

2006 KAHPERD 2006 Summer Conference

LARGE GROUP GAMES AND ACTIVITIES

f+c)

THE GREAT ESCAPE (Craig Bunzey, Brian Quirk, N.J.)

Start the game by dividing the class into two groups. Divide the playing area in half. Send each of the teams to the opposite sides of the playing area in to a "safe zone". One player from each team is designated to stay on his/her team's half. The object of the game is to free all of the players of one team from the safe zone before the other team does so. Players are freed from the safe zone if they catch a ball thrown by a teammate. Defense may be played from outside the safe zone, but any dropped ball sends the defender back to his/her safe zone. Any intercepted pass sends the passer into his/her safe zone.

Variations:

- 1) After 5 players are freed, a ball thrown into a designated BB hoop wins the game.
- 2) Allow players to crossover to opposing team's side to have a closer pass to teammates. If tagged, the player must return to the safe zone.
- 3) Add "safe hoops" for players to gain a closer pass and be safe from being tagged.

SWISS CHEESE SOCCER Dribbling/w feet

This game is played with 2 teams and lots of whiffleballs! At each end of the playing area place a goal. Each team may designate a goalie. Hands may not be used even for the goalie. Next to each goal place a tub or box. Players try to kick the whiffleballs into the opposing team's goal. If a goal is scored the scoring player takes the ball out of the goal and places it in the tub/box. The object is score as many goals as possible until all of the balls gone. *A goal crease maybe needed to avoid crowding in front of the goal.

SLAM BALL (Karl Rhonke) - order earth ball. N.A. - Striking

Split the class into two groups. A beachball is tossed into play. The object is to punch or slap the beachball until it hits the end wall on the opposing team's side. Once the ball is put into play players may go anywhere in the playing area. The only boundaries are the walls and ceiling of the room. If a goal is scored, the opposing team is given a free hit. The ball may be slapped, dribbled, tapped or punched. However, if the ball is kicked, the opposing receives a free hit from the spot of the infraction. Try adding more than one beachball.

CONTINUOUS CAPTURE THE FLAG (Don Puckett, NC) (Game)

A great game to use inside on rainy days. Divide the class into two groups. Split the playing area in half. Each group defends one half. Give each team a hoop full of flags to protect. Place a second hoop in a back corner of each team's side. Players bring captured flags to this hoop. Place a hoop at each side of the center lines. This is the jail if a player gets tagged while on the opposing team's side. The jail is only big enough for one person so when another player shows up to enter the jail, the player already inside may leave. Play for a specified time or until one team runs out of flags.

HYPER-SPACE (Dave Jenkins, NJ) (Game)

Split the class into two groups. The playing area is divided in half with "safe zones" created at each end of the playing area. The objective is to be the first team to have all of its players reach the "safe zone" behind the opposing team. If tagged while on the opposing team's side a player must return to his/her own side. Players may leave the "safe zones" to help out on defense or help to distract the opposing team. Safe zones can be any size or shape.

TUNNEL SOCCER (Dribbling w/ feet)

Scatter some tunnels around the playing area (No tunnels? Use cones). Groups may assign one goalie to guard each of their tunnels. Players dribble and try to score by kicking a ball through a tunnel. After scoring, a player must report the score to the teacher. Players may steal the dribble. A variation would be to allow only passing and kicking (no dribbling) to score.

SCREAMING TOES (Closing)

The group stands in a circle. Everyone is asked to look down at someone's toes (not their own). On the count of three, everyone looks up at that person. If they do not make eye contact (i.e., the person they are looking at is looking at someone else), they do nothing. If they make eye contact (i.e., they are looking at each other), they let out a short scream or yell. Try this for 10 - 15 rounds. If there are multiple groups in the game, any students making eye-contact, after letting out a scream, moves to another group.

KNOCK-DOWN SOCCER (Dribbling w/ feet)

Set up 3 goals on each side of the playing area using cones. The class is divided into 2 teams. Each team is given 3 soccer balls and defends three goals. Teams may only score with their soccer balls. A ball traveling between the cones is a goal and the cones are knock over (variation: teams may score from either side of a goal). The first team to score on all three goals wins. Teams may assign 1 goalie to each goal (variation: use as many goalies as they want). Goalies may not use their hands.

SMAUG'S JEWELS (from New Games Foundation) (Game)

Scatter 4-5 bean bags around the playing area. Designate a player to guard each of the treasures (bean bags) - one dragon per bag. The object is for the other players to try and grab the bean bag without being tagged. If tagged, the player must go to different treasure. If successful, the player becomes the dragon and the previous dragon attempts to grab another's treasure.

AIR-LITES

These light-weight shapes can be used for tem building activities or for team vs. team competition.

TURTLE

- spinning the turtle - how fast?
- flipping the turtle - how many times? how fast? travel and flip?

