

# ANIMAL KINGDOM

## READY

**EQUIPMENT:**

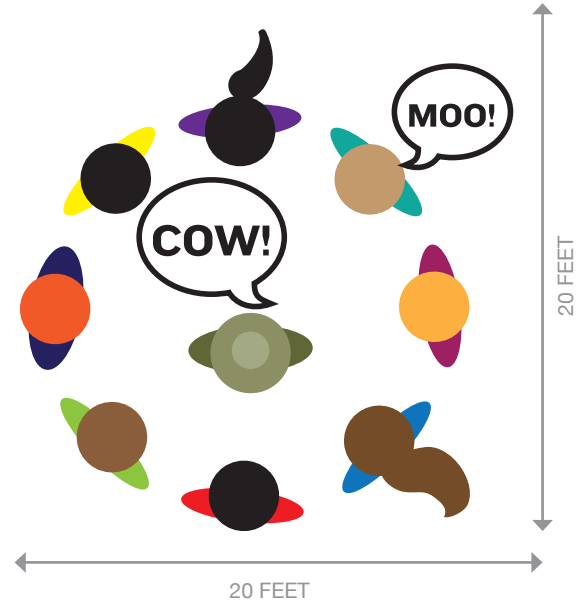
NONE

**SET-UP:**

CIRCLE BOUNDARY

**NUMBER OF PLAYERS:** 8 +

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Form a circle and stand 6 feet away from each other. Select one player to be the zookeeper, who will stand in the middle of the circle.
- 2 The zookeeper will close his or her eyes and instruct other players how to move around the circle (skip, run, jump, etc.). Make sure to keep your distance.
- 3 When the zookeeper is ready, he or she says, “freeze,” points to someone, and shouts out an animal.
- 4 If you are chosen, you have to make the sound of an animal that the zookeeper says.
- 5 The zookeeper has three chances to guess who made the sound.  
 Wi-fi (wireless high five or air five) the zookeeper.  
 The player who made the animal sound switches places with the zookeeper.

✓ **For Understanding:**

- How many guesses do you have?
- When can you go to the middle of the circle?

**GAME TIP:**

- Make sure the zookeeper closes his/her eyes.

**CONFLICT RESOLUTION TIP:**

- If the zookeeper points between two people, have them do rock-paper-scissors to determine who will make the animal sound.

**OUTDOOR TIP:**

- Change the movement of the circle.

**CATEGORY:**

CIRCLE

**ENVIRONMENT:**

- AUDITORIUM
- CAFETERIA
- CLASSROOM
- HALLWAY
- GYMNASIUM
- LIBRARY
- PLAYGROUND

**GRADES:**

K-8

**FITNESS FOCUS:**



**BACK-UP GAMES:**

- ALIEN
- RED HANDED
- RING BLING

## PLAY → REP IT OUT!

- **EASY:** Zookeeper will guess the noise.
- **MEDIUM:** Make the movement of the animal.
- **HARD:** Say the word like the animal.

# ANIMAL RELAY

## READY

**EQUIPMENT:**

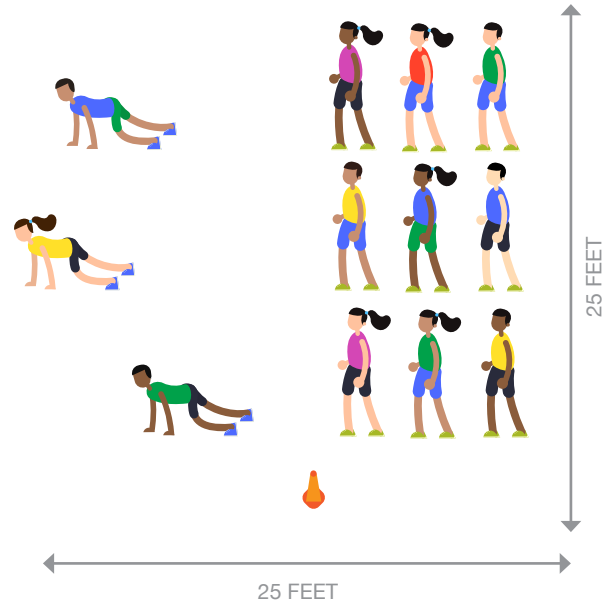
CONES OR TAPE

**SET-UP:**

PLAYERS LINE UP

**NUMBER OF PLAYERS:** 6+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players line up standing 6 feet away from each other. The leader will split players into teams of three and use cones to mark start and end lines.
- 2 The leader calls out an animal (cheetah, shark, elephant). When the leader says, “go,” the first students in line will act like the specified animal as they move toward the end cone.
- 3 They act like the animal on the way back to the start line. Once the player sits down at the end of his or her line, the next player goes.
- 4 The first team to have all players sitting down wins!

✓ **For Understanding:**

- What do you do when you get back to your line?
- What are you running toward?

**GAME TIP:**

- Demonstrate a round before students play.

**CONFLICT RESOLUTION TIP:**

- Have players cheer each other on.

## P LAY → REP IT OUT!

- **EASY:** Sloth: walk slowly
- **MEDIUM:** Rabbit: hop on two feet
- **HARD:** Crab: crab walk

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
 CAFETERIA,  
 GYMNASIUM,  
 HALLWAY,  
 PLAYGROUND

**GRADES:**

K-5








**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

# BODY BINGO

|  |   |   |   |  |
|--|---|---|---|--|
|  |   |   |  |  |
|   |  |   |  |  |
|  |   |   |   |  |
|  |   |   |  |  |
|  |   |  |   |  |

## READY

### EQUIPMENT:

CONES OR TAPE

### SET-UP:

PLAYERS FORM A CIRCLE

NUMBER OF PLAYERS: 8-12

TIME: 15 MINUTES +

## EXPLAIN

- 1 Instruct players to find their own space in the room, 6 feet apart from one another. You can use cones or tape to help designate appropriate spaces.
- 2 Hand out copies of body bingo boards and movement sheets, one per student.
- 3 The goal is to try to get body bingo, which is done by solving the math problems and doing the corresponding movements in each square on the board. A completed horizontal, vertical, or diagonal line gets you body bingo! .
- 4 To complete one square, first, solve the math problem. Next, do the exercise indicated in the square. The answer to the math problem is the number of repetitions the player must complete.

### ✓ For Understanding:

- How do you get body bingo?

### GAME TIP:

- Review your body bingo boards and movement sheets before playing to ensure an appropriate level of challenge for your players. You can also create your own boards and movements to increase or decrease challenge and extend the fun!

### CONFLICT RESOLUTION TIP:

- Assign bingo buddies, two students who are able to see one another, to keep everyone accountable. Bingo buddies can give each other a wi-fi (wireless high five or air five) every time one completes a square!

## PLAY → REP IT OUT!

- **EASY:** Players only need to complete four corners or one line, either horizontal, vertical, or diagonal.
- **MEDIUM:** Players must complete the whole card.
- **HARD:** Revise math problems so the solutions are higher numbers.

### CATEGORY:

CIRCLE

### ENVIRONMENT:

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 GYMNASIUM,  
 HALLWAY, LIBRARY,  
 PLAYGROUND

### GRADES:

K-8

### FITNESS FOCUS:



### BACK-UP GAMES:

ANIMAL KINGDOM  
 NAME AND MOTION  
 SQUEEZE

# BODY BINGO

## GRADES 3-5

- RULES:**
1. Complete each math problem and exercise across, down, or diagonally to get BINGO.
  2. Only correct answers and completed exercises will be accepted.
  3. Players who complete the entire card will get to be a recess helper.

**NAME:** \_\_\_\_\_ **SCHOOL:** \_\_\_\_\_ **CLASS:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

|  |  |  |  |  |
|--|--|--|--|--|
| $45 \div 5 = \underline{\quad}$<br>BICEP CURLS         | $35 - 8 = \underline{\quad}$<br>TUMMY TWISTS                     | $64 \div 8 = \underline{\quad}$<br>EAGLE TREE POSE | $22 + 10 = \underline{\quad}$<br>ANKLE CIRCLES (LEFT)  | $3 + 9 = \underline{\quad}$<br>RAISE THE ROOF              |
| $5 \times 3 = \underline{\quad}$<br>SQUATS             | $7 \times 4 = \underline{\quad}$<br>LUNGES                       | $77 - 29 = \underline{\quad}$<br>ARM CIRCLE        | $18 \div 3 = \underline{\quad}$<br>EAGLE TREE POSE     | $20 - 7 = \underline{\quad}$<br>SINGLE LEG BALANCE (RIGHT) |
| $15 + 15 = \underline{\quad}$<br>LUNGES                | $30 \times 0.1 = \underline{\quad}$<br>SINGLE LEG BALANCE (LEFT) | $7 + 7 = \underline{\quad}$<br>STAR POSE           | $50 \times 0.2 = \underline{\quad}$<br>SHOULDER BOUNCE | $36 \div 6 = \underline{\quad}$<br>SQUATS                  |
| $64 - 55 = \underline{\quad}$<br>BICEP CURLS           | $6 + 16 = \underline{\quad}$<br>ANKLE CIRCLES (RIGHT)            | $55 - 43 = \underline{\quad}$<br>ARM CIRCLES       | $14 + 11 = \underline{\quad}$<br>TUMMY TWISTS          | $60 \times 0.3 = \underline{\quad}$<br>STAR POSE           |
| $40 \times 0.4 = \underline{\quad}$<br>SHOULDER BOUNCE | $45 - 5 = \underline{\quad}$<br>TUMMY TWISTS                     | $70 \div 10 = \underline{\quad}$<br>CHILD'S POSE   | $55 - 33 = \underline{\quad}$<br>CHAIR POSE            | $5 + 16 = \underline{\quad}$<br>BICEP CURLS                |

# BODY BINGO

## GRADES 3-5



### SQUATS

1. Stand up and put your hands on your hips.
2. Slowly bend your knees.
3. Pretend to sit in a chair without sitting in the chair.
4. Stand up and repeat.



### TUMMY TWISTS

1. Sit up in your chair.
2. Twist your shoulder and body from left to right slowly.
3. Repeat several times.



### STAR POSE

1. Stand up nice and tall.
2. Spread out arms and legs as if you were a star.
3. Hold that pose.



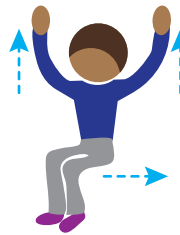
### ARM CIRCLES

1. Sit up nice and tall.
2. Stretch your arms up towards the ceiling.
3. Make small and large circles with your arms.



### EAGLE TREE POSE

1. Stand up and focus your eyes on something that does not move.
2. Cross one arm over another with your hands on your chest.
3. Slowly slide one foot up against the other leg to balance.
4. Repeat on the other side.



### CHAIR POSE

1. Stand up nice and tall.
2. Place your arms up towards the ceiling.
3. Slowly bend your knees.
4. Pretend to sit in a chair without sitting in the chair.
5. Hold that pose.



### LUNGES

1. Stand up nice and tall
2. Step one leg forward and keep one leg back.
3. Slowly bend your legs down and up.
4. Switch sides and repeat.



### ANKLE CIRCLES

1. Sit up nice and tall.
2. With one foot roll your ankle in a complete circle.
3. Repeat several times.



### BICEP CURLS

1. Stand up nice and tall.
2. Put arms straight out at your sides.
3. Slowly lift your arms up as you bend your elbows.
4. Slowly lower them back down to your sides.
5. Repeat.



### SHOULDER BOUNCE

1. Sit up nice and tall.
2. Bring your shoulders up towards your ears.
3. Drop them down.
4. Repeat.

# BODY BINGO

## GRADES 3-5

- RULES:**
1. Complete each math problem and exercise across, down, or diagonally to get BINGO.
  2. Only correct answers and completed exercises will be accepted.
  3. Players who complete the entire card will get to be a recess helper.

