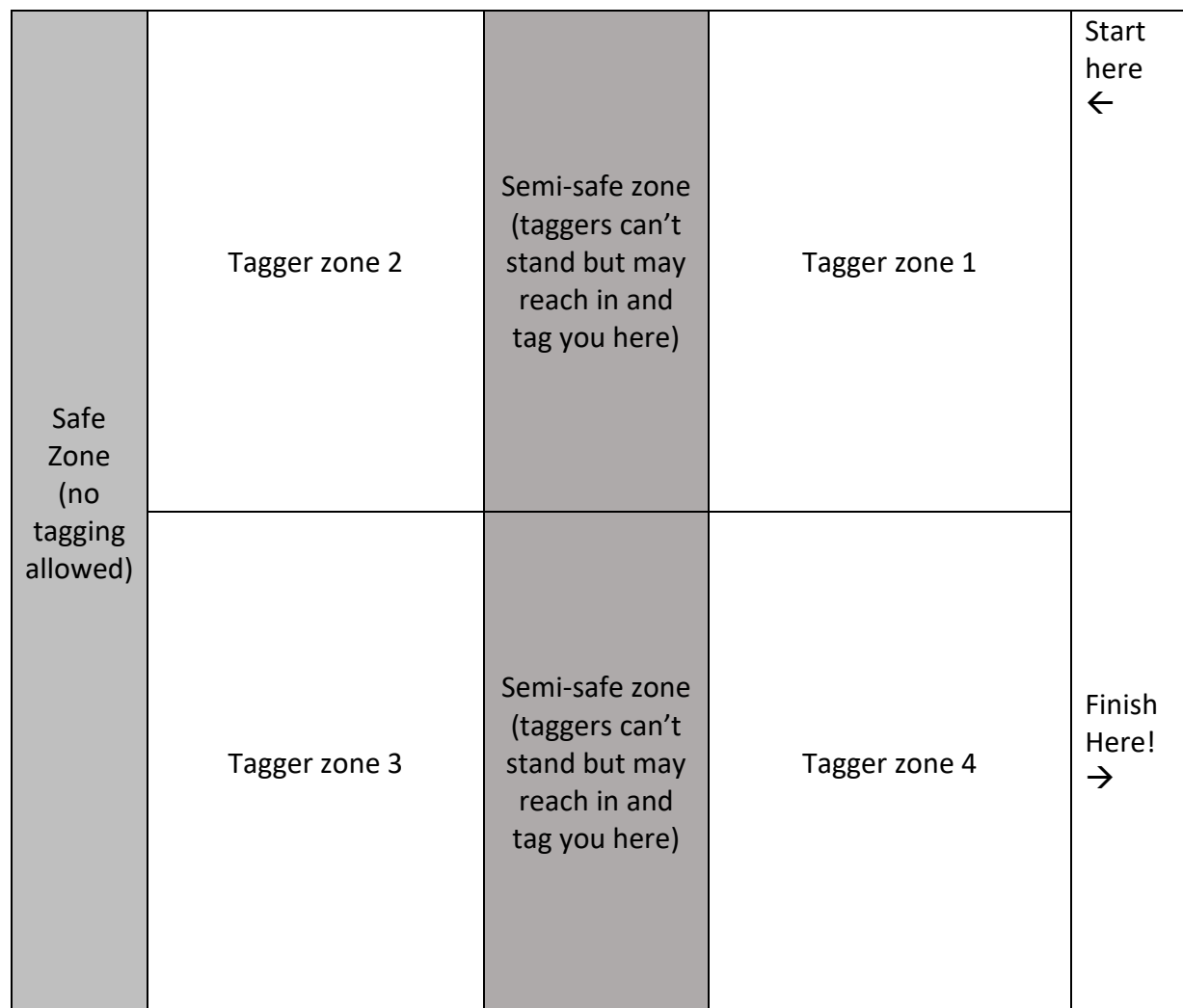


### Rock/Paper/Scissor games:

25. Rock Paper Scissors "Evolution". Select one player to be "Supreme Ruler" on the bench. All others are in pairs beginning as an "egg", crouched down low and do an RPS battle. Loser stays as an egg and must battle another egg. Winner becomes a chicken (stand with elbows out like a chicken) and battles another chicken. Winner becomes a crocodile (arms out like a big mouth) who finds another crocodile to battle. Winner becomes a giant (arms up high) who challenges the supreme ruler on the bench. If the Supreme ruler loses, he/she begins again as an egg and starts from the beginning. Any player losing an RPS battle goes back one "level of evolution" and fights a new battle vs. the same kind of player.
26. Rock Paper Scissor Cheerleader: Begin in pairs. Loser of RPS battle becomes the cheer leader for the winner and must follow that player cheering/pumping them up etc). Winner plays another winner with the losing players cheerleaders joining the new winner. Eventually two players will meet who have not lost a battle, each with a giant cheerleader squad. Game can also be played silent style/clapping only.
27. Surfer Dude (RPS variation). Players line up facing an opposite on each side of the center line. Jump three times then show: surfer, shark, or wave. Surfer beats wave, shark beats surfer, wave beats shark. Loser turns and runs from winner who chases to tag before designated line.
28. Rock Paper Scissor Tag: Like Everyone's It tag, but challenge people around the gym. Re-enter game when the player that beat you sits down.
29. Noodle Cannon: Teams of three. Player A holds a shortened pool noodle like a rocket (sideways on an angle). Player B gets ready to launch the noodle by hitting the base of the noodle with the palm of their hand. Player C catches noodle. The group advances their noodle across the gym in leap frog type fashion.

