

# The 12 Days of PhysEdMAS



**The 12 Days of PhysEdMAS is a collection of games that members of the Aussie PhysEd Team rank as some of their favourites.**

**Make best use of this E-Book by teaching one activity a day for 12 days in December.**

 **USSIE**  
**#PhysEd**

# Table of Contents

## Authors



Daniel Zito  
Tim Dean  
Sean DeMorton  
Azza Gardiner  
Christina Polatajko  
Andy Hair  
Rhett McDonald  
Lee Jarvis

- 1. Bobsleigh Tag**
- 2. Clean the stables**
- 3. Grinch and Reindeer**
- 4. Human Xmas Tree**
- 5. Pack the Sleigh**
- 6. Reindeer Roundup**
- 7. Santa's Little Helper**
- 8. Snowball Mayhem**
- 9. Snowball Skirmish**
- 10. The Christmas Grinch**
- 11. The Grinch steals Christmas**
- 12. Xmas Battleball**

# Bobsleigh Tag

**YEAR LEVEL:** 2- 6

**SKILLS:** Running, Balance, Team Work, Dodge

**EQUIPMENT:** Colour Tags, Skateboards/Scooter Boards

**SET UP:**

- Students work with a partner
  - One driver, one pusher (Engine)
- Set up an area big enough for your class size
- Select two pairs that are TAGGERS – RED Colour Tags
- Select two pairs that are SAVERS – GREEN Colour Tags

**RULES:**

- Students must work with their partner to stay away from the taggers
- If you get tagged by the TAGGERS then you are now frozen
- The SAVERS must now go around and unfreeze as many people as possible
- These pairs are now back in the game

**MODIFICATION:**

- After 5min the game is over and points are awarded to the TAGGERS.
- The Taggers get one point per team that is frozen at the end of the game.





# CLEAN THE REINDEER STABLES



**The reindeer have made an awful mess in their stables and Santa has asked the Elves to clean it up. The Elves have decided to make a game out of it and pick the reindeer mess up with some old lacrosse sticks they have found. They have broken themselves up into four teams, and the team that gets the most reindeer poop in the bin, gets the following night off cleaning duties.**

**Tommorrow night the Elves are going to change the type of equipment they use and were thinking about using tennis raquets to forehand strike the poop into the bin.**

# REINDEERS V THE GRINCH



**LEARNING INTENTION:** TO RUN TO THE NORTH POLE (OTHER SIDE) WITHOUT BEING TAGGED!

**AGE GROUP:** GRADE 2 - 6

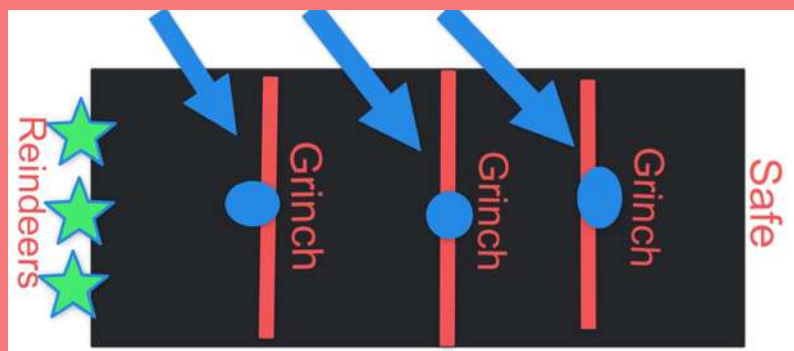
**EQUIPMENT:** TAGS AND AN OPEN AREA (BASKETBALL COURT).