1

**NAME:** \_\_\_\_\_ **SCHOOL:** \_\_\_\_\_ **CLASS:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

|  |  |  |  |  |
|--|--|--|--|--|
| $45 \div 5 = \underline{\quad}$<br>BICEP CURLS         | $35 - 8 = \underline{\quad}$<br>TUMMY TWISTS                     | $64 \div 8 = \underline{\quad}$<br>EAGLE TREE POSE | $7 \times 4 = \underline{\quad}$<br>LUNGES             | $36 \div 6 = \underline{\quad}$<br>SQUATS                  |
| $40 \times 0.4 = \underline{\quad}$<br>SHOULDER BOUNCE | $45 - 5 = \underline{\quad}$<br>LUNGES                           | $70 \div 10 = \underline{\quad}$<br>CHILD'S POSE   | $18 \div 3 = \underline{\quad}$<br>EAGLE TREE POSE     | $5 + 16 = \underline{\quad}$<br>BICEP CURLS                |
| $5 \times 3 = \underline{\quad}$<br>SQUATS             | $22 + 10 = \underline{\quad}$<br>ANKLE CIRCLES (LEFT)            | $7 + 7 = \underline{\quad}$<br>STAR POSE           | $55 - 33 = \underline{\quad}$<br>CHAIR POSE            | $20 - 7 = \underline{\quad}$<br>SINGLE LEG BALANCE (RIGHT) |
| $64 - 55 = \underline{\quad}$<br>BICEP CURLS           | $6 + 16 = \underline{\quad}$<br>ANKLE CIRCLES (RIGHT)            | $55 - 43 = \underline{\quad}$<br>ARM CIRCLES       | $14 + 11 = \underline{\quad}$<br>TUMMY TWISTS          | $3 + 9 = \underline{\quad}$<br>RAISE THE ROOF              |
| $15 + 15 = \underline{\quad}$<br>__ LUNGES             | $30 \times 0.1 = \underline{\quad}$<br>SINGLE LEG BALANCE (LEFT) | $77 - 29 = \underline{\quad}$<br>ARM CIRCLES       | $50 \times 0.2 = \underline{\quad}$<br>SHOULDER BOUNCE | $60 \times 0.3 = \underline{\quad}$<br>STAR POSE           |

# BODY BINGO

## GRADES 3-5



### SQUATS

1. Stand up and put your hands on your hips.
2. Slowly bend your knees.
3. Pretend to sit in a chair without sitting in the chair.
4. Stand up and repeat.



### TUMMY TWISTS

1. Sit up in your chair.
2. Twist your shoulder and body from left to right slowly.
3. Repeat several times.



### STAR POSE

1. Stand up nice and tall.
2. Spread out arms and legs as if you were a star.
3. Hold that pose.



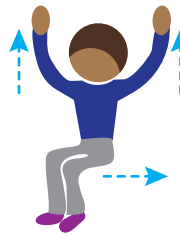
### ARM CIRCLES

1. Sit up nice and tall.
2. Stretch your arms up towards the ceiling.
3. Make small and large circles with your arms.



### EAGLE TREE POSE

1. Stand up and focus your eyes on something that does not move.
2. Cross one arm over another with your hands on your chest.
3. Slowly slide one foot up against the other leg to balance.
4. Repeat on the other side.



### CHAIR POSE

1. Stand up nice and tall.
2. Place your arms up towards the ceiling.
3. Slowly bend your knees.
4. Pretend to sit in a chair without sitting in the chair.
5. Hold that pose.



### LUNGES

1. Stand up nice and tall
2. Step one leg forward and keep one leg back.
3. Slowly bend your legs down and up.
4. Switch sides and repeat.



### ANKLE CIRCLES

1. Sit up nice and tall.
2. With one foot roll your ankle in a complete circle.
3. Repeat several times.



### BICEP CURLS

1. Stand up nice and tall.
2. Put arms straight out at your sides.
3. Slowly lift your arms up as you bend your elbows.
4. Slowly lower them back down to your sides.
5. Repeat.



### SHOULDER BOUNCE

1. Sit up nice and tall.
2. Bring your shoulders up towards your ears.
3. Drop them down.
4. Repeat.

# BODY BINGO

## GRADES 3-5

- RULES:**
1. Complete each math problem and exercise across, down, or diagonally to get BINGO.
  2. Only correct answers and completed exercises will be accepted.
  3. Players who complete the entire card will get to be a recess helper.

2

**NAME:** \_\_\_\_\_ **SCHOOL:** \_\_\_\_\_ **CLASS:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

|                            |  |                                  |                                      |   |
|----------------------------|--|----------------------------------|--------------------------------------|---|
| $55-33=$ _<br>CHAIR POSE   | $35-8=$ _<br>TUMMY TWISTS                      | $64\div 8=$ _<br>EAGLE TREE POSE | $7+7=$ _<br>STAR POSE                | $5+16=$ _<br>BICEP CURLS                |
| $5\times 3=$ _<br>SQUATS   | $22+10=$ _<br>ANKLE CIRCLES (LEFT)             | $36\div 6=$ _<br>SQUATS          | $18\div 3=$ _<br>EAGLE TREE POSE     | $60\times 0.3=$ _<br>STAR POSE          |
| $15+15=$ _<br>LUNGES       | $30\times 0.1=$ _<br>SINGLE LEG BALANCE (LEFT) | $70\div 10=$ _<br>CHILD'S POSE   | $50\times 0.2=$ _<br>SHOULDER BOUNCE | $77-29=$ _<br>ARM CIRCLES               |
| $64-55=$ _<br>BICEP CURLS  | $6+16=$ _<br>ANKLE CIRCLES (RIGHT)             | $55-43=$ _<br>ARM CIRCLES        | $14+11=$ _<br>TUMMY TWISTS           | $20-7=$ _<br>SINGLE LEG BALANCE (RIGHT) |
| $3+9=$ _<br>RAISE THE ROOF | $45\div 5=$ _<br>BICEP CURLS                   | $7\times 4=$ _<br>LUNGES         | $45-5=$ _<br>TUMMY TWISTS            | $40\times 0.4=$ _<br>SHOULDER BOUNCE    |



# BODY BINGO

## GRADES 3-5



### SQUATS

1. Stand up and put your hands on your hips.
2. Slowly bend your knees.
3. Pretend to sit in a chair without sitting in the chair.
4. Stand up and repeat.



### TUMMY TWISTS

1. Sit up in your chair.
2. Twist your shoulder and body from left to right slowly.
3. Repeat several times.



### STAR POSE

1. Stand up nice and tall.
2. Spread out arms and legs as if you were a star.
3. Hold that pose.



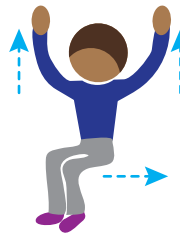
### ARM CIRCLES

1. Sit up nice and tall.
2. Stretch your arms up towards the ceiling.
3. Make small and large circles with your arms.



### EAGLE TREE POSE

1. Stand up and focus your eyes on something that does not move.
2. Cross one arm over another with your hands on your chest.
3. Slowly slide one foot up against the other leg to balance.
4. Repeat on the other side.



### CHAIR POSE

1. Stand up nice and tall.
2. Place your arms up towards the ceiling.
3. Slowly bend your knees.
4. Pretend to sit in a chair without sitting in the chair.
5. Hold that pose.



### LUNGES

1. Stand up nice and tall
2. Step one leg forward and keep one leg back.
3. Slowly bend your legs down and up.
4. Switch sides and repeat.



### ANKLE CIRCLES

1. Sit up nice and tall.
2. With one foot roll your ankle in a complete circle.
3. Repeat several times.



### BICEP CURLS

1. Stand up nice and tall.
2. Put arms straight out at your sides.
3. Slowly lift your arms up as you bend your elbows.
4. Slowly lower them back down to your sides.
5. Repeat.



### SHOULDER BOUNCE

1. Sit up nice and tall.
2. Bring your shoulders up towards your ears.
3. Drop them down.
4. Repeat.

# BODY BINGO

## GRADES 3-5

**RULES:**

1. Complete each math problem and exercise across, down, or diagonally to get BINGO.
2. Only correct answers and completed exercises will be accepted.
3. Players who complete the entire card will get to be a recess helper.

3

**NAME:** \_\_\_\_\_ **SCHOOL:** \_\_\_\_\_ **CLASS:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

|                                       |                                       |   |                                       |
|---------------------------------------|---------------------------------------|---|---------------------------------------|
| $55-43=$ _<br>ARM CIRCLES             | $7+7=$ _<br>STAR POSE                 | $55-33=$ _<br>CHAIR POSE                      | $5+6=$ _<br>BICEP CURLS               |
| $5 \times 3=$ _<br>SQUATS             | $22+10=$ _<br>ANKLE CIRCLES<br>(LEFT) | $20-7=$ _<br>SINGLE LEG<br>BALANCE<br>(RIGHT) | $60 \times 0.3=$ _<br>STAR POSE       |
| $6+16=$ _<br>ANKLE CIRCLES<br>(RIGHT) | $64 \div 8=$ _<br>EAGLE TREE POSE     | $50 \times 0.2=$ _<br>SHOULDER BOUNCE         | $40 \times 0.4=$ _<br>SHOULDER BOUNCE |
| $64-55=$ _<br>BICEP CURLS             | $15+15=$ _<br>LUNGES                  | $14+11=$ _<br>TUMMY TWISTS                    | $77-29=$ _<br>ARM CIRCLES             |
| $3+9=$ _<br>RAISE THE ROOF            | $45 \div 5=$ _<br>BICEP CURLS         | $45-5=$ _<br>TUMMY TWISTS                     | $18 \div 3=$ _<br>EAGLE TREE POSE     |

# BODY BINGO

## GRADES 3-5



### SQUATS

1. Stand up and put your hands on your hips.
2. Slowly bend your knees.
3. Pretend to sit in a chair without sitting in the chair.
4. Stand up and repeat.



### TUMMY TWISTS

1. Sit up in your chair.
2. Twist your shoulder and body from left to right slowly.
3. Repeat several times.



### STAR POSE

1. Stand up nice and tall.
2. Spread out arms and legs as if you were a star.
3. Hold that pose.



### ARM CIRCLES

1. Sit up nice and tall.
2. Stretch your arms up towards the ceiling.
3. Make small and large circles with your arms.



### EAGLE TREE POSE

1. Stand up and focus your eyes on something that does not move.
2. Cross one arm over another with your hands on your chest.
3. Slowly slide one foot up against the other leg to balance.
4. Repeat on the other side.



### CHAIR POSE

1. Stand up nice and tall.
2. Place your arms up towards the ceiling.
3. Slowly bend your knees.
4. Pretend to sit in a chair without sitting in the chair.
5. Hold that pose.



### LUNGES

1. Stand up nice and tall
2. Step one leg forward and keep one leg back.
3. Slowly bend your legs down and up.
4. Switch sides and repeat.



### ANKLE CIRCLES

1. Sit up nice and tall.
2. With one foot roll your ankle in a complete circle.
3. Repeat several times.



### BICEP CURLS

1. Stand up nice and tall.
2. Put arms straight out at your sides.
3. Slowly lift your arms up as you bend your elbows.
4. Slowly lower them back down to your sides.
5. Repeat.



### SHOULDER BOUNCE

1. Sit up nice and tall.
2. Bring your shoulders up towards your ears.
3. Drop them down.
4. Repeat.



### RAISE THE ROOF

1. Stand up nice and tall.
2. Lift hands up towards the ceiling, palms facing up.
3. Raise arms up and down.
4. Repeat several times.



### SINGLE LEG BALANCE

1. Stand up nice and tall.
2. Place arms out to the side.
3. Lift one leg off of the floor and hold.

# BUST A RHYME

## READY

**EQUIPMENT:**

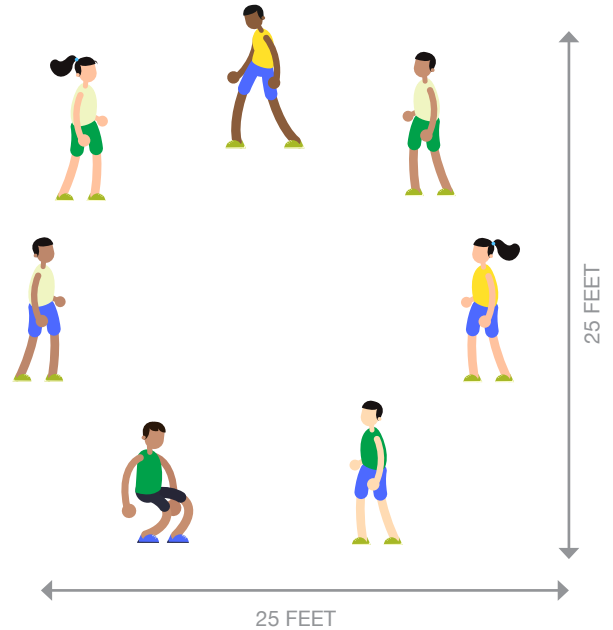
NONE

**SET-UP:**

PLAYERS FORM A CIRCLE

**NUMBER OF PLAYERS:** 5+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players form a circle standing 6 feet apart from one another.
- 2 The leader is the rhyme master. The rhyme master says a word, and the person to his or her right is going to say a word that rhymes with it. The rhyme will pass around the circle until it gets back to the leader.
- 3 If the group is successful, then the person to the leader's right becomes the new rhyme master.
- 4 If someone makes a mistake or uses a word that is not in the dictionary, then everyone will do five squats. In this instance, the player who made the mistake will become the new rhyme master.

✓ **For Understanding:**

- Which way does the rhyme pass?
- What happens if a player makes a mistake?

**GAME TIP:**

- Put a time limit on how long players have to think of a rhyme.

**CONFLICT RESOLUTION TIP:**

- Play rock-paper-scissors if there are any disputes.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 GYMNASIUM,  
 HALLWAY,  
 LIBRARY,  
 PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Players say two words that rhyme.
- **MEDIUM:** The rhyme must make it around the circle twice.
- **HARD:** The rhyme must make it around the circle three times.