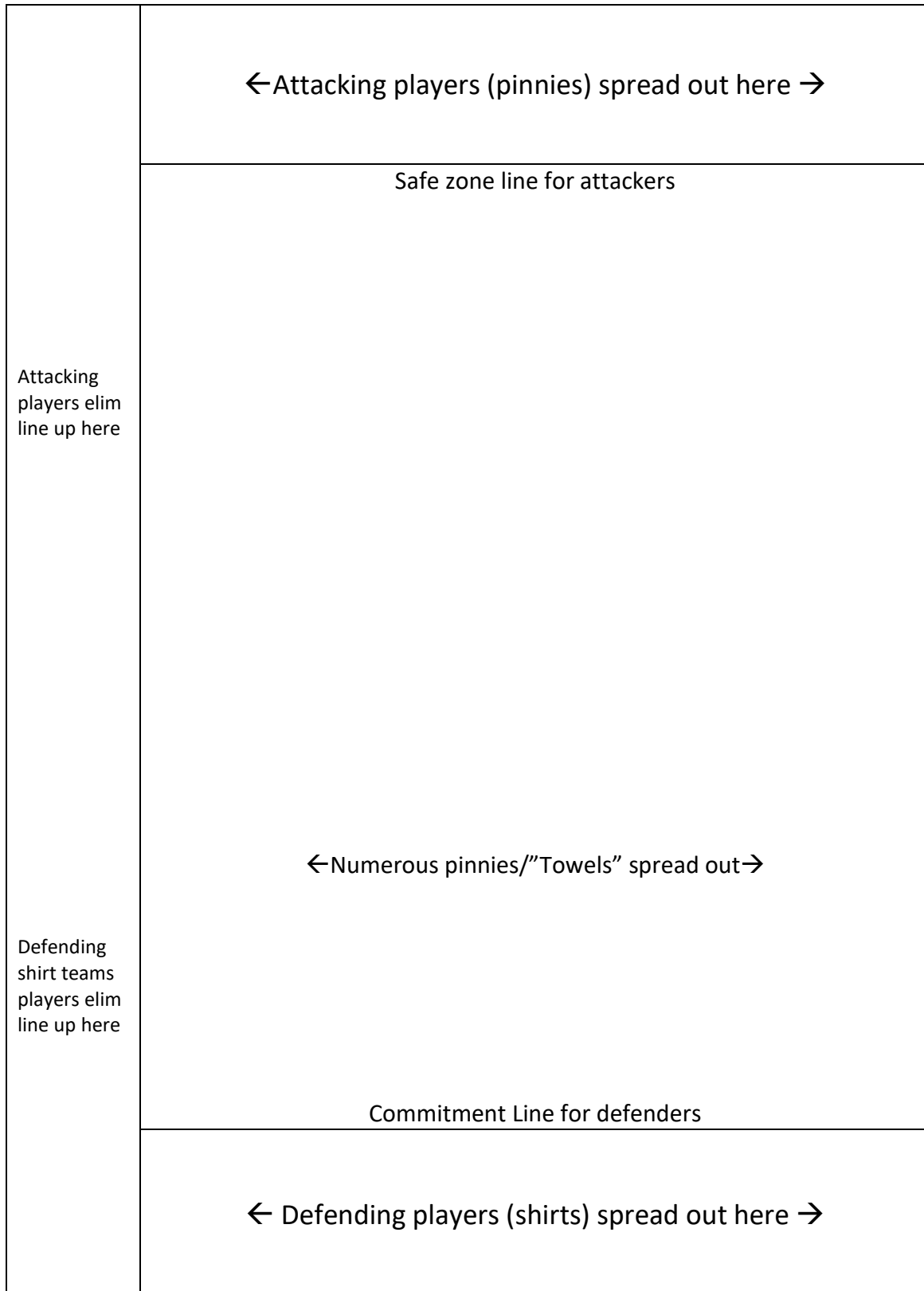
**Longer Duration Games:**

1. Gauntlet



Two taggers with pool noodles in each tagger zone. Players start at beginning and try to work their way through the four tagger zones without getting tagged with a noodle. Any number of players can go at any time. Get tagged...go back to beginning (variation: go back one level). Taggers must stay in zone but can reach into the "semi-safe" zone to tag as long as feet are still in their tagger zone. Depending on gym size, you may need to change these semi safe zones into full safe zones (can't be tagged). Try to get to finish line and begin again, counting how many times they can make it through in a designated amount of time. Change up taggers. Jessica Williams encourages playing Super Mario Bros. theme song throughout game!!

## 2. Towels



## **Towels:**

- a) Object of game: pinnied attacking players invade and bring back all the towels (pinnies) placed in front of defenders.
- b) As many attacking players can leave at the same time as they want and may return behind their safe line as often as they want
- c) Defending players must stand behind their commitment line. As soon as they step on/in front of commitment line that player **MUST** continue on and attempt to tag a single pinnie player. If they make one successful tag, that pinnie player goes to the holding zone along the side and the defending player who made the tag must re-set back to the beginning commitment line before trying to tag anyone else. If the defending player runs but does not make a successful tag before all of the attacking players retreat (they find themselves in the middle zone with no one to tag), the defending player goes to their holding zone. So...if only 3 attacking players advance out, there shouldn't be any more than three defenders moving out. Defenders can wait as long as they want before committing to a chase.