**HOW TO PLAY:**

1. 3 GRINCHES ARE THE GRINCH. EACH GRINCH STANDS IN A PARTICULAR AREA AND TRY AND TAG THE REINDEERS (SEE PICTURE BELOW). THE GRINCH MUST STAY IN THEIR AREA THEY CANNOT RUN AROUND. IF YOU HAVE MARKED LINE, THE GRINCH CAN ONLY STAY ON THE LINE.
2. EACH REINDEER (STUDENTS) BEGIN ON THE BASELINE AND THE TEACHER GIVES EACH STUDENT A NAME (RUDOLPH, COMET, DASHER, DANCER OR VIXEN).
3. THE FIRST GRINCH CALLS OUT ANY OF THE REINDEERS NAMES, FOR EXAMPLE COMET, SO ALL OF THE COMET REINDEERS (STUDENTS) NEED TO RUN TO THE OTHER SIDE OF THE AREA/BASKETBALL COURT WITHOUT BEING TAGGED. IF THEY GET TAGGED BY ANY OF THE GRINCH, THEY THEN TURN INTO A GRINCH AND BECOME A TAGGER. THE GAME BECOMES MORE DIFFICULT AS THERE WILL BE MORE GRINCH THEN REINDEERS.
4. THE SECOND GRINCH CALLS OUT ANOTHER REINDEER NAME AND AS ABOVE THE REINDEERS NEED TO RUN TO THE OTHER SIDE WITHOUT BEING TAGGED.
5. THE THIRD GRINCH CALLS OUT ANOTHER REINDEER NAME AND AS ABOVE.
6. THE REINDEER WHO LASTS THE LONGEST WILL FLY OFF WITH SANTA TO DELIVER PRESENTS.

**VARIATIONS:**

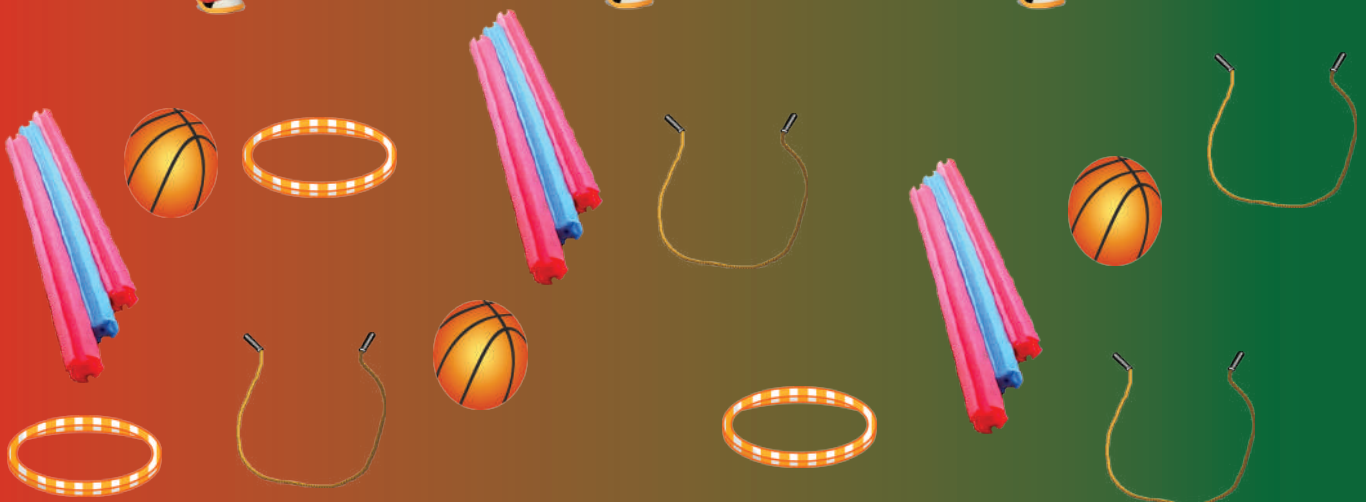
1. THE REINDEERS CAN WEAR TAGS AND THE GRINCH NEEDS TO STEAL THE TAGS FOR THEM TO BE OUT.
2. SET A TIME FOR THE GAME.



# HUMAN XMAS

## TREE

Learning Intention: To promote fitness through decision making.



**Groups select one student to be their tree. On go students take it in turns in their group to run to the middle and select a decoration. Then they head to their tree and place this on their tree. This student then races back to group and next person has their turn. Continue until there are no decorations left. Give groups feedback on their tree then start again.**



# Pack The Sleigh

'tis the night before Christmas and poor old Santa needs your help to pack the sleigh! Work together little elves and be careful not to drop any presents!