RING

- spinning the ring - vertical? horizontal? how fast? how long?
- coin flips - can it be flipped like coin? how many times?

RELAYS

- can it be passed from group to group to cover a specific distance?
- keep it up relay - taking turns groups run to the middle pushing it back up

BASES JAMMED *(Kicking)*

Divide the class into 2 groups-fielding and kicking. Give every player on the kicking game a ball to kick. On count of three all the kickers kick a ball into the field. All of the kickers run to a base (hoop). Once inside the hoop, 3 counts earns them a point and they move to the next hoop. No one may leave until everyone is in the hoop and a count of three is heard loud and clear. The number of hoops (or mats) used is up to the teacher (3-4 is usually a good number). Play continues until all of the balls are returned to the kicking area. Fielders yell "out" and roles switch.

VARIATION: Use a solar system theme. The kicking area is the sun. Place the hoops in a line (does not have to be straight) away from the sun. Each hoop represents a planet. How far can each kicking group go in each round? Maybe they have to start with the "Pluto" and work back toward the sun?

Getting The Run Around

CHIMNEY SWEEPS *(Tag)*

Designate a few students as taggers. On the start signal the students travel around the playing area avoiding a tag from the taggers. If tagged, a player must squat down and form a circle with his/her arms (the chimney). The player remains in this position until another player (the chimney sweep) steps inside the chimney and starts to turn. The "chimney" keeps a circle with the arms and stands up. When the player is all the way standing, the two rejoins the game. Chimney sweeps may not be tagged while cleaning the chimneys.

DOCTOR FREEZE TAG *(Tag)*

Designate 2-3 players as the evil "Dr. Freeze". The players scatter on the starting signal avoiding the tags of Dr. Freeze. If tagged, the player becomes a "snow person" and freezes. Players remain frozen until another player joins hands with him/her and they jump up and down together chanting "Warm up with exercise! Warm up with exercise! Warm up with exercise!" Players may not be tagged while warming up.

TAG THE TAGGER

(Tag) - outside

This isn't so much a game as a strategy to add a new twist to a game. Choose a game to be played with multiple taggers. Designate one more player to be the "tagger tagger". The tagger-tagger's job is to tag all of the taggers before they tag all of the other players. The "tagger-tagger" may not be tagged. If a tagger is tagged, s/he must freeze like the other players in the game until s/he is unfrozen. You may have to warn the other players NOT to unfreeze the taggers!

KING/QUEEN OF THE RING

(Dribbling w/hand)

Divide the playing area into 4 areas (or more depending on class size). In each of the playing areas position one student dribbling a basketball (or soccer ball). In addition, start a line of players at each of the playing areas. On the starting signal one player from each line enters his/her playing area and has 10 seconds to steal the ball or make the dribbler stop dribbling. If successful, the player becomes the new dribbler and the old dribbler moves to the next game. If the dribbler can maintain his/her dribble for 10 seconds, s/he remains in the playing area and waits for the next player to enter the area. The unsuccessful defender moves to the next area. Have the students in line count down from 10 to determine the playing time of each game.

VARIATION: Reverse the roles meaning the king/queen of the ring is on defense. The players entering the game are the dribblers who must maintain their control of the ball for 10 counts to be the new king/queen. After each successful defense, have the king/queen tag the opposite corner to give the dribbler a chance to enter the game.

SLIDING DOORS (Craig Mahler, NJ)

(Dribbling w/hand)

On each line assign a pair of students who are connected by a rope (8-12 feet long). The students connected by the rope are the defenders. Each pair of defenders must stay on its line. The pair may slide back and forth, but may not cross over each other. Starting at one end of the playing area, the other students attempt to dribble to the opposite end. The dribblers may not go over or under the rope. The dribblers must maneuver around each set of defenders. If a dribbler loses control of the ball or stops dribbling, s/he must go back to the start. If a dribbler successfully reaches the opposite end of the playing area, s/he does a quick "victory dance" and then runs back to the start to try again.

VARIATIONS:

Try this game with different skills (dribble a basketball, dribble a soccer ball, running with a football, using a hockey stick and puck, etc...

Students may want to keep track of the number of successful trips.

SAVE ME! SAVE ME! (NHAHPERD modified version)

(Tag - outside)

A new twist to an older game. Align the class into a large circle. This is the playing area. Have two students enter the circle. One of the two players is the "protector". The protector's job is to keep his/her partner from being tagged. The rest of the class secretly assign numbers to each other (1 to how many players making up the circle). The players mix up around the circle. On the starting signal #1 enters the circle and tries to tag the player before being tagged by the protector. If tagged, #1 returns to the circle and #2 enters. This continues until someone tags the player being protected. To aid the protector you may institute the rule of no one may enter the circle until the previous player has returned to the circle.