# CLAP AND MOVE

## READY

**EQUIPMENT:**

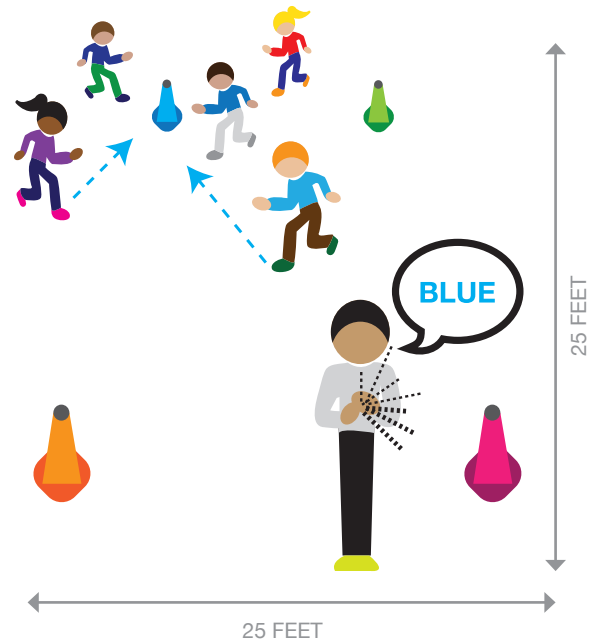
DIFFERENT COLORED CONES

**SET-UP:**

SQUARE OR RECTANGLE BOUNDARY

**NUMBER OF PLAYERS:** 10+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players line up and stand 6 feet away from each other.
- 2 The leader will clap three times, then say a color of one of the cones.
- 3 Players run to the cone of the color that the leader says without touching anyone. Only one person can be at a cone at a time.
- 4 The player that gets to the cone last does three toe touches, then rejoins the game.

✓ **For Understanding:**

- How many claps do players listen for?
- Point to the color cones.

**GAME TIP:**

- Players should always be standing 6 feet away from each other.

**CONFLICT RESOLUTION TIP:**

- Have players help you lead the game.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**  
 AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 GYMNASIUM,  
 HALLWAY, LIBRARY,  
 PLAYGROUND

**GRADES:**  
 K-3

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Dance to the cone.
- **MEDIUM:** Change the number of claps.
- **HARD:** Pick more than one color.

# CLASSY MOVES

## READY

**EQUIPMENT:**

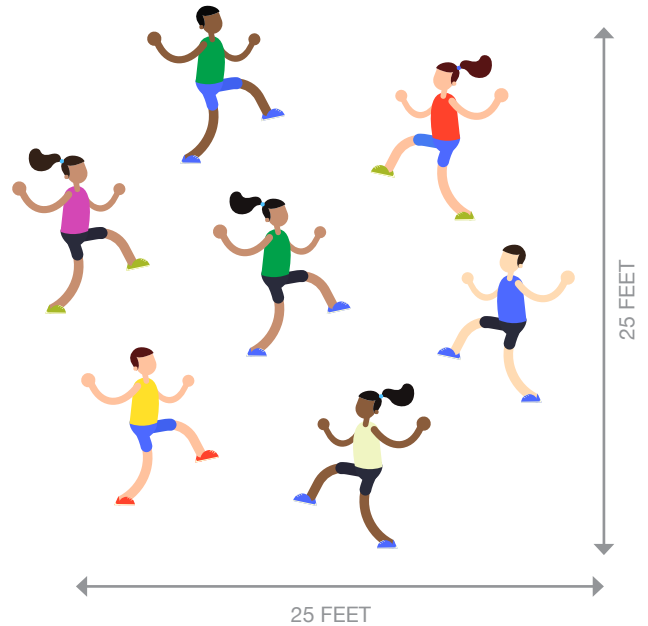
NONE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 10+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players form a circle standing 6 feet away from each other. The dance leader will be in the middle.
- 2 The dance leader will dance in the middle for 20 seconds.
- 3 Everyone must copy the dance leader's classy moves. Then it's someone else's turn
- 4 Continue until each player gets a chance to be the dance leader.

✓ **For Understanding:**

- Who should players be copying?
- How far apart should players stand?

**GAME TIP:**

- Demonstrate different types of dances before the game starts.

## PLAY → REP IT OUT!

- **EASY:** Have two dance leaders.
- **MEDIUM:** Players can only dance using their hands.
- **HARD:** Have two players dance battle.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 GYMNASIUM,  
 HALLWAY,  
 LIBRARY,  
 PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

# DETECTIVE

## READY

**EQUIPMENT:**

NONE

**SET-UP:**

PLAYERS FORM A CIRCLE

**NUMBER OF PLAYERS:** 10+

**TIME:** 10 MINUTES +

## EXPLAIN

- 1 Form a circle and stand 6 feet away from each other. I'm going to pick 1 "detective" that will leave the circle.
- 2 I'm going to pick 1 "leader" who will start making movements that everyone else in the circle will copy.
- 3 The "detective" starts in the middle; they have to find the "leader."
- 4 The "detective" has 3 guesses; after 3 guesses choose a new "leader" and "detective."

✓ **For Understanding:**

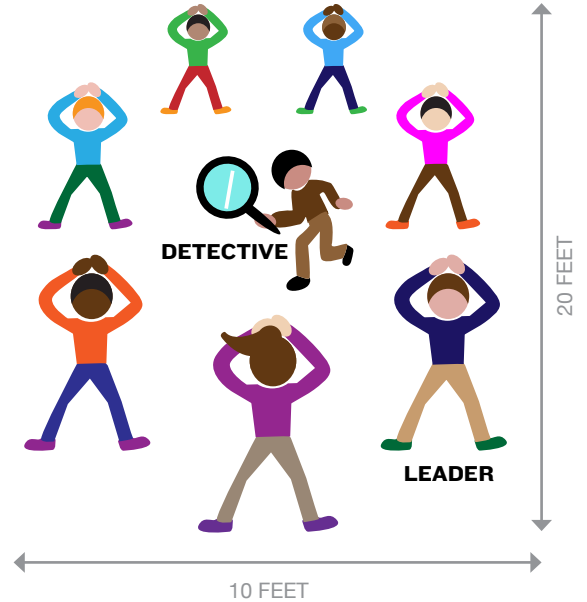
- How many guesses does the "detective" have?
- Who do the students need to copy?

**GAME TIP:**

- Tell students not to give away the "leader."

**CONFLICT RESOLUTION TIP:**

- Have students w-i-f-i each other.



**CATEGORY:**

CIRCLE

**ENVIRONMENT:**

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 HALLWAY,  
 GYMNASIUM,  
 LIBRARY,  
 PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ALIEN  
 COUNTDOWN

## PLAY → REP IT OUT!

- **EASY:** "Leader" can speak.
- **MEDIUM:** Have 2 "detectives."
- **HARD:** Have 2 "leaders."

# EXPLORERS

## READY

**EQUIPMENT:**

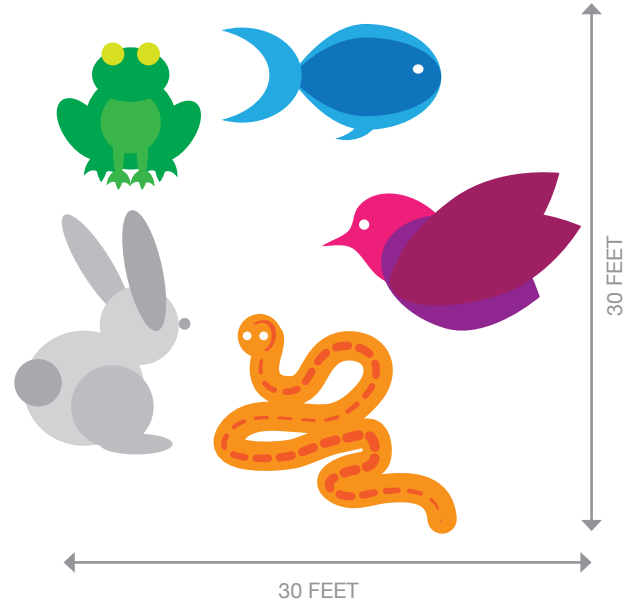
CONES

**SET-UP:**

HAVE PLAYERS STAND NEAR THEIR CHAIRS

**NUMBER OF PLAYERS:** 2+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players spread out 6 feet away from each other.  
The leader will place a cone in front of each player.
- 2 Players will do a lot of moving but will not move from their cone.
- 3 Players are going to explore a special place!  
(Leaders choose a forest, desert, or another place to explore).
- 4 Players listen for directions as they go on this adventure!
- 5 Coaches create a story with animals, objects, and movements that are in specific environments. For example, “Use your arms to swim in the river to see the fishes,” or, “I see a frog in the forest. Can you hop like a frog?”

✓ **For Understanding:**

- *Players, point to your cone.*
- *Can players move from their cone?*

**GAME TIP:**

- Pick animals and objects that are in specific environments. For example, “Use your arms to swim in the river to see the fishes,” or, “I see a frog in the forest. Can you hop like a frog?”

**CONFLICT RESOLUTION TIP:**

- Allow players to help you lead the game.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 GYM, HALLWAY,  
 LIBRARY,  
 PLAYGROUND

**GRADES:**

K-2

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Pick animals where players use their arms *only*.
- **MEDIUM:** Pick animals where players use their legs *only*.
- **HARD:** Pick animals where players have to use their arms and legs.



# FITNESS RELAY

## READY

**EQUIPMENT:**

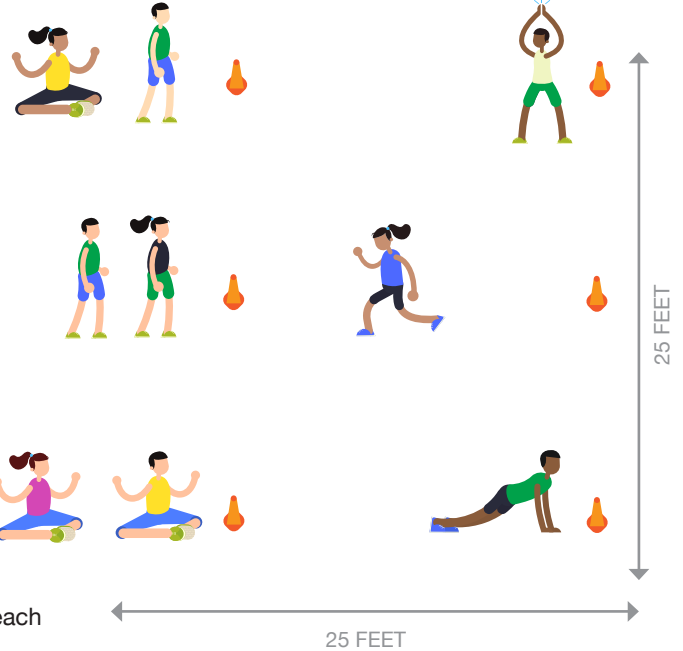
CONES OR TAPE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 6+

**TIME:** 15 MINUTES +



## EXPLAIN

- 1 Players line up standing 6 feet away from each other. The leader will split players into teams of three. Set up two cones in front of each team in a straight line to mark the start and end.
- 2 The leader calls out an exercise (three pushups, five jumping jacks, eight toe touches). When the leader says, “Go!” the first player in line will run to the second cone and perform the exercise.
- 3 After the player does the exercise, he or she runs to the back of the team’s line and sits down. Then, the next player in goes.
- 4 The first team to have all players sitting down wins!
- 5 The first team to have all players sitting down wins!

✓ **For Understanding:**

- What do you do when you get back to your line?
- Where are you running to?

**GAME TIP:**

- Demonstrate a round before beginning the game.

**CATEGORY:**  
BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
CAFETERIA,  
CLASSROOM,  
GYMNASIUM,  
HALLWAY,  
LIBRARY,  
PLAYGROUND

**GRADES:**

K–8

**FITNESS FOCUS:**



**BACK-UP GAMES:**

SPEEDWAY  
HIDING NEMO  
HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Skip.
- **MEDIUM:** Hop on two feet.
- **HARD:** Backpedal.