- d) Re-entry into the game: a rubber chicken (or something similar) is placed near the row of pinnies, somewhat closer to the invading attackers. If an attacking player successfully retrieves the chicken back to their side, all attacking players who were out on the side are now back in the game. If a defending chaser successfully tags the runner with the chicken, all of the defending players are now back in the game. Teacher adjusts the location of the chicken to allow the game to continue on (too many attacking players on the side line...move the chicken closer to their side)
- e) No hand-offs or passing of any towels or chickens!
- f) Players will eventually figure out how long to wait or who they can out run/catch and when to run.
- g) Teacher should call out players who are safe/out when learning the game since it may be hard for students to keep track when learning the game.
- h) \*\* COVID variation: Use pool noodles for tagging, set towels a bit further away from defenders.

# What's Missing?

A super fun game that encourages quick movement, thinking, and recall!

**Required equipment:** a barrier (blue gymnastics mat) and up to 10 different objects (be sure to include a couple of the same type of object, just a different colour (ex: yellow cone, red cone)

**Organization:** four to six teams

**Introduction of the game:** tell the class they will begin with memorizing five objects and will eventually work up to ten. The objects will be on the floor behind the barrier with one hidden behind your back. A player from each team at the opposite end of the gym will race down, look behind the barrier and be the first person to say what's missing. That person earns a point for their team.

