

Success and Try-Again Intro Activities

The idea of these activities is to get students quickly active just moments after they enter the gym and before you do your fitness activity for the day. The procedure for each of the activities is the same:

- Students enter the gym and are sitting in their own space.
- Explain that you are going to play a Success and Try-Again game.
- Students are to quickly find a partner and play the activity.
- If they are successful, they go to the Success half of the gym and find a new partner to play against.
- If they are unsuccessful, they go to the opposite half of the gym and find a new partner to play against.
- Designate each half of the gym before you let the students start playing.
- They should try to play as many games in two minutes as they can, constantly going back and forth from the Success to the Try-Again side when necessary.

Knee Tag

- Students get into an athletic stance just a foot or two away from each other.
- The object is to tag their opponent on the outside of his knee.
- A student goes to the successful side of the gym when he tags the other student twice on the knee.
- When a student gets tagged twice on his knee, he goes to the unsuccessful side and plays again.

Toe Tag

- Students hold each others forearms (near their elbows) with both hands.
- Students try to tap their opponents toes with their own foot.
- A student goes to the successful side of the gym when she tags the other student on the foot.
- When a student gets tagged on her foot, she goes to the unsuccessful side and plays again.

Jumping Rock, Paper, Scissor

- One student starts the game by saying "Go".
- Students then jump 3 times.
- On the 4th time they land in a rock, paper, or scissor position.
- Rock = feet close together
- Paper = feet apart
- Scissor – one foot forward and the other back
- Scissor beats paper. Paper beats rock. Rock beats scissor.
- Students go to the appropriate half of the gym when their game is over and play against a new opponent.

Balance High 5

- Students stand about 2 feet away from each other with their hands high, wide and in front of their bodies.
- They give each other double high 5's until one student falls off balance and moves.
- Any movement of the feet is considered unsuccessful and the students then go find a new opponent.