**Year level:** Foundation to 2

**Skills Addressed:** Throw, Catch, Teamwork

**Equipment:** 1 Hoola-Hoop per student

A large number of beanbags or other small objects to act as presents

A box or container to act as the sleigh

**Set up:** Place a large pile of beanbags at one end of a basketball court.

Place a box or "Sleigh" at the opposite end.

After explaining the rules of the game, have each student place their hoola-hoop anywhere they like in the court.

Assign one student to be situated in their hoop beside the beanbags and one in their hoop beside the "Sleigh".

- Rules:**
- Once the game begins, students are to stand inside their hoop and are not allowed to step out of it.
  - Students are to throw the presents, one at a time, from person to person until it reaches the opposite end of the court and they can place it in the sleigh.
  - Students will need to communicate to make sure the catcher is ready to receive the present before throwing it.
  - Any dropped presents that land outside a hoop are "broken" and not able to be retrieved.
  - Challenge the group to pack a nominated number of presents unbroken.
  - After playing once, allow the students to change the location of their hoop and explain their decision to move.

- Modifications:**
- Add some pressure: Time the class to see how fast they can pack the sleigh.
  - Add in a Grinch: Turn this into an invasion game by adding in a "Grinch" who roams in between the hoops to intercept the beanbags.
  - Add in an opposition: You could of course split the group into 2 teams and for extra motivation, see who can pack their sleigh first. I however, find it to be a great group bonding activity when a whole class is working together to accomplish the same goal.



# REINDEER ROUND UP

(A variation to Horses and Jockey's)

Oh no, someone has left the gates open and all the reindeer have escaped their stables. Help Santa collect and return them to their stables before it is too late!

**Year level:** Foundation to 2

**Skills Addressed:** Run, Gallop, Leap, Dodge

**Equipment:** Cones, Sashes/Ribbons

**Set up:** Place cones in each corner of your play space to resemble a stable, be it square or circle.

Choose four students to be your 'Elves'. Provide these students with a sash to easily identify them and send each to one of the 4 stables

All remaining students become the 'Reindeer' and spread out within the area or free space.

## Rules:

- To begin the game teacher shouts for 'Elves' to "Round 'em up!"
- Due to having legs the 'Elves' are permitted to run, however the Reindeer must Gallop and/or leap around as per a real reindeer.
- The 'Elves' need to collect one reindeer at a time and return them back to their stable before returning to collect another  
*Note: It is worth telling students that the 'Elves' have a magical frozen touch that whenever they touch you, you must freeze before they lead you back to their stable, this just stops kids that are tagged continuing to run away.*
- Once all Reindeer are collected and accounted for the game finishes
- The 'Elves' are then asked to choose one new reindeer from within their stable to become the new 'Elf'. All remaining students re-enter the play space and the game restarts

## Modifications:

- The game can be played as both a non-competitive and competitive activity.  
**Team Competition** - Time the 'Elves' to see how long they take to collect all reindeer.  
**Individual Competition** - Get 'Elves' to count how many reindeer they collected at the end and award the entire stable (not just the 'Elves') the win should they have the most.
- You can change the locomotion students in the middle do based on the animal, i.e. you can make it an Australian Santa who need kangaroos to pull his sleigh.

HO HO HO

# SANTA'S LITTLE HELPERS



HELP! ONLY 1  
DAY UNTIL  
CHRISTMAS!