# FREEZE DANCE PARTY

## READY

**EQUIPMENT:**

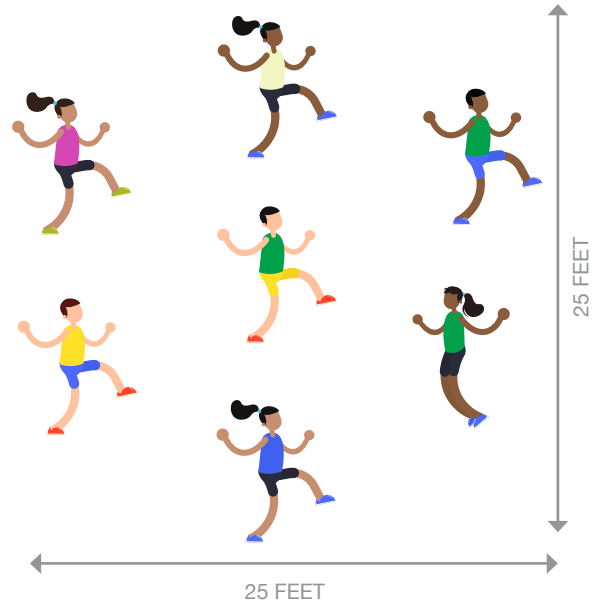
NONE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 10+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players line up standing 6 feet apart from each other.
- 2 It's time for a dance party! But it's not an ordinary dance party, it's a FREEZE dance party.
- 3 The facilitator is the freeze dance leader. When the leader starts dancing, everyone can dance!
- 4 When the freeze dance leader stops dancing, all players freeze and stop dancing.
- 5 If a players are caught dancing when they should be frozen, they do five jumping jacks, squats, or lunges.

✓ **For Understanding:**

- When do players dance? When do players freeze?
- What happens if players are dancing when they should be frozen?

**GAME TIP:**

- Add some music! When the freeze dance leader plays music, participants dance; the music is paused, players freeze.

**CONFLICT RESOLUTION TIP:**

- Only the freeze dance leader controls the dancing, but you can rotate who the freeze dance leader is so everyone can have a try.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**  
 AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 GYMNASIUM,  
 HALLWAY,  
 LIBRARY,  
 PLAYGROUND

**GRADES:**  
 K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** The freeze dance leader says, “freeze,” and stops dancing.
- **MEDIUM:** The freeze dance leader does not say, “freeze,” but stops dancing.
- **HARD:** The freeze dance leader rapidly switches between dancing and freezing to trick players.

# HEART SMART

## READY

**EQUIPMENT:**

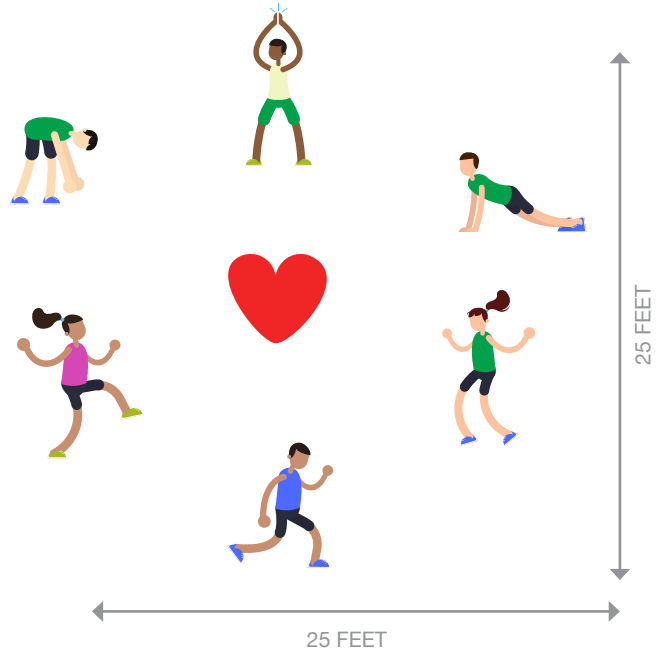
NONE

**SET-UP:**

PLAYERS SPREAD OUT

**NUMBER OF PLAYERS:** 10+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players spread out standing 6 feet away from each other.
- 2 The leader calls out things that are good for the heart (walking, running, vegetables, sports, fruits, dancing). When the leader calls out an item, players perform an exercise (pushups, jumping jacks, toe touches).
- 3 The leader also calls out things that are bad for the heart (smoking, germs, TV, fast food, soda). When the leader does this, players do not do anything.
- 4 If a player messes up, he or she does a silly dance, then rejoins the game.

✓ **For Understanding:**

- When the leader says, “strawberries,” what do you do?
- When the leader says, “flu,” what do you do?

**GAME TIP:**

- Demonstrate for players.

**CONFLICT RESOLUTION TIP:**

- Have players suggest things that are good or bad for the heart.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**  
 AUDITORIUM,  
 CAFETERIA,  
 GYMNASIUM,  
 HALLWAY,  
 PLAYGROUND

**GRADES:**  
 K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**  
 ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Jumping jacks
- **MEDIUM:** Plank
- **HARD:** Burpees

# HIGH WIRE

## READY

**EQUIPMENT:**

TAPE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 2 +

**TIME:** 10 MINUTES +

## EXPLAIN

- 1 Players line up and stand 6 feet away from each other.
- 2 Players imagine they are in the circus on the high wire (line of tape)!
- 3 Players' feet must stay on the high wire (line of tape) and follow the leader's directions.
- 4 Players must pay attention to the person in front of them so they are not too close to each other.
- 5 If a player steps off the high wire, he or she does five star jumps, then rejoins the game!

✓ **For Understanding:**

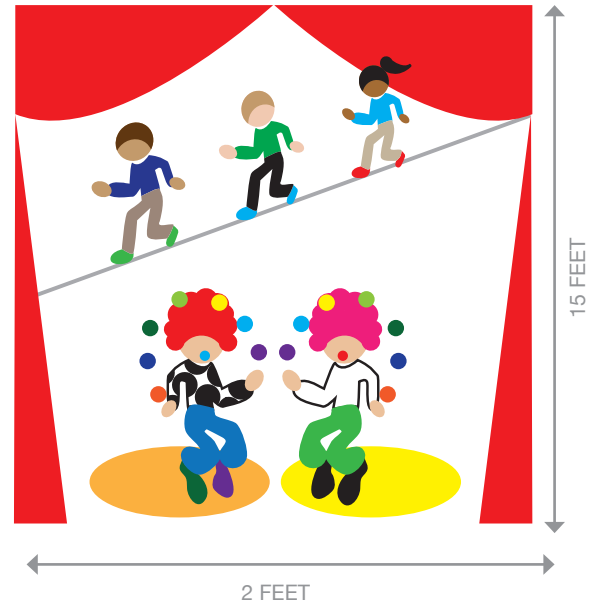
- Where must a each player's feet stay?
- What happens if a player steps off the high wire?

**GAME TIP:**

- The facilitator leads the group on the high wire.

**CONFLICT RESOLUTION TIP:**

- Play without elimination to avoid players becoming idle.



**CATEGORY:**

BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 GYMNASIUM,  
 HALLWAY, LIBRARY,  
 PLAYGROUND

**GRADES:**

K-2

**FITNESS FOCUS:**



**BACK-UP GAMES:**

CLAP AND MOVE  
 EXPLORERS  
 HIDING NEMO

## PLAY → REP IT OUT!

- **EASY:** Walk
- **MEDIUM:** Hop on two feet
- **HARD:** Balance on one foot

# HIT RECORD

## READY

**EQUIPMENT:**

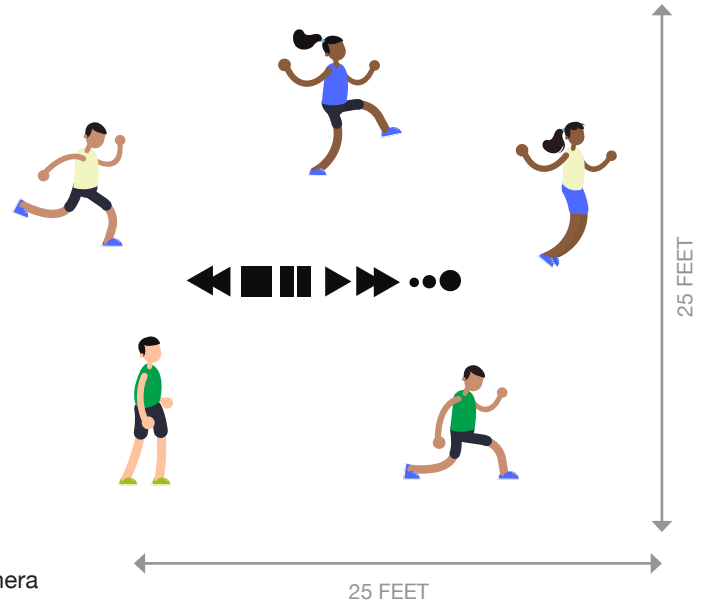
CONES OR TAPE

**SET-UP:**

PLAYERS SPREAD OUT

**NUMBER OF PLAYERS:** 10+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players spread out standing 6 feet away from each other.
- 2 The leader calls out controls that you would find on a video camera (play, stop, rewind, fast forward).
- 3 Each control has a related activity that players have to perform.
  - Play – walk around
  - Rewind – walk backward
  - Pause – jump
  - Fast forward – run
  - Stop – freeze
  - Slow-motion – slow movement
- 4 If a player messes up, he or she does five jumping jacks, then rejoins the game.

✓ **For Understanding:**

- When the leader says, “play,” what do you do?
- When the leader says, “pause,” what do you do?

**GAME TIP:**

- Demonstrate for players.

**CONFLICT RESOLUTION TIP:**

- Have players help you lead the game.

## PLAY → REP IT OUT!

- **EASY:** Play and stop
- **MEDIUM:** Pause and rewind
- **HARD:** Fast forward and slow motion

**CATEGORY:**  
**BEGINNER**

**ENVIRONMENT:**  
 AUDITORIUM,  
 CAFETERIA,  
 GYMNASIUM,  
 HALLWAY,  
 PLAYGROUND

**GRADES:**  
 K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**  
 ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

# HUNGRY WOLF

## READY

**EQUIPMENT:**

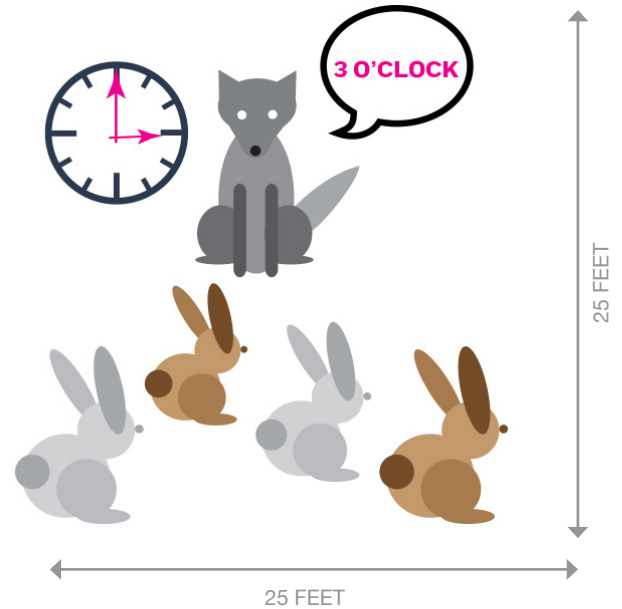
NONE

**SET-UP:**

PLAYERS FORM A CIRCLE

**NUMBER OF PLAYERS:** 4+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Instruct players to form a line standing 6 feet apart from each other. Players are the bunnies and the facilitator is the wolf. The goal is for the bunnies to avoid being tagged by the wolf.
- 2 To start, the facilitator says, “Hungry wolf, hungry wolf what time is it?” Whatever time the wolf says is the number of steps the bunnies take toward the wolf. For example: six o’clock = six steps.
- 3 If the wolf says, “It’s dinnertime,” the bunnies must run back to the start line before the wolf.
- 4 If the wolf gets to the line before a bunny, the bunny becomes a wolf and races the other bunnies.
- 5 The game ends when everyone becomes a wolf.

✓ **For Understanding:**

- What do players have to ask the wolf?
- What do you do when the wolf says DINNERTIME?

**GAME TIP:**

- Have the last bunny be the first wolf for the next round.

**CONFLICT RESOLUTION TIP:**

- Make sure students tag lightly with two fingers.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**  
 GYMNASIUM,  
 HALLWAY,  
 PLAYGROUND

**GRADES:**  
 K-8

**FITNESS FOCUS:**



**BACK-UP GAMES:**  
 ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** walk.
- **MEDIUM:** Hop on two foot.
- **HARD:** Skip.

# KITTY CAT CAREERS

## READY

**EQUIPMENT:**

CONES OR TAPE

**SET-UP:**

PLAYERS FORM A CIRCLE

**NUMBER OF PLAYERS:** 8-12

**TIME:** 15 MINUTES +

## EXPLAIN

- 1 Players form a circle standing 6 feet away from each other.  
The facilitator will place a cone in front of you. After setup is complete, the facilitator will stand in the middle of the circle and will be the first kitty cat.
- 2 The first kitty cat acts out a career without talking. Meowing is OK!  
For example, he or she acts out cutting someone's hair.
- 3 Players shout out their guesses.
- 4 When the kitty cat hears the correct response (in our example, hair stylist), he or she shouts, "Yes," and everyone sings, "Meow, meow, meow, meow, meow, meow, meow, meow, meow."  
Kitty Cat Careers! (clap, clap) Kitty Cat Careers!"
- 5 The person who guessed correctly moves to the middle of the circle and becomes the next kitty cat.

