

**Game/Activity:** Warm Ups and Minor Games

**Grade Level:** Elementary

**Description:**

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.

### **Longer Duration Games:**

#### **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. First three cards must come from the middle; after that a team may steal from another team if they need that card. Variations: No stealing a card that breaks up a pair. Only 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!

#### **Kick Dodge**

This is a combination of dodgeball and kickball. Divide class into two teams, one hitting, one fielding. Roll the ball from center and a player kicks. If it is a "fair ball", the entire team runs across the gym and attempts to return safely without getting hit dodgeball style. Any players put out sit out. Each time at least one player returns safely, the hitting team gets one point. Try giving two points if all runners make it back safely. Eventually the last player gets put out. Variations: limit the number of steps fielders can take with the ball; give defensive points for different fly-balls (one point in the air, five points off a wall, ten points off the ceiling). Try giving the last hitter five points if he/she makes it back safely on their own or assigning a special target as a homerun (no one needs to run on a home run!)

#### **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 throwball 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 Yhe 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 = 2pts; hula hoop = 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.

### **Fire Ball**

Dodgeball style game; no teams. Scatter students, use numerous dodgeballs, get anyone out. Sit down when hit. If a ball rolls near you, you can pick it up and throw it at anyone EXCEPT the player that got you out. A hit gets you back in the game.

### **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**

*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.

### **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**

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 on opposite side of gym.

*Contributor: Dave Allan, Rosedale Traditional*