**EQUIPMENT(PRESENTS):** BEAN BAGS, TENNIS BALLS, HOOPS, BASKETBALLS, FOOTBALLS, AND SKIPPING ROPES.

**AGE GROUP:** ALL YEARS - MODIFY OR CHALLENGE YOUR STUDENTS.

**LEARNING INTENTION:** TO WORK AS A TEAM AND TO COLLECT AS MANY PRESENTS AS YOU CAN.

**HOW IS THE GAME PLAYED?**

1. DIVIDE THE LITTLE HELPERS (STUDENTS) INTO GROUPS OF 4-5 AND ALLOCATE THEM A TEAM NAME (EG: BELLS, RUDOLPH, SLEIGH, ELVES, SNOW). STUDENTS START IN THEIR TEAMS ON THE BASELINE OF A BASKETBALL COURT OR AT THE END OF AN OPEN AREA.
2. PLACE ALL OF THE PRESENTS ON THE OTHER SIDE OF THE COURT/AREA. SPREAD THE PRESENTS AROUND.
3. ON THE WORD 'SANTA' 1 STUDENT PER TEAM RUNS OUT TO COLLECT 1 PRESENT AND BRINGS IT BACK TO THEIR TEAM. THE NEXT STUDENT GOES AND SO ON UNTIL THERE ARE NO MORE PRESENTS LEFT.
4. WHEN STUDENTS BRING A PRESENT BACK TO THEIR TEAM THEY MUST ORGANISE THEM NEATLY SO IT IS EASIER FOR SANTA AND THE ELVES TO PACK THE PRESENTS. FOR EXAMPLE ALL THE BEAN BAGS TOGETHER, TENNIS BALLS TOGETHER AND SO ON.
5. THE TEAM WITH THE MOST PRESENTS AND NEATLY ORGANISED WINS.

**VARIATIONS:**

1. INSTEAD OF RUNNING OUT YOU CAN CHANGE THE SKILL TO HOPPING, CRAWLING, SKIPPING, WALKING, BEAR WALK.
2. STUDENTS CAN THROW AND CATCH THE BEAN BAG OR BALL ON THEIR WAY BACK TO THEIR TEAM.
3. OLDER STUDENTS TO PLACE THE BEAN BAG ON THEIR HEAD, SKIP BACK USING THE SKIPPING ROPE, BOUNCE THE FOOTBALL OR BASKETBALL.
4. OLDER STUDENTS TO DELEGATE TEAM ROLES TO EACH OTHER.

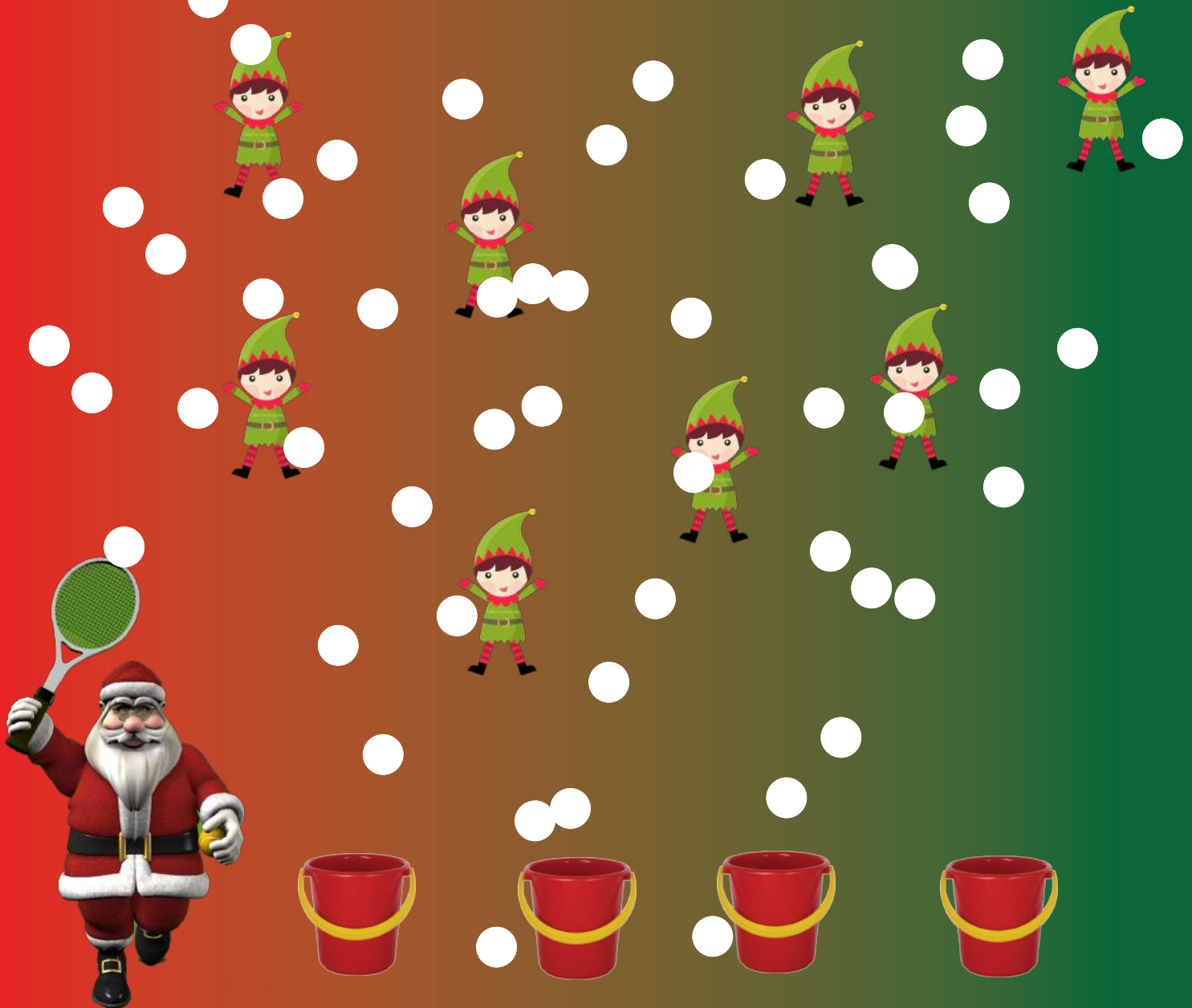
YOU NEED TO  
ENCOURAGE YOUR  
TEAM MATES. I  
ALWAYS  
ENCOURAGE MY  
REINDEERS.