3. ON A TREE (Chip Candy) (Tag)

This is a tag game. Give each tagger a ball or bean bag that helps identify him/her as a tagger. Give out 4-5 golf tubes or foam noodles. These are the "trees". A player is safe when holding on to a tree. However, the tree only holds 2 players. If a third player holds on to the tree, the first 2 must leave. If tagged while off a tree, the player switched roles with the tagger.

VARIATIONS:

Use different color or size noodles to designate trees that hold more than 2 players!

Allow the trees to move around!
 Small foam noodle - tree
 Large foam noodle - tree house

PURPLE PEOPLE EATER TAG (Percy Hill, NH) (Tag)

Players are chased by a purple people eater "with one big eye". If tagged players must freeze and make a large eye with the hands. Unfrozen by an "untagger". Players may avoid being tagged by stopping and covering the eyes ("if you cannot see the eyeball, the eyeball cannot see you").

FROZEN BANANA TAG (Project Adventure) (Tag)

In this tag game, the taggers are "evil banana taggers" who want to turn the whole world into bananas. If tagged, a player puts his/her arms straight, together and over the head. Then s/he leans to the side - making the shape of a banana. The banana is frozen until 2 other players "peel" the banana. Peeling is done with 2 players, each holding a wrist of the banana and pulling the banana's arms apart and down. Players may not be tagged while holding onto the wrist of a frozen banana. This works great with a "tag the tagger" format (see above).

GOOSE, GOOSE, GOOSE, DUCK (Debbie Franzoni) (Tag)

No that is not a mis-print! Sit the players in a circle. Place 3 objects such as balls or bean bags in the center of the circle. To start the game the teacher (or other designee) walks around and taps each player on the head saying "Goose, goose, goose...". When "Duck!" is called, the player who is tapped AND the player on each side of the duck run to the middle of the circle and retrieve the objects. They are the taggers. While this is happening the remainder of the circle scatters. If tagged a player must stop and squat down. To become "untagged", a player may duck walk to another tagged player and give him/her a high five. Both players may resume upright and running! When they seem a little tired, start the game again from the circle.

DOVES AND HAWKS (China) (Tag)

In groups of three, the players join hands. The player in the middle is known as "Chinese Child". The other two players are designated hawk and dove. The "Chinese Child" releases the dove, who takes off running. After 2 or 3 counts hawk is released. Hawk tries to tag dove before dove is able to return to "Chinese Child". Rotate spots after each round.

BRITISH BULLDOG (Great Britain) (Tag)

The players begin in a scattered formation. One player is designated as the "British Bulldog" - the tagger. On the starting signal, the players begin to travel through playing area trying to avoid the bulldog. Once tagged, a player joins the bulldog as a tagger until the end of the game.

*NOTE: Have a bucket of tennis balls ready. When a player is tagged s/he picks out a ball and is instantly identified as a tagger.

EXTINCTION (Tag)

Divide your class into 4 teams. Everyone is tagger. If a player is tagged by someone on another team, the player kneels on one knee and raises a hand in the air. To become unfrozen the kneeling player must receive a high five from a teammate. If all the players from one team are frozen, the team becomes *extinct*! A time limit of 1-2 minutes is usually adequate.

"I've Got Rhythm...or not!"

DANCE PROGRESSION

- 1) Create an individual movement pattern (8 counts)
- 2) Teach a partner - 2 Pattern Routine (ABABABABAB.....)
- 3) Group of 4 - 4 Pattern Routine (ABCDABCD.....)
- 4) Add a pattern that is a non-locomotor movement (ie. knee lifts)
- 5) Add a "non-traditional" dance step (ie. cartwheel, a "sport" move)
- 6) Add a pattern that involves a jump
- 7) Add a pattern that involves a turn
- 8) Add a pattern of group choice

Variations:

- a) Change the formation (circle, line, square....)
- b) Include a pathway change (straight, curved, zig-zag)
- c) Use aerobic steps or jump ropes

SPEED RACER.

Using the song Little Honda, split the group into smaller lines of 4-ish. Students place their hands on the shoulders of the player in front. Start by walking, on "first gear" the back person runs to the front. On "second gear" the back person moves to the front. On "third gear" the back person runs to the front. Continue throughout the song.

DUELING BANJOS

A Don Puckett idea. Divide the class into two groups. Give each student a ball to dribble. Each group takes on the part of one of the banjos. However, instead of strummin', the students dribble the ball when their part is playing.