**Progression:** For younger classes, begin by showing them the five objects and play with those. Practice by having them turn away when in their home squads and then hide one behind your back. Then they can all turn around and guess quickly.

Once playing the "full court game", introduce a new object as you go until you have all ten.

Older classes can begin with more or even the full ten right away. If you have the same type of object but two of different colours, try beginning the game with just one of them, then introduce the second colour later.

When you have two colours of the same object, the correct answer must include the colour as well as the object name ex: "Red pinnie".

**Basic Rules:** each player only gets one guess. If an incorrect guess is given, that player returns quickly and can send their next teammate. When a correct guess is given, hold up that object and call the team that won that point.

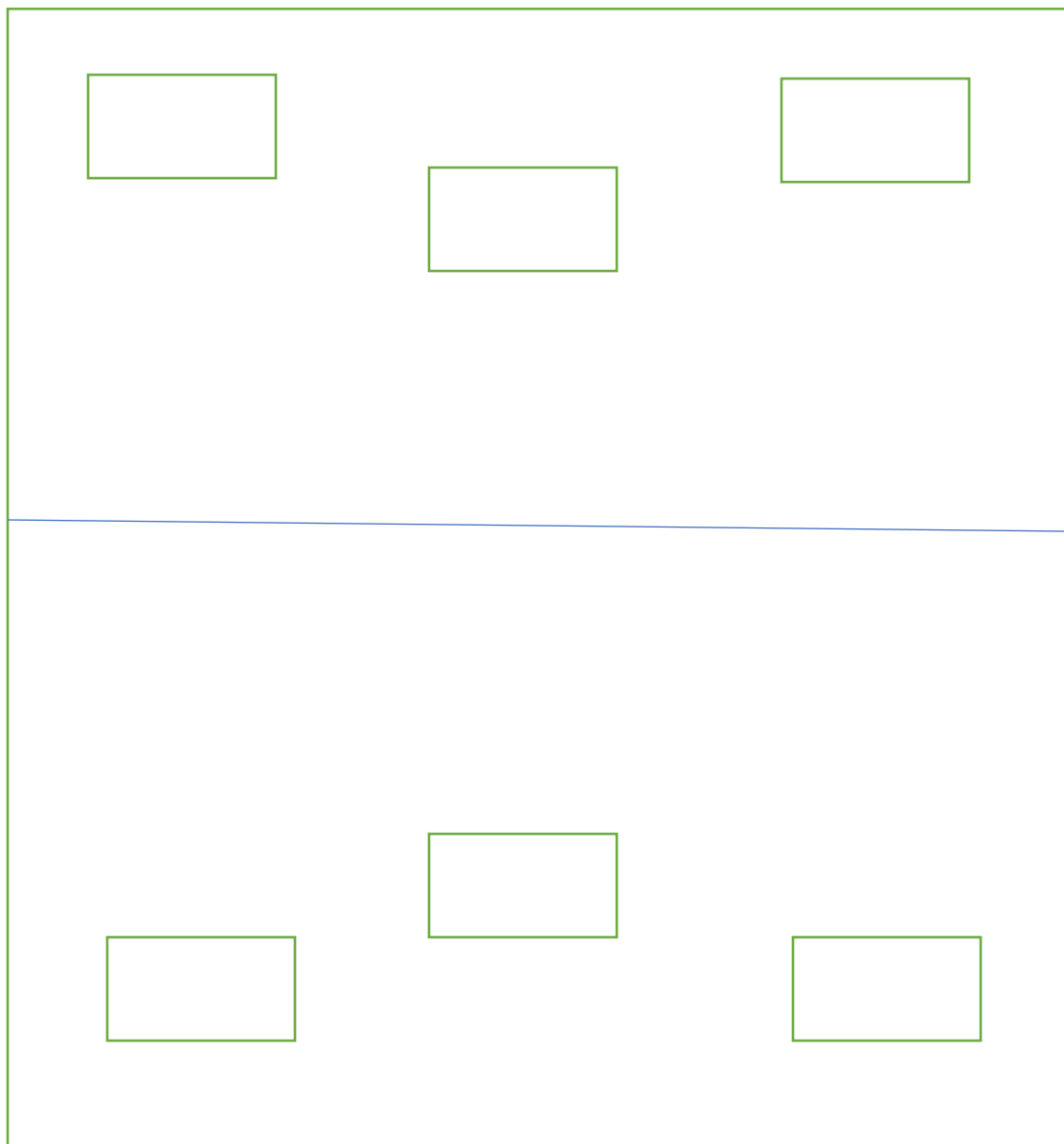
Version A/Younger players: Begin each new round on a "Go" signal.