**✓ For Understanding:**

- *What do you do when you're the kitty cat?*

**GAME TIP:**

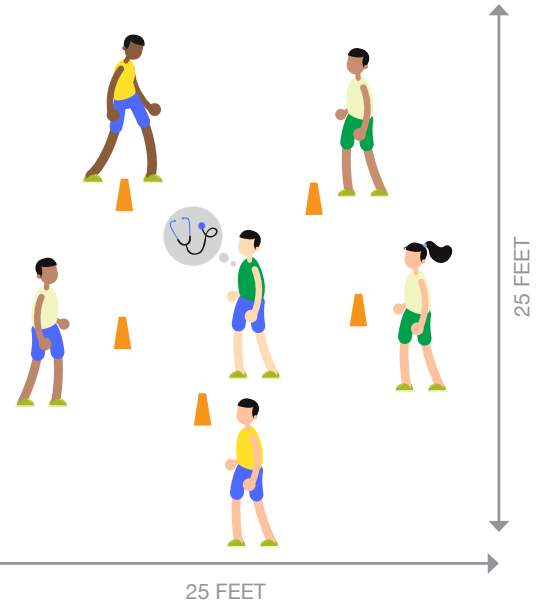
- Practice the song before starting the game

**CONFLICT RESOLUTION TIP:**

- If two players shout out the correct answer at the same time, have them play rock-paper-scissors to see who will be the next kitty cat.

## PLAY → REP IT OUT!

- **EASY:** Choose other animals to pretend to be when in the center of the circle.
- **MEDIUM:** No noises allowed!
- **HARD:** Put a time limit on how long each kitty cat can be in the middle.  
If no one guesses correctly, everyone does five jumping jacks!



**CATEGORY:**  
BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
CAFETERIA,  
CLASSROOM,  
GYMNASIUM,  
HALLWAY,  
LIBRARY,  
PLAYGROUND

**GRADES:**

K-8

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
HIDING NEMO  
HIGH WIRE





# LINE MATH

## READY

**EQUIPMENT:**

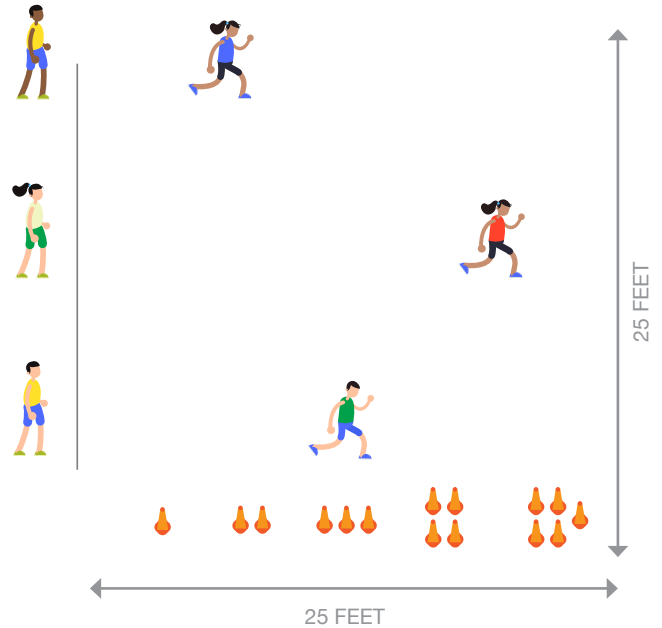
CONES OR TAPE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 10+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players line up standing 6 feet away from each other. The leader will split players up into teams of three.
- 2 The leader will set up five cones at different distances along one side of the gymnasium or playground.
- 3 When the leader calls out a math problem ( $2+1=?$ ), the first player in each line will run the distance to the answer. In this case, three cones.
- 4 Once the first players run back, the next player in each line will run when the leader calls out another math problem ( $8-6=?$ ). In this case, two cones.
- 5 Continue the relay until each player gets a chance to run, then start the next round.

✓ **For Understanding:**

- What is  $10-5$ ?
- What is  $2 \times 2$ ?

**GAME TIP:**

- Demonstrate a round before beginning the game.

**CONFLICT RESOLUTION TIP:**

- Have players cheer each other on.

## PLAY → REP IT OUT!

- **EASY:** Hop, kkip, or gallop.
- **MEDIUM:** Use multiplication.
- **HARD:** Use division.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**  
 GYMNASIUM,  
 PLAYGROUND

**GRADES:**  
 K-8

**FITNESS FOCUS:**

**BACK-UP GAMES:**  
 ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

# LION'S DEN

## READY

**EQUIPMENT:**

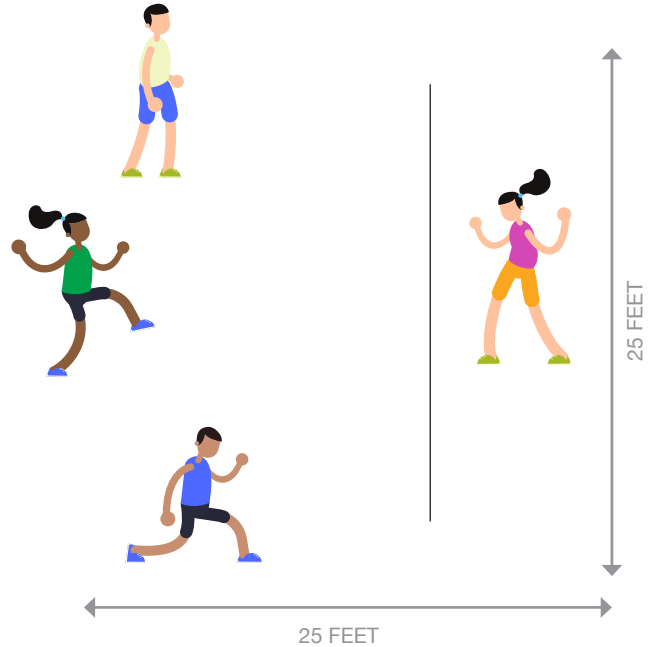
NONE

**SET-UP:**

PLAYERS FORM A CIRCLE

**NUMBER OF PLAYERS:** 4+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players line up standing 6 feet away from each other. Players are the hunters, and the leader is the lion.
- 2 When the lion is in its den, it goes to sleep. Hunters must silently tip-toe to try and make it past the den.
- 3 If the lion hears any noise, it will wake up and roar! The hunters must freeze. If a hunter is caught moving by the lion, he or she must return to the starting line.
- 4 The hunter that makes it past the den first becomes the new lion.

✓ **For Understanding:**

- How should hunters approach the lion?
- How does a hunter become a lion?

**GAME TIP:**

- Instead of going back to the starting line, have the hunter do an exercise and rejoin the game.

**CONFLICT RESOLUTION TIP:**

- Do not feed into any player arguments if he or she is caught moving. You get what you get, and you don't get upset.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**  
 GYMNASIUM,  
 HALLWAY,  
 PLAYGROUND

**GRADES:**  
 K-8

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Walk or side shuffle.
- **MEDIUM:** Freeze for 10 seconds.
- **HARD:** Freeze on one foot.

# MEMORY MAKING

## READY

**EQUIPMENT:**

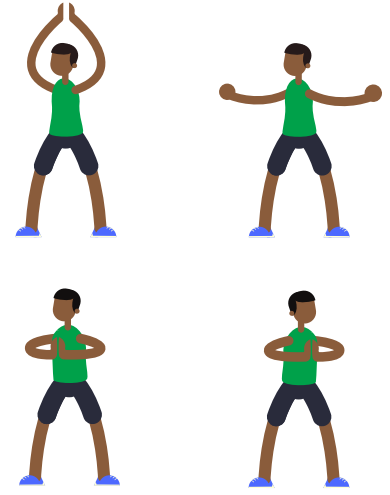
NONE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 5+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players line up standing 6 feet apart from one another.
- 2 Players will be doing a lot of moving, but they must stay in their spot.
- 3 The leader says, "I have been on a many different adventures recently, but I forgot my camera on every one! I need you to help me recreate some of my favorite moments so I can have some photos. I am going to describe some of my memories, and I need you to try and recreate them in 30 seconds using only your body and your imagination,"
- 4 The player who demonstrates moves closest to the leader's memory wins!  
All other players will do five star jumps.

✓ **For Understanding:**

- What are players using to recreate the memories?
- What happens if players are unsuccessful?

**GAME TIP:**

- The leader should ensure his or her memories have clear activities students can complete.

**CONFLICT RESOLUTION TIP:**

- Play rock-paper-scissors if the game is too close to call.

**CATEGORY:**  
BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
CAFETERIA,  
CLASSROOM,  
GYMNASIUM,  
HALLWAY,  
LIBRARY,  
PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
HIDING NEMO  
HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Describe memories that only use arms.
- **MEDIUM:** Describe memories that only use legs.
- **HARD:** Describe memories that have players moving their entire body.

# NAME AND MOTION

## READY

**EQUIPMENT:**

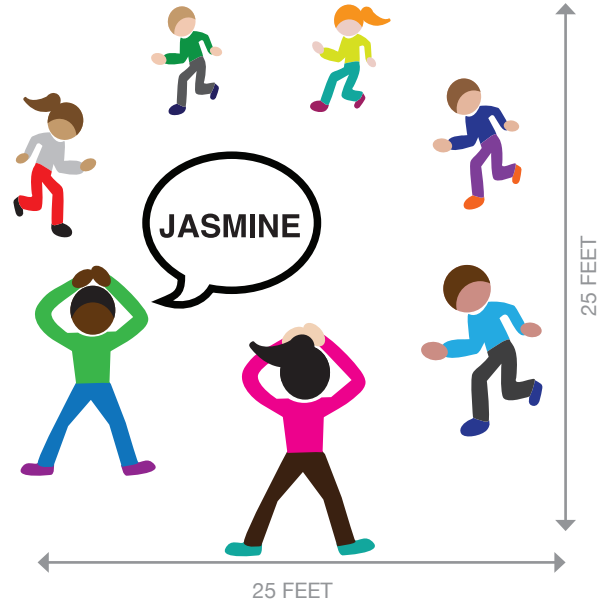
NONE

**SET-UP:**

PLAYERS FORM A CIRCLE

**NUMBER OF PLAYERS:** 5+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players form a circle and stand 6 feet away from each other. One player will say his or her name and do a motion or gesture.
- 2 The person on the right of that player will repeat the first player's name and motion.
- 3 The first player's name and motion will be repeated by each person in the circle.
- 4 When it gets back to the first player, everyone will repeat his or her name and motion as a group.
- 5 After the name and motion is said as a group, the cycle starts again with a different player.

✓ **For Understanding:**

- What do you do after you say your name?
- What is a gesture?

**GAME TIP:**

- Demonstrate different types of motions and gestures before the game starts.

**CONFLICT RESOLUTION TIP:**

- Have the players practice their motions before the game starts.

## PLAY → REP IT OUT!

- **EASY:** Have players do one motion..
- **MEDIUM:** Have players do two motions.
- **HARD:** Have players do three motions.

**CATEGORY:**

CIRCLE

**ENVIRONMENT:**

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 GYMNASIUM,  
 HALLWAY, LIBRARY,  
 PLAYGROUND

**GRADES:**

K-8

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ALL MY NEIGHBORS  
 COUNTDOWN  
 MEMORY BALL

# PASS THE MOVEMENTS

## READY

**EQUIPMENT:**

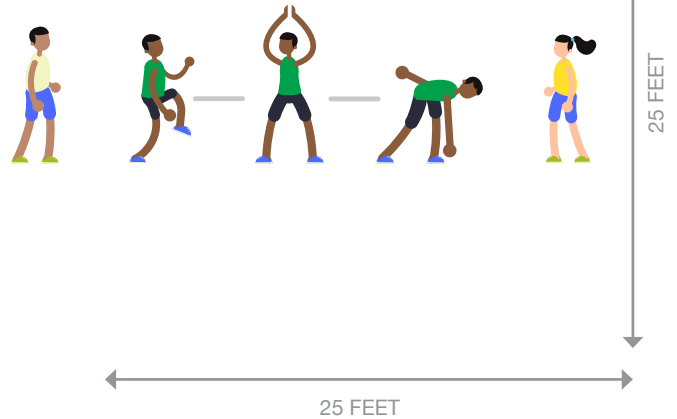
NONE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 10+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players line up behind the game leader, standing 6 feet apart from one another.
- 2 Players close their eyes. They can only open their eyes when they hear their name called.
- 3 The leader turns around and says the name of the person behind him or her. Once the player's eyes are open, the leader silently does a series of three movements that the player will need to memorize. After the leader completes the movements, he or she will turn around and face forward.
- 4 That player will turn to the person behind him or her and say that person's name. After the person's eyes are open, the first person will silently do the same series of three movements, and then turn and face forward.
- 5 Try and pass the motions from beginning to end without making a mistake, or else everyone does 10 jumping jacks!