SANTA  
CLAUSE AND  
MRS. CLAUSE  
NEEDS  
EVERYONE TO  
WORK AS A  
TEAM.

# SNOWBALL MAYHEM

Learning Intention: To anticipate the path of a moving object and trap it to stop its movement



**Students are to be split into 4-6 groups. On go a leader starts hitting snowballs (tennis balls ) into the air. Students must collect as many as they can and bring them back to their base. Once all snowballs have been collected groups are to count their gatherings and report this back to the leader.**

# SNOWBALL SKIRMISH



**Year level:** 4-6

**Skills Addressed:** Run, Dodge, Catch and Throw

**Equipment:** 1 Gator or similar soft ball

**Set up:** Students are split into teams of between 2 and 5

One team starts with the ball in the middle circle whilst the other teams spread out in the playing space.

On the teachers "Go" the game starts

## **Rules:**

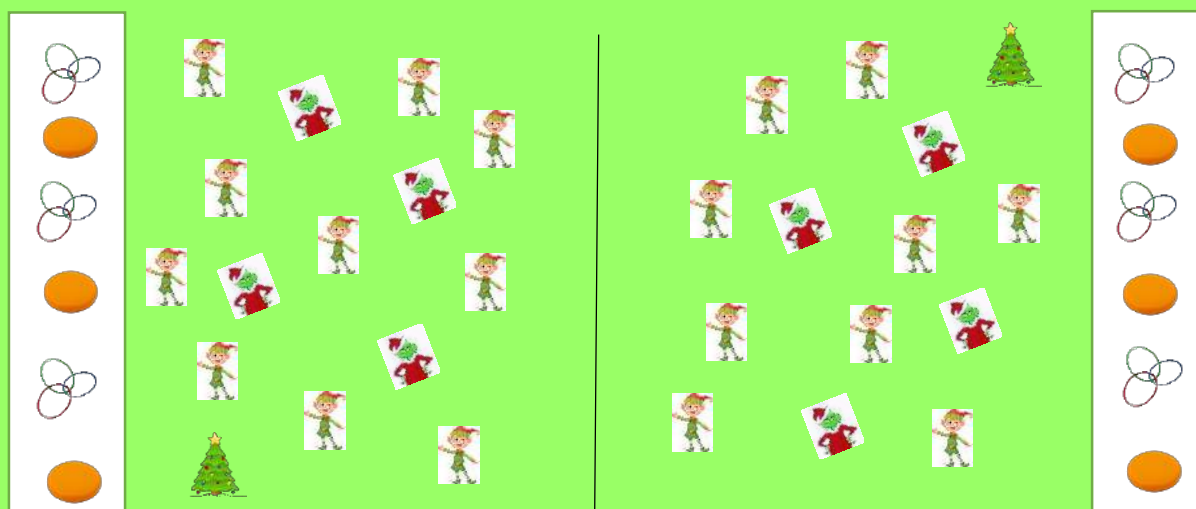
- Students must work together to eliminate all other teams from the game
- An entire team is out should any member of their team be:
  - o Struck by the ball on the full and below shoulder height
  - o Be caught on the full by an opposing teams player
- When in possession of the ball the student cannot move, only pivot (ala netball), however they are permitted to pass the ball to their team mates in order to move closer to their target.
- A ball that misses its intended target and hits the ground is declared a '*free ball*' and any team can then take up possession.
- Teams that go out move out of the playing area and wait until the game is finished
- Once all teams are out a new game is restarted