Version B/Older players: Continuous play. Upon a correct guess, hold up the object, call the winning team and immediately the next players in line run out. Teacher should get the next object hidden behind their back quickly, because some teams may have players already on the go. Players may choose to run back and send their next teammate if they can't come up with the correct guess. Occasionally one object will stump all the players looking behind the barrier...the teacher can choose to send those players back or just wait for the players to figure out that they can return on their own.

Game can be played until a certain number of points are earned or for a set period of time.

## Three-zone Handball

1. Each of the three scoring zones/matts on each end is worth one point if a player successfully catches a ball with one foot on the mat.
2. Players may pass directly or bounce pass to teammates
3. Players may not run/take steps with the ball, but can pivot basketball style.
4. After a point, scoring team retreats to own half
5. Ref may determine ball possession if play gets loose/scrambly
6. One-on-one defence only, defender should guard against pass but is not allowed to strip/knock the ball out of players hands.



## Rock Paper Scissor Team Showdown!

Two even teams lined up facing each other at each end of gym. Divide evenly. Have students point at their opponent so they know who they are battling.

Battle zone at ctr line. On “battle” run to meet your opponent. Mix up the movement to center: jog, skip, hop, jump, slide, etc. Each pair does a No-touch RPS. (I like “rock paper scissor shoot”)

Version 1 Each battle has a task that the loser does (ex jumping jacks). Do X number of battles, then change the opponents around.

Or....

Version 2 Keep track of how many battle wins your team gets each round and first team that accumulates X number of points wins.

Or...

Version 3 Win the RPS battle, you stay in the game. Loser sits down. Next round, if my team wins 2 battles, two of my teammates in jail get to re-enter the game. Not quite sure how this version will play out or what may need modifying.

Or...

???

## Hula Hut Throwdown

Hula Hut Throwdown is a great game for overhand throwing practice and team cooperation. You'll need lots of hula hoops of the same size (or close to). Try for at least 30. We use 16 skittles at RTCS for targets. Lots of dodgeballs make for a fun game.

To build a Hula Hut six hoops are needed: one for the floor, four for the walls, and one for the roof. It is easier to build the hula hut with four walls of the same size. Keep odd sizes for the roof if possible.

### **The game:**

There are some versions on YouTube (ThePESpecialist) but they all have the same objective: be the team with the greatest number of hula huts built at the end of time. Class is divided up into two teams with these four basic player roles/jobs:

Scorer: throws balls at objects/into objects to earn hula hoops for your team

Builder: helps build the hula huts

Protector: helps defend the hula hut

Destroyer: throws balls at opposition huts to try to knock them down.

### **The setup/rules:**

Teams start off on each side of the gym with no hula hoops. Hula hoops are earned (at RTCS) by knocking over an opposition skittle (8 lined up for each team) by "scorers". One knocked over skittle earns that team one hula hoop. You can add other throwing targets. Ex) into the opposite side basketball hoop earns two hula hoops. As soon as a team earns six hoops, some players take over the "builder" role and build the hula hut anywhere on their side. They can then decide how many "protectors" they want to employ. The other team now has a new target that "destroyers" can aim for. If a destroyer successfully knocks down the hula hut, that player runs and collects the hoops and puts them back on the supply stack (big cone, T-ball stand, etc) at the sideline at center. If skittles are used as targets, they are always put back up right away so there are always the same number for each team. Teams reset their own skittles.