✓ **For Understanding:**

- When do players open their eyes?
- What do you do after a player passes the motions?

**GAME TIP:**

- Have players say their names before playing.

**CONFLICT RESOLUTION TIP:**

- Allow every player to be the line leader.

**CATEGORY:**  
BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
CAFETERIA,  
CLASSROOM,  
GYMNASIUM,  
HALLWAY,  
LIBRARY,  
PLAYGROUND

**GRADES:**

K-8

**FITNESS FOCUS:**



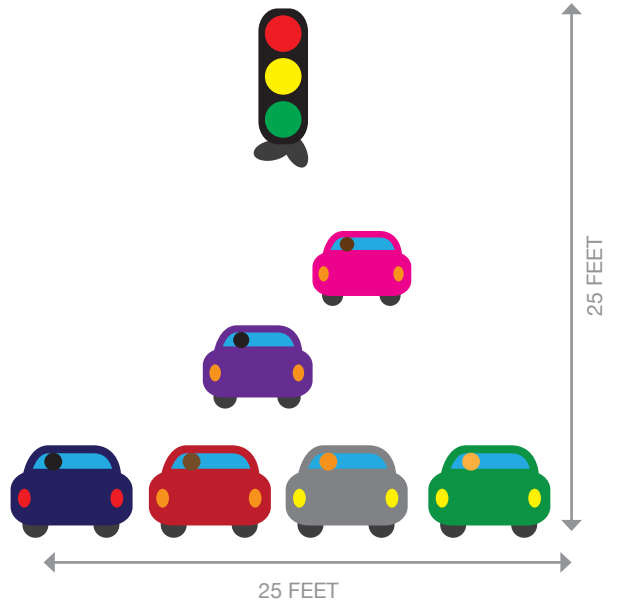
**BACK-UP GAMES:**

ANIMAL FARM  
HIDING NEMO  
HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Players can ask for the motions to be repeated once.
- **MEDIUM:** Players try and pass at least five motions.
- **HARD:** Players try and pass at least seven motions.

# RED LIGHT- GREEN LIGHT



## READY

### EQUIPMENT:

NONE

### SET-UP:

PLAYERS FORM A LINE

NUMBER OF PLAYERS: 15+

TIME: 10 MINUTES +

## EXPLAIN

- 1 Line up at the starting line! I am the “traffic light” and you are the “cars”.
- 2 When I turn around and say Green Light, you can move towards me.
- 3 When I turn back around and say Red Light, you must freeze.
- 4 If you are caught moving during a Red Light, return to the starting line.
- 5 If you tag the “traffic light”, then you become the new “traffic light”.

### ✓ For Understanding:

- On which light can you move?
- Point to the starting and finish lines.

### GAME TIP:

- Instead of going back to the starting line, have the player do an exercise and rejoin the game.

### CONFLICT RESOLUTION TIP:

- Do not feed into any player arguments if they are caught moving during a red light. “You get what you get and you don’t get upset.”

### INDOOR TIP:

- Have players tip-toe to lower the noise.

### CATEGORY:

ACTIVE LISTENING

### ENVIRONMENT:

GYMNASIUM

HALLWAY

PLAYGROUND

### GRADES:

K-5

### FITNESS FOCUS:



### BACK-UP GAMES:

COMMUNITY

HUNGRY WOLF

LION'S DEN

## PLAY → REP IT OUT!

- **EASY:** Walk or side shuffle.
- **MEDIUM:** Freeze for 10 seconds.
- **HARD:** Freeze on 1 foot.

# RIVER BANK

## READY

### EQUIPMENT:

CONES OR TAPE

### SET-UP:

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 10+

**TIME:** 15+ MINUTES

## EXPLAIN

- 1 Instruct students to put their toes on the line and face the facilitator (you).
- 2 The facilitator will call out “river,” “bank,” or “riverbank.”
- 3 Players hop forward when they hear “river” and backward when they hear “bank.”
- 4 When the facilitator calls out, “riverbank,” players hop sideways with one foot in the river and one foot in the bank.
- 5 If a player makes a mistake, he or she will do five jumping jacks or a silly dance before rejoining the game.

### ✓ For Understanding:

- What do you do when you hear ‘river’?
- What do you do when you hear ‘bank’?

### GAME TIP:

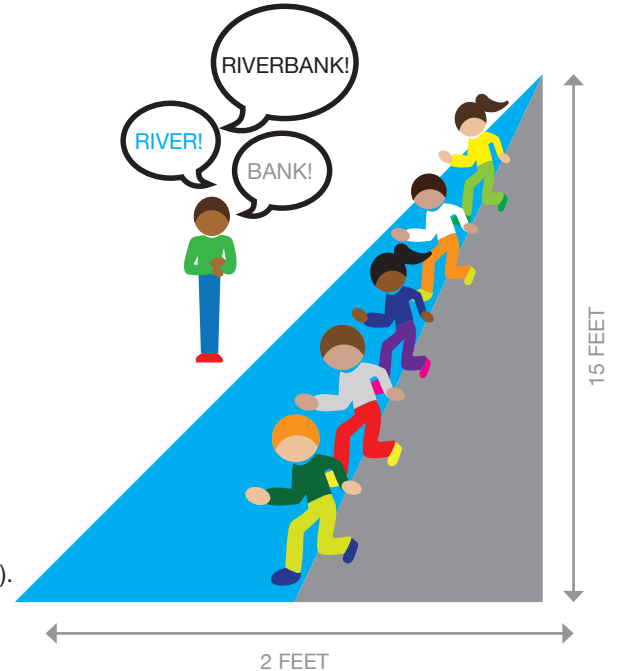
- Have a little space to move? Change “river” and “bank” to two designated walls in the room to get players moving. When you say, “riverbank,” players can rush to a designated spot in the middle of the two.

### CONFLICT RESOLUTION TIP:

- Keep yourself as the line leader so students avoid fighting for the role.

### OUTDOOR TIP:

- Form a circle



### CATEGORY:

ACTIVE LISTENING

### ENVIRONMENT:

AUDITORIUM,  
CAFETERIA,  
CLASSROOM,  
HALLWAY,  
GYMNASIUM,  
LIBRARY,  
PLAYGROUND

### GRADES:

K-5

### FITNESS FOCUS:



### BACK-UP GAMES:

SHIPWRECK  
SIMON SAYS  
SUN, MOON, EARTH

## PLAY → REP IT OUT!

- **EASY:** Step forward and backward in response to commands.
- **MEDIUM:** Run in place while waiting for the command.
- **HARD:** Hop on one foot when commands are given.

# SHOW ME YOUR MOVES

## READY

**EQUIPMENT:**

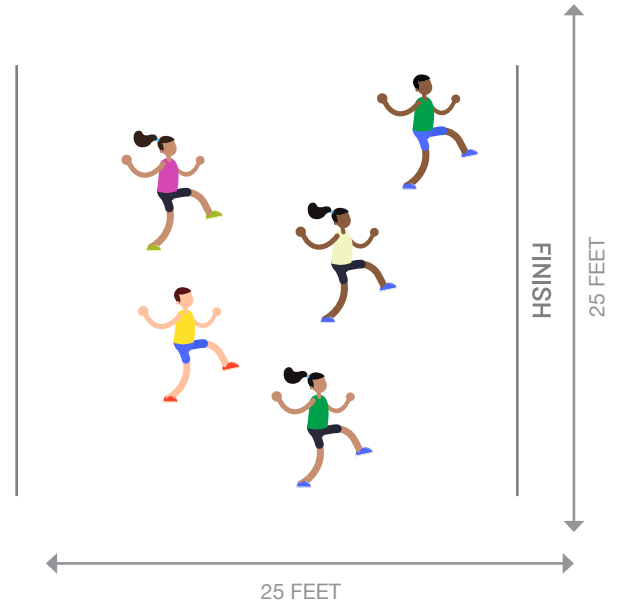
CONES OR TAPE TO MARK START AND FINISH LINE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 2+

**TIME:** 5 MINUTES +



## EXPLAIN

- 1 Players line up at the start. Stand 6 feet away from each other.
- 2 Players listen to the leader. Players will demonstrate designated moves.
- 3 The leader will call out a movement (walk, hop, etc), and players will do that movement to the finish line, then back to the starting line. Make sure to stay 6 feet apart!
- 4 Players must be prepared! The leader can change up the movement as you're moving.
- 5 If a player misses a movement, he or shee will do five jumping jacks or 5 seconds of silly dancing!

✓ **For Understanding:**

- Who determines the movements?
- Where is the finish line?

**GAME TIP:**

- Ask players to show you their moves and use those movements in the game to encourage participation.

**CONFLICT RESOLUTION TIP:**

- Give everyone an opportunity to choose the movement.

## PLAY → REP IT OUT!

- **EASY:** Players listen and watch for the movements.
- **MEDIUM:** Players watch the leader for the movements.
- **HARD:** Players do the movements backward.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 GYMNASIUM,  
 HALLWAY,  
 LIBRARY,  
 PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

SPEEDWAY  
 HIGH WIRE



# SIMON SAYS

## READY

**EQUIPMENT:**

NONE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 4+

**TIME:** 10 MINUTES +

## EXPLAIN

- 1 Players line up standing 6 feet away from each other.
- 2 The leader is Simon. Players must listen carefully.
- 3 When players hear, "Simon says," they must do that movement.
- 4 Do not do any movements without hearing, "Simon says."
- 5 If a player messes up, he or she runs in place, then rejoin the game.

✓ **For Understanding:**

- What do you do when you hear, "Simon says"?
- What do you do if you mess up?

**GAME TIP:**

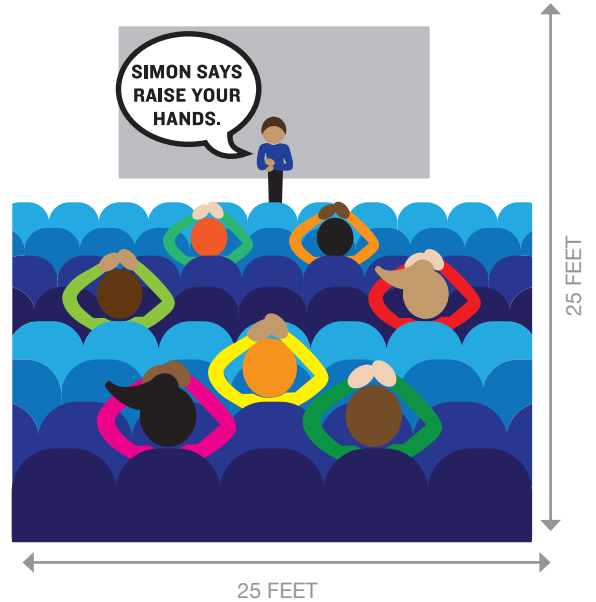
- Increase the pace and do the actions to keep challenging the players.

**CONFLICT RESOLUTION TIP:**

- Play non-elimination to avoid idleness.

## PLAY → REP IT OUT!

- **EASY:** Say the commands slowly.
- **MEDIUM:** Increase the speed of the commands.
- **HARD:** Add different movements into the game.



**CATEGORY:**  
ACTIVE LISTENING

**ENVIRONMENT:**

AUDITORIUM  
CAFETERIA,  
CLASSROOM  
HALLWAY,  
LIBRARY,  
PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

SPARK  
TEMPLE RUNNER  
UP, DOWN, JUMP,  
CLAP

# SPEEDWAY

## READY

**EQUIPMENT:**

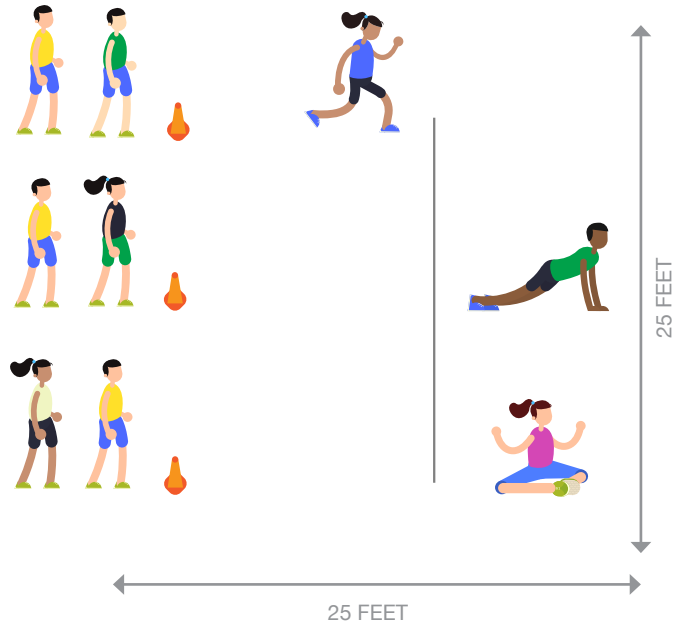
CONES OR TAPE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 10+

**TIME:** 15 MINUTES +



## EXPLAIN

- 1 Players line up standing 6 feet away from each other. Split players into four teams. Place a cone in front of each team.
- 2 The leader will create a racetrack with tape pointing in the direction players have to run.
- 3 When the leader says, “Start your engines!” the first player on each team steps onto the track.
- 4 When the leader says, “Go!” the player runs a lap, goes to then end of his or her team’s line, does five jumping jacks, then sits down. Then, the next player in line goes.
- 5 The first team to have all players sitting down wins!