## **Modifications:**

- Size of the ball can be changed
- With larger teams could make it that students can not pass back to the same person they received from



# THE CHRISTMAS GRINCH



The aim of the game is to retrieve all of the Christmas presents from the other team's zone. Presents could consist of skipping ropes, balls, bean bags, Frisbees, etc.)

6 presents are placed in the zones at either end of a playing area (*e.g.* Basketball court).

4 players are given coloured bibs and cannot cross the half way line of the playing area. All other players are Santa's Elves trying to retrieve their presents from the Christmas Grinch. Once the Elves enter the opposite playing zone they can be tagged by the Grinch (you may need to give each team of Elves a different colour sashet to tell each other apart).

Elves can only be tagged on the way *to* retrieve the present, *not* while in the zone *or* while returning it. If tagged on the way to retrieve the present, the elf becomes 'decoration' and must stand where they have been tagged. Fellow Elves can collect 'decorations' by taking them back into their own half of the playing. Elves are safe and cannot be tagged when returning with a decoration. Once decorations have been collected by a fellow elf, they return to the game as full participants. Once presents are collected, they are placed next to the Xmas tree (large cone, or even choose a student to decorate!)

Once an elf advances past half way they are committed to keep going to collect a decoration or a present.

The game is won by setting a time limit and whichever team has the collected the most presents at the end of that time is the winning team *or* whichever team retrieves all of the presents first.



# THE GRINCH

steals Christmas



**Learning Intention: I can anticipate others reactions in a game.**



**How to Play:** The Grinch is here to ruin Christmas, he is trying to steal all of Santa's presents before the big delivery on Christmas eve and take them back to his hide out. The Grinch has brought along his three brothers and Santa has left his number one Elf to protect the presents. The Elf has special tagging powers and if he tags the Grinch or his brothers they will be frozen solid. Any Grinch can be unfrozen by one of his brothers still trying to steal presents. The Grinch and his brothers only have 3 minutes to steal as many presents as they can.

**Variations:** Tomorrow night Santa is going to leave two elves in charge to protect the presents. Santa has also given the Elves extra powers.



# CHRISTMAS BATTLEBALL

**Year Level-** Years 3-6

**Values-** This game is built on the foundation of honesty, integrity, fair play and fun! Values first then play 😊

**Skills-** throwing, dodging, teamwork, “sportspersonship” and dancing to name a few.

**Equipment** – 2-3 modified foam gatorskin volleyballs or rubber outdoor balls

**Description** – This game works best with upbeat Christmas Carols playing to create a dancing and Christmas Cheer for all to hear 😊. Divide your class in half and send them to opposite ends of your court. The aim of the game is to throw a ball and contact an opposing player below the shoulders. When a player is struck with a ball, they must go to the opposing end of the court behind the other team, where they can dance to get back into the game and/or complete throw balls at the opposing team. Players are only permitted to hold the ball for 5 seconds.

*Please see Battleball 2015 Instructions and Rules for further explanations.*

<http://mrdspysed.com.au/battleball/>