A hula hut cannot be repaired if it gets hit and begins to tilt. It's advisable to not allow the opposition team to throw at a hula hut while under construction. Teams will need to decide how many players to designate in each role based on game circumstances. The more protectors used results in fewer scorers/destroyers throwing balls. The fewer protectors defending a hut, the more likely it will get knocked down but that team may be earning a lot of hula hoops. At RTCS, players can change roles at any time. Depending on the circumstances, there may be varying number of players in each role (ex: if your team has no huts built, no one needs to be a protector...). When the supply of hula hoops run out, the game continues with strategy shifting to destroying huts to re-supply the stack.



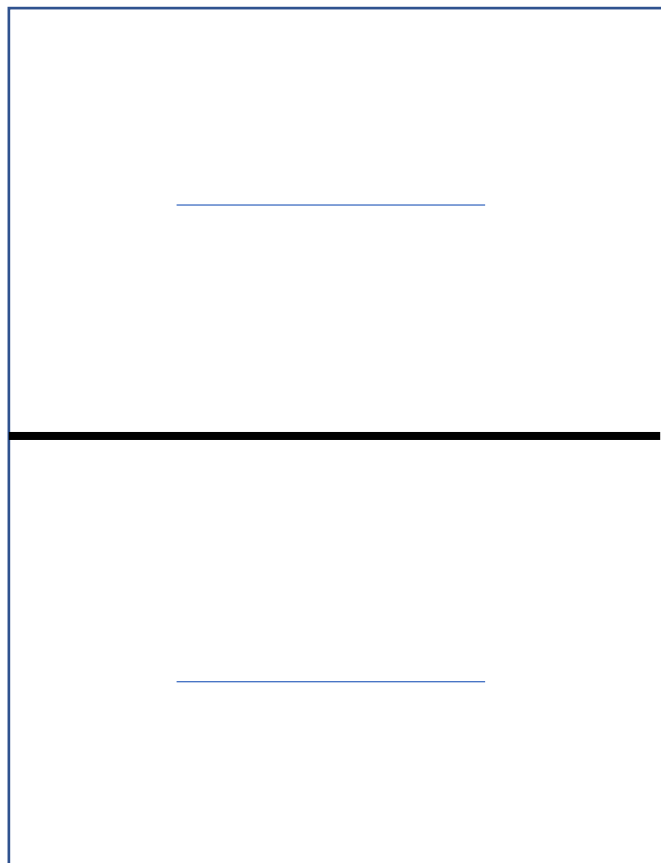
## **Hula Hut Teaching Progression**

1. All grade levels first practice building hula huts in small teams.
2. All grade levels then practice building and destroying their own hula hut in different corners of the gym.
3. Grades 3-5 can progress into the two-sided full game, with scoring targets included.
4. Grades K-2 after the small group building and destroying practice can add the scoring targets and just collect hula hoops until there are none left. The team with most hoops wins that round (no building or destroying or protecting)
5. Grades K-2 can then progress to building hula huts after every six collected (but no destroying yet).
6. Grades K-2 may be able to try the full version of the game with scoring, building, protecting and destroying.

## **Bench Ball (Not dodgeball style!)**

Divide class into two teams, one each side of the gym. Move one or two benches into roughly middle part of each side. Assign one player from each team to be the first receiver and stand on the opposite side bench. Distribute balls to everyone. On “go” players try to throw their ball to the receiver on the opposite side bench. If caught, the thrower joins the receiver on the bench and becomes another receiver/catcher. Players may only get balls from their side. No blocking of throws is allowed. The goal is to have your entire team on the opposite bench. Begin each new game by assigning a new first receiver. \* Stress to the class that the first one or two receivers can’t catch if all the balls are being thrown at the same time. Emphasize verbal communication, signals, and eye contact between the receivers and throwers.