✓ **For Understanding:**

- Which way do you run on the track?
- What do you do when you get back to your line?

**GAME TIP:**

- Mix up the movements players do at the end of the line to keep the game fresh and to help players exercise different muscles in their bodies.

**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**  
 GYMNASIUM,  
 PLAYGROUND

**GRADES:**  
 K-8

**FITNESS FOCUS:**



**BACK-UP GAMES:**  
 ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Skip.
- **MEDIUM:** Hop on two feet.
- **HARD:** Backpedal.

# STEAL THE BACON

## READY

### EQUIPMENT:

CONES OR TAPE

### SET-UP:

PLAYERS FORM A LINE

NUMBER OF PLAYERS: 6+

TIME: 10+ MINUTES

## EXPLAIN

- 1 Players line up and stand 6 feet away from each other. Form two teams. Each team lines up on the sidelines.
- 2 The leader will give each player a number. Players must remember their number.
- 3 When players hear their number, they run towards the bacon (cone or tape), tap it with their foot, and run back to their team's line.
- 4 The first player to run back and sit down gets one point.
- 5 The team with the most points wins!

### ✓ For Understanding:

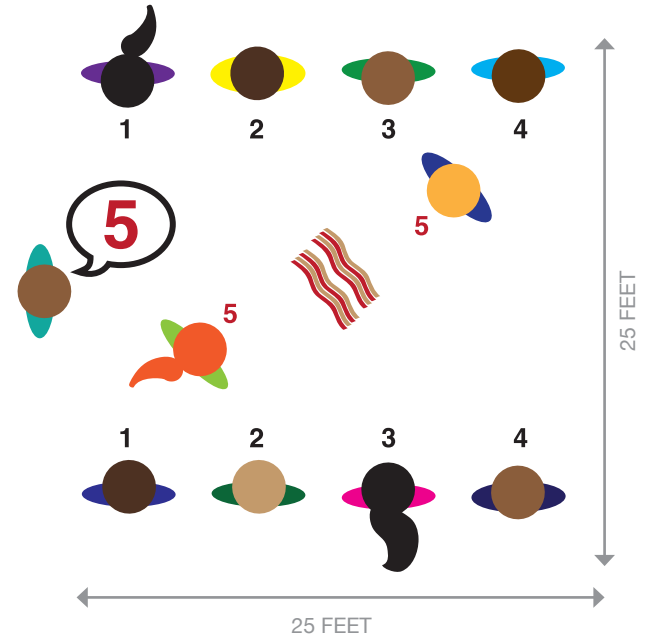
- Show your number with your fingers.
- Point to the bacon.

### GAME TIP:

- Have players say their number and point to the person who has their same number.

### CONFLICT RESOLUTION TIP:

- Tell players that the score will be rolled over to the next day so there are no winners or losers.



### CATEGORY:

ACTIVE LISTENING

### ENVIRONMENT:

AUDITORIUM,  
CAFETERIA,  
CLASSROOM,  
HALLWAY,  
GYMNASIUM,  
LIBRARY,  
PLAYGROUND

### GRADES:

K-8

### FITNESS FOCUS:



### BACK-UP GAMES:

PS RUMBLE

SIMON SAYS

UP, DOWN, JUMP,  
CLAP

## PLAY → REP IT OUT!

- **EASY:** Run
- **MEDIUM:** Hop
- **HARD:** Backpedal

# STICKS

## READY

**EQUIPMENT:**

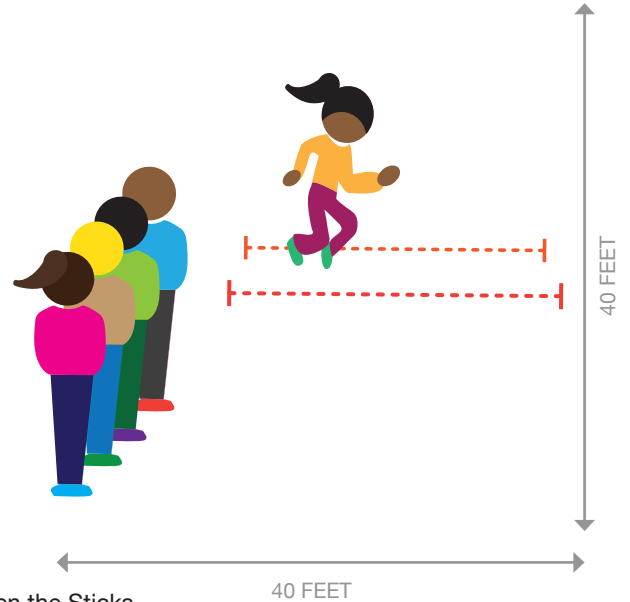
CONES OR TAPE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 10+

**TIME:** 10+ MINUTES



## EXPLAIN

- 1 Make two lines and stand 6ft away from each other.
- 2 There are two sticks or two rows of cones on the ground.
- 3 You must land on the other side without putting your foot down between the Sticks.
- 4 After each jump go to the end of the line keeping your distance from the person standing in front of you.
- 5 Each round the gap between the 2 Sticks will get wider.

✓ **For Understanding:**

- *What happens to the Sticks after each round?*
- *Where do you go after you jump?*

**GAME TIP:**

- For wider gaps, allow students to take a step or put their foot down between the sticks.

**CONFLICT RESOLUTION TIP:**

- Players can keep playing if they cannot make the jump between the Sticks

**INDOOR TIP:**

- Have more than 1 game going to decrease waiting time.

**CATEGORY:**

JUMP ROPE

**ENVIRONMENT:**

AUDITORIUM,  
 CAFETERIA,  
 HALLWAY,  
 GYMNASIUM,  
 PLAYGROUND

**GRADES:**

K-8

**FITNESS FOCUS:**



**BACK-UP GAMES:**

RIVERBANK  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Keep the gap small.
- **MEDIUM:** Make three rows of cones.
- **HARD:** Use four rows of cones.

# STORYTELLERS

## READY

**EQUIPMENT:**

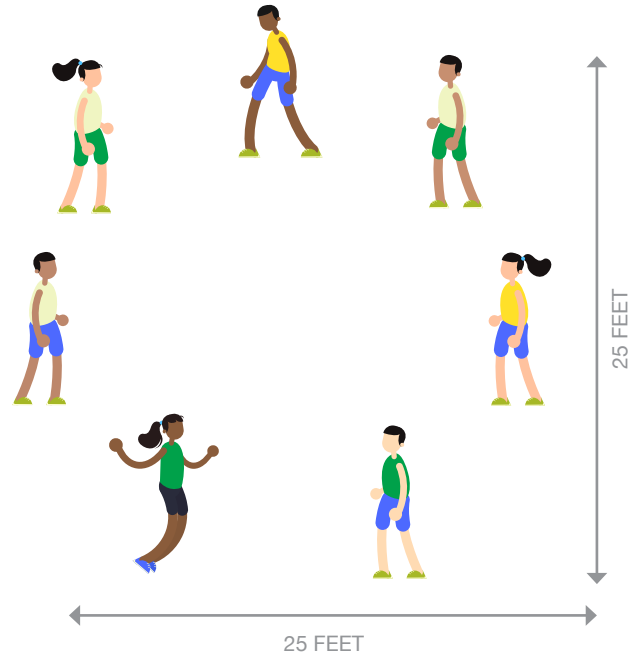
NONE

**SET-UP:**

PLAYERS FORM A CIRCLE

**NUMBER OF PLAYERS:** 5+

**TIME:** 10 MINUTES +



## EXPLAIN

- 1 Players form a circle, standing 6 feet apart from one another.
- 2 All players are storytellers!  
They will be creating a story together as a group.
- 3 Select a story leader. The leader will start by saying one word, and the person to his or her right will then add another word that connects to it like a story. This pattern will continue throughout the game.
- 4 If a player cannot think of a word to add to the story, then he or she must do 10 jumping jacks before rejoining the game as the new story starter.

✓ **For Understanding:**

- How many words does each player add to the story?
- What happens if you cannot think of a word?

**GAME TIP:**

- Reinforce that the goal is to create a cohesive story.  
Players should choose words that link together, not trip each other up.

**CONFLICT RESOLUTION TIP:**

- Ensure that players understand the story will go in many different directions,  
but if there are any disagreements, players can play rock-paper-scissors to settle them.

**CATEGORY:**  
BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
CAFETERIA,  
CLASSROOM,  
GYMNASIUM,  
HALLWAY,  
LIBRARY,  
PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
HIDING NEMO  
HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Add a sentence.
- **MEDIUM:** Hold a balancing position until the story finishes.
- **HARD:** Jog in place until the story finishes.

# SUN MOON EARTH

## READY

**EQUIPMENT:**

CONES

**SET-UP:**

SQUARE OR RECTANGLE BOUNDARY

**NUMBER OF PLAYERS:** 20 +

**TIME:** 15 MINUTES +

## EXPLAIN

- 1 Line up! Listen for the command that I call out.
- 2 There are 3 cones: Sun, Moon, and Earth.
- 3 When you hear:
  - **SUN**- run to the “sun” area.
  - **MOON**- hop on 2 feet to the “moon” area.
  - **EARTH**- walk to the “earth” area.
- 4 If you make a mistake, do 5 jumping jacks, rejoin the game.

✓ **For Understanding:**

- How do you move to the ‘sun’?
- What happens if you make a mistake?

**GAME TIP:**

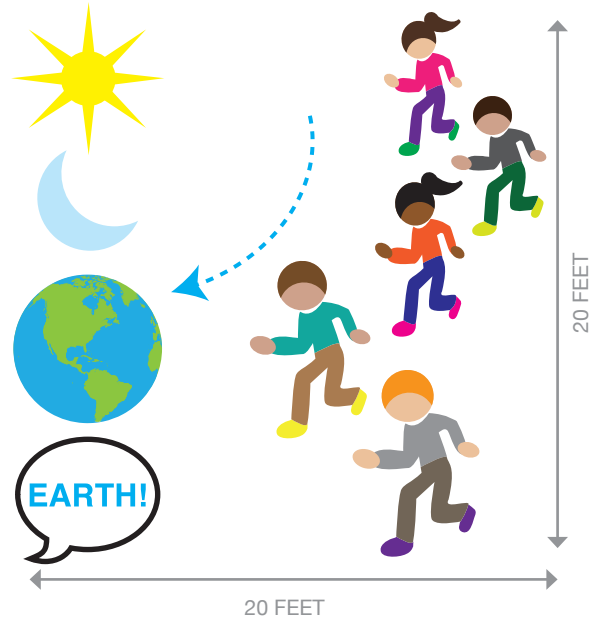
- Practice the commands with players before starting the game.

**CONFLICT RESOLUTION TIP:**

- If a player makes a mistake give them a high-five.

**INDOOR TIP:**

- Move at different speeds.



**CATEGORY:**  
 ACTIVE LISTENING

**ENVIRONMENT:**  
 GYMNASIUM  
 PLAYGROUND

**GRADES:**  
 K-8

**FITNESS FOCUS:**  
 

**BACK-UP GAMES:**  
 REMOVING COCONUTS  
 SHIPWRECK  
 SWITCH  
[asphaltgreen.org/REP](http://asphaltgreen.org/REP)

## PLAY → REP IT OUT!

- **EASY:** Walk.
- **MEDIUM:** Hop on two feet.
- **HARD:** Run.

# SWITCH, CHANGE, ROTATE

## READY

**EQUIPMENT:**

NONE

**SET-UP:**

PLAYERS MAKE GROUPS OF 3

**NUMBER OF PLAYERS:** 15 +

**TIME:** 10 MINUTES +

## EXPLAIN

- 1 Make groups of 3 standing 6 feet away from each other.
- 2 Line up standing far apart from each other and face me.
- 3 You will hear a series of commands to follow.
  - When I say SWITCH the first and last players change places.
  - When I say CHANGE the entire group turns and face the other direction.
  - When I say ROTATE the first player goes to the end and the middle player becomes the new leader.
- 4 Do five jumping jacks if you mess up to rejoin the game!

✓ **For Understanding:**

- What do you do when I say 'ROTATE'?
- What do you do if you mess up?