COTTON EYE JOE - double circle dance, partners

PART A:

- 2 thigh slaps
- 2 claps
- 2 Right High 5's
- 2 Left High 5's
- Right Elbow Turn (4 cnts)
- Left Elbow Turn (4 cnts)

Music: "Cotton Eye Joe" (RedNex)

PART B:

Cha-cha step forward right
Cha-cha step forward left
2 step turn
Cha-cha step forward right
Cha-cha step forward left
2 step turn
4 Side Kicks

REPEAT

****Switching partners? Outside moves right on the side kicks, inside moves right.**

JINGLE BELLS - double circle, partners

PART A:

Walk 8 steps CCW Music: "Jingle Bells" (Hampton and the Hamsters)
Slide step 8 counts CCW (face partner and join hands)
Walk 8 steps CW
Slide step 8 counts CW (face partner and join hands)

PART B:

Right Hand High Five (2 x's)
Left Hand High Five (2 x's)
Double High Five (2 x's)
Tap Knees (2 x's)
Clap 3 x's and yell "Hey!" and hip bump on 4th beat (2 x's)
REPEAT B

WILLIAM TELL OVERTURE

A classic "follow you - follow me" activity. Works best with two or three groups. Each group is assigned a specific skill or task. The teacher is the conductor. When the feeling is right point to the group you would like to perform. Below are some skills that have worked in the past.

Variations:

TWO GROUPS

Scarf Juggling : cascade and columns
Scarf Juggling: three scarves (experienced jugglers) and one or two scarves (beginners)
Juggling Skills: scarves and bean bags
Non-locomotor Movements: straddle jumps, skiers, bells, etc...

THREE GROUPS

Scarf Jugglers, Bean Bag (ball) Jugglers and Dyna-bands
Non-locomotor Movement

SLEIGH RIDE

Regular clap (with beat 8 times)

Clap up high (with beat 8 times)

"Going around the bend" (lean to the side)

"Uh-oh! Going the other way" (lean to opposite side)

Whoop and Shout (hands up with a shout)

Gallop horse (slap knees right-left-right-left, etc. for 8 counts)

"Which way do we go?" (point right and left, shrug shoulders)

Ring the bells (3 rings with a clap on the 4th count - do 4 times)

REPEAT

Music: "Jingle Bell Sleigh Ride"

"Jingle Bells" (Hamsters)

"New Favorites"

CARD SHARKS (inspired by Percy Hill, NH and Lynne Landis & Ed Davis, NJ)

Each player starts with a playing card. When the music begins, the tag game starts. If tagged, the players swap cards. When the music stops, the tag game ends. The students look at their card and perform an exercise/activity the number of times indicated by the card (face cards = 15).

Don't Blink (dribbling)

Played with partners. The object is to dribble a ball while facing a partner. The first one to blink loses. Players may do anything to make their partners blink except touch the person or the ball.

WHO ARE YOU? (Percy Hill)

Form 2 circles, 1 in and 1 out. outer circle walks CW, inner circle walks CCW. Use poly spots for markers. On stop...player turns to face "new" partner and whoever says the name first wins. Try with heads up vs heads down; change locomotor patterns.

HIP TAG (Percy Hill)

Partners join hands and face each other. One is the tagger. The tagger releases one hand and attempts to tag partner's hip. May not release 2 hands. Switch roles.

COOKIE MONSTER

Partners line up opposite each other with a supply (3-4) bean bags. The partners slide the bean bags back and forth to each other. The cookie monsters try to stop them by stepping on the BB (cookies). If stopped, the cookie monster brings it to a cookie jar. Play for a few minutes and switch CMs. Try with hockey sticks. Try with multiple monsters

IND TARGET TOSS

Partners, place 3 hoops between the partners. One player is blindfolded and attempts to toss a bag into a hoop using instructions by his/her partner. Switch roles.

SPORT STACKING - Tic Tac Toe

Design a tic-tac-toe game board on paper. Place the paper in the middle of two players. The players should be 10'-15' from the game board. On the starting signal, the players begin a 3-3-3 stacking pattern. When completed, the players run to the middle and place a game piece in one of the squares. The players then run back and complete another 3-3-3 stacking pattern. This continues until one of the players has tic-tac-toe or a stalemate is reached.

Variations include using different stacking patterns and/or allowing students to remove an opponents game piece (just one) from the board rather than putting on one of their own pieces.

SCORE FOUR

This could be done similar to Sport Stacking Tic-Tac-Toe except the players must align four game pieces in a row - vertically, horizontally or diagonally!

For an added fitness twist give each player a list of exercises to perform. Designate a number of reps for each exercise. On the starting signal, each student (1 vs 1) performs the first exercise. Upon completion of the specified reps the player runs to the the board and places a token on the game board, immediately running back to the starting area and begins exercise #2. This continues until one player scores 4 in a row.

Variation #2: Give each player a die. The players roll the die for the number of reps to be done for each exercise (the players roll after each return trip).

Variation #3: Make a list of 6 exercises, assigning a number (1-6) to each exercise. The number rolled on the die by the student indicates the exercise s/he must perform before placing a game piece on the board.