Hint: younger classes need benches moved closer to centre line to allow underhand throwing and easier catching. Older students can have benches further away from center line. It can be easier to have the benches off-set in the beginning so that players are not throwing over each other (especially with primary grades). Or put all benches on same side to throw same direction.



## Horseshoe Hockey

1. Players must hold noodles with both hands in the shape of a horseshoe and keep this throughout the game. Noodles in a box in the equip. rm.
2. Players can hit, scoop the balls, but not grab and lift/run with the ball.
3. Players cannot intentionally play the ball with their feet
4. Players should stay on their feet to play the ball, and not fall to their knees/slide. Reminders first, then 60 second "penalty" on the bench. This is for safety to keep their heads away from feet and knees.

### Horseshoe Hockey Organization (modify for your gym space and layout)

1. For primary grades, put a bench on its side on walls #2 and #4 to act as the nets.
2. For intermediate grades, the entire end wall between the windows and equipment room door is the net, with the top of the net being the lowest panel seam (about 2' up from the floor)
3. Balance out the attendance squads as evenly as you can. Give each squad the same coloured noodle.
4. Send half of each squad to each side of the gym so that there are four different coloured noodles on each team.
5. Begin with one coloured noodle for goalies (ex. Orange noodles will be goalies on each net), then every 3 minutes or so, pause the game to change the colour for goalies. Rotate through all noodle colours so that everyone gets a chance to be goalie. There will be multiple goalies at each net all the time.

## Battleship

Two teams each defend their 8 wooden skittles lined up two steps behind their battleship made of four connected blue mats lined up behind and along the red line.

Objective of the game is to throw the dodgeballs to knock down all eight skittles of the other team to sink their battleship.

Each team has four “cruisers” on scooters that retrieve balls anywhere in the ocean (the whole gym) and re-supply their team of throwers on the blue mats. They may be on their bums, knees, or stomachs. No running and pushing the scooter. Rotate new cruisers every 3-4 minutes. Everyone takes a turn. Cruisers are not permitted to knock down opponents’ skittles (but may inadvertently knock down their own)

Players who leave their battleship to throw or retrieve a ball must go to a bench “island” and the only way to return to their ship is to be escorted back by one of their cruiser teammates.

Restart new game when all 8 skittles have been knocked down.

*Adapted/simpler version:* Play with no scooters and cruisers. Players may leave battleship mats to retrieve balls (on their own side) but must return to mats to throw. No blocking/guarding of skittles.

## **Games with playing cards:**

### **Go Fish**

Four squads line up relay style. Give each squad an Ace from the deck of cards to begin the game. Scatter the other 48 cards along one wall, face down almost the width of the gym. The goal is for a squad to get five of the same suit of cards. On "Go", first player from each squad runs to the cards and looks at one. If the suit matches, bring that card back. If it doesn't put it back on the floor face down, and then run back. Encourage the active player to carry the team cards with them so they always know which suit and how many they have. Team with 5 suits down to indicate they are finished. Game can begin without the Ace's being distributed, it's whatever suit the first player brings back is the suit for that team for that game. If you have a couple of Jokers (the cards, that is...) include them in the pile and call them "Wildcards". Those can be whatever suit the team is looking for.

### **Card shark**

Organize group into four teams, one team per corner of gym. Cards turned face down in a pile in the middle of the gym. The goal of the game is to be the first team to get the assigned card "Hand" ex 3-of-a-kind. Any of the hands from Poker are fun to play. First three cards must come from the middle; after that a team may steal from another team if they need that card. Hint: No stealing a card that breaks up a pair for hands like: two pair, three of a kind). Only one player per team goes out for cards at a time. This game works as a good warm up as well, just play 3 hands or so and you're done!

### **Exercise Deck**

Warm up activity for whole class: assign an exercise task for each suit (ex: hearts = burpees; diamonds = jumping jacks; clubs = plank; spades = mountain climbers). Student or teacher draws a card and the digit on the card = the number of reps for the suit. Face cards can be ten reps as well. Try to go through as many cards as they can or a pre-determined number of cards.