**GAME TIP:**

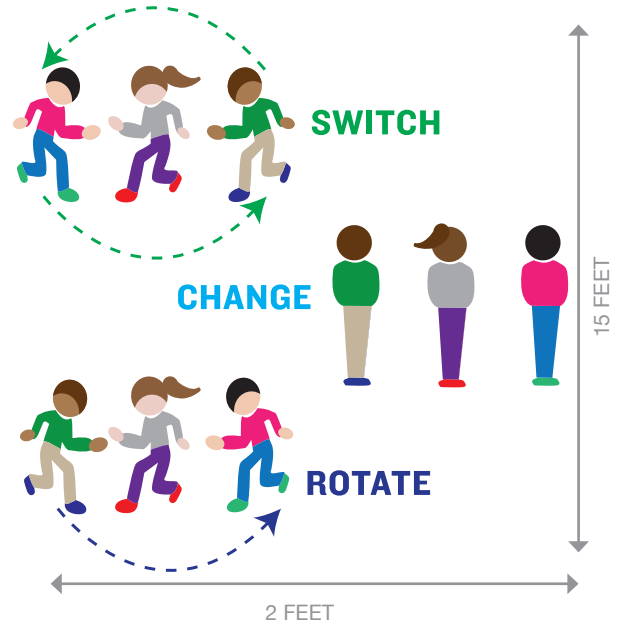
- Have players demonstrate the game before playing.

**CONFLICT RESOLUTION TIP:**

- Have different players be the leader and call out the commands.

**OUTDOOR TIP:**

- Make groups of 5 or more.



**CATEGORY:**

ACTIVE LISTENING

**ENVIRONMENT:**

HALLWAY,  
CLASSROOM,  
PLAYGROUND,  
CAFETERIA, LIBRARY,  
GYM, AUDITORIUM

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

COMMUNITY  
GROCERY STORE  
TWIZZLE

## PLAY → REP IT OUT!

- **EASY:** Say the commands slowly.
- **MEDIUM:** Players run in place.
- **HARD:** Add different movements into the series of commands.

# TEMPLE RUNNER

## READY

**EQUIPMENT:**

NONE

**SET-UP:**

PLAYERS STAY IN THEIR SEATS

**NUMBER OF PLAYERS:** 10+

**TIME:** 10+ MINUTES

## EXPLAIN

- 1 Grab a seat! A leader should be selected and facing all players.
- 2 We are looking for an ancient temple containing treasure, but there are a lot of obstacles guarding it that we will have to overcome. To get to the treasure, players must stay in their seats.
- 3 A facilitator will call a series of commands:
  - RUN: Move your feet as quickly as you can (as if you were running away from monsters guarding the temple).
  - STOP: Stop moving your feet.
  - REACH UP: Reach your arms up to collect coins.
  - LEAN: Lean your body to one side to stay on the temple path.

✓ **For Understanding:**

- What do you do when I say 'REACH UP'?
- Do you move from your seat?

**GAME TIP:**

- Stories make everything more interesting. Create a storyline for your adventure to help keep kids engaged. Unsure of where to start? Look for inspiration from your favorite books or movies, or by asking the players themselves where they would like to head.

**CONFLICT RESOLUTION TIP:**

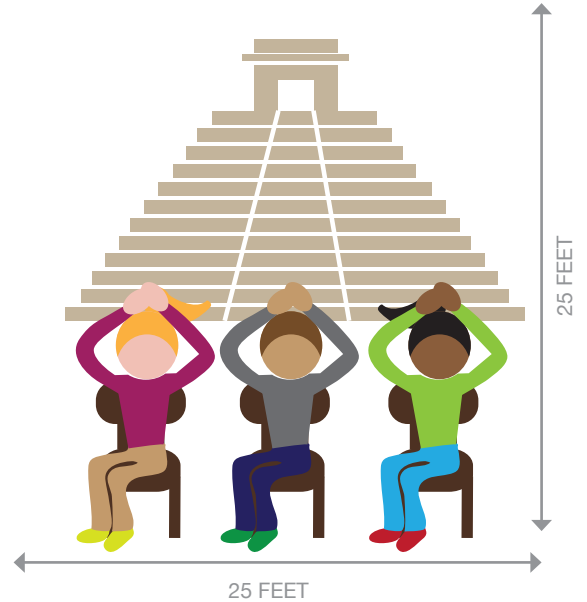
- If a player makes a mistake, have him or her do four shoulder rolls to rejoin the game.

**OUTDOOR TIP:**

- Have players do movements within the boundaries.

## PLAY → REP IT OUT!

- **EASY:** Keep players seated.
- **MEDIUM:** Have players stand for certain movements.
- **HARD:** Add different movements into the series of commands.



**CATEGORY:**

ACTIVE LISTENING

**ENVIRONMENT:**

AUDITORIUM,  
CAFETERIA,  
CLASSROOM,  
HALLWAY,  
GYMNASIUM,  
LIBRARY,  
PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

PS RUMBLE

SIMON SAYS

UP, DOWN, JUMP,  
CLAP



# THE MAZE

## READY

**EQUIPMENT:**

CONES OR TAPE

**SET-UP:**

PLAYERS FORM A LINE

**NUMBER OF PLAYERS:** 2+

**TIME:** 10 MINUTES +

## EXPLAIN

- 1 Players line up standing 6 feet away from each other.  
The facilitator will set up cones in a square grid.
- 2 The cones have a secret maze, and the facilitator knows the pathway through.
- 3 The first player in line has to make his or her way from the start cone to the end cone.
- 4 If the player makes a wrong move, he or she needs to do five jumping jacks and go to the end of the line. Then, the next person in line goes.
- 5 Continue until someone makes it to the end cone, then start a new round with a new maze.

✓ **For Understanding:**

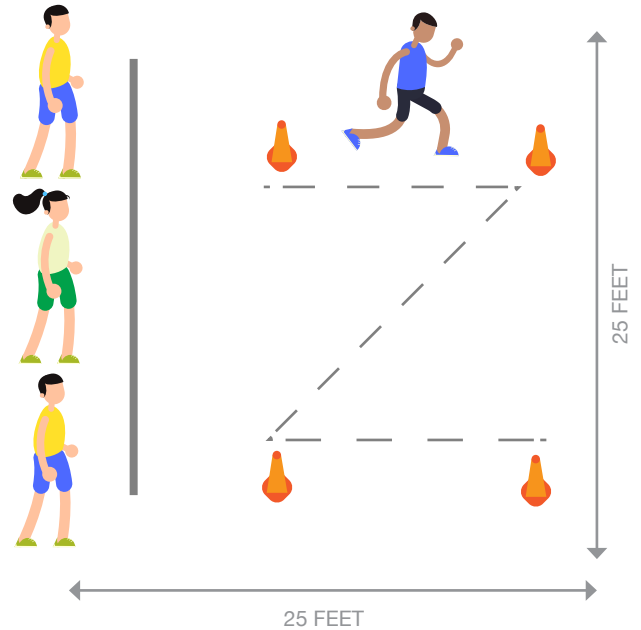
- *Where do players have to go?*
- *If a player makes a wrong move, where does he or she go?*

**GAME TIP:**

- Have different players come up with the secret maze each round.

**CONFLICT RESOLUTION TIP:**

- Encourage students to help each other solve the maze.



**CATEGORY:**  
BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
CAFETERIA,  
CLASSROOM,  
GYMNASIUM,  
HALLWAY,  
LIBRARY,  
PLAYGROUND

**GRADES:**

K-8

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
HIDING NEMO  
HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Have a race with two grids.
- **MEDIUM:** Have a time limit.
- **HARD:** Have two mazes on one grid.

# TWIZZLE

## READY

**EQUIPMENT:**

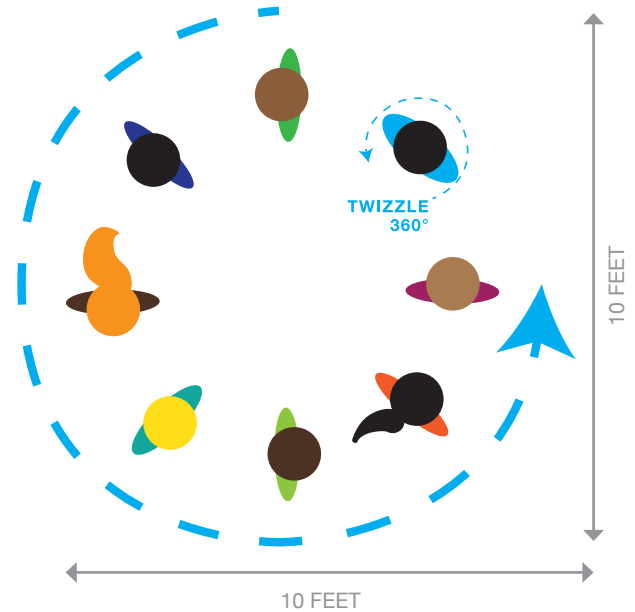
NONE

**SET-UP:**

STUDENTS FORM A CIRCLE AND STAND 6 FEET AWAY FROM EACH OTHER.

**NUMBER OF STUDENTS:** 8+

**TIME:** 15 MINUTES +



## EXPLAIN

- 1 Form a circle and stand 6 feet away from each other. Listen for the commands.
- 2 When you hear:
  - 'Go' - walk in the direction you are facing
  - 'Stop' - freeze
  - 'Turn' - do a half turn (180 degrees) and freeze
  - 'Twizzle' - do a full jump (360 degrees) and freeze
- 3 If you make a mistake, do five jumping jacks, and rejoin the game.

✓ **For Understanding:**

- What do you do for a 'turn'?
- What do you do for 'twizzle'?

**GAME TIP:**

- Practice the commands with students before starting the game.

**CONFLICT RESOLUTION TIP:**

- If a student makes a mistake give them a wi-fi (wireless high five or air five)

**INDOOR TIP:**

- Have students jog slowly in a circle.

**CATEGORY:**

CIRCLE

**ENVIRONMENT:**

AUDITORIUM  
 CLASSROOM  
 HALLWAY  
 GYMNASIUM  
 PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

CELEBRITY TAG  
 FRUIT SALAD  
 SWITCH, CHANGE, ROTATE

## PLAY → REP IT OUT!

- **EASY:** Walk in a circle
- **MEDIUM:** Side shuffle in a circle
- **HARD:** Hop on one foot in a circle

# UP, DOWN, STOMP, CLAP

## READY

### EQUIPMENT:

NONE

### SET-UP:

STUDENTS SIT IN THEIR SEATS

**NUMBER OF PLAYERS:** 10+

**TIME:** 10+ MINUTES

## EXPLAIN

- 1 Everyone, pick a seat. You will do a lot of moving but you will not move from your seats.
- 2 A designated leader gives a series of commands for players to follow. When the leader says:
  - UP, raise your arms up.
  - DOWN, put your arms down
  - STOMP, stomp your feet once.
  - CLAP, clap once.
- 3 Listen very carefully because in the next round gets harder.
- 4 Round 2: UP and DOWN are opposites.
- 5 Round 3: UP and DOWN and STOMP and CLAP are opposites.

### ✓ For Understanding:

- What do you do when I say 'DOWN' in Round 2?
- Do you move from your seat?

### GAME TIP:

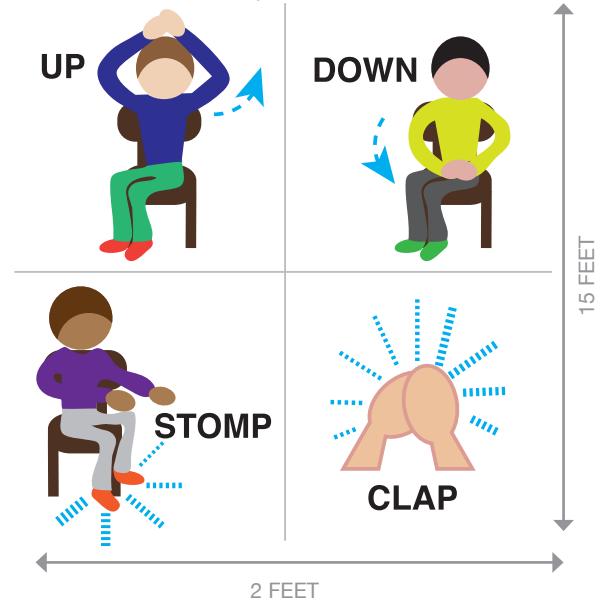
- Make sure the leader does the actions with the players for Round 1 so everyone understands.

### CONFLICT RESOLUTION TIP:

- Have the students do four arm circles if a mistake is made and then quickly rejoin the game.

### OUTDOOR TIP:

- Use WALK and STOP instead of UP and DOWN to increase movement.



### CATEGORY:

ACTIVE LISTENING

### ENVIRONMENT:

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 HALLWAY,  
 GYMNASIUM,  
 LIBRARY,  
 PLAYGROUND

### GRADES:

K-8

### FITNESS FOCUS:



### BACK-UP GAMES:

BALL PASS

TEMPLE RUNNER

## PLAY → REP IT OUT!

- **EASY:** Only use Round 1.
- **MEDIUM:** Only use Round 1 and 2.
- **HARD:** A Use Round 3 and add different movements into the series of commands.