Veterans Day PE Games
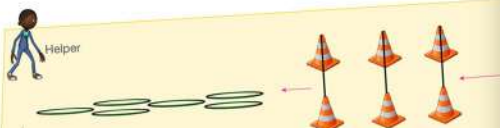
5 FUN ACTIVITIES FOR KINDER TO 8TH GRADE

Mission # 4 - Boot Camp

ABOUT

This is an obstacle course where camp crawling under the bars and hoops. Teams will be timed to see course the fastest. One child is hula hoops that get hit out of pl

Helper

Mission # 1 - Escape

SKILL FOCUS

⭐ Teamwork, agility, muscular strength, cognitive skills

GROUP SIZE

⭐ Make groups of 4 or 5

EQUIPMENT

⭐ 3 floor mats, jump rope, scooter, hockey stick

LOCATION

SETUP

Your class is now in the army and has their first mission. Set up 3 gym mats about 6 feet apart. Tell the kids they are deserted on an island but they need to get across the shark infested waters (gym floor) to the safety zone. The only equipment they have to get to the safety zone are 3 mats, a jump rope, a hockey stick and a scooter.
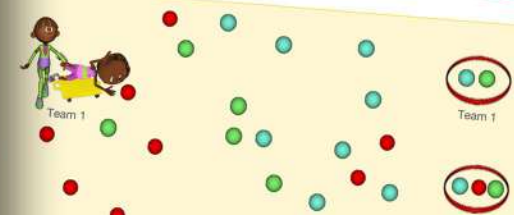
INSTRUCTIONS

1. Divide your class into teams of 4 or 5.

2. Each group will be timed to see how long it takes to get from the desert island to the safety zone.

3. The teams have to work cooperatively as a group to get all members to the safety zone, but can only use the equipment given to them.

4. They can only use the equipment to get from mat to mat, no jumping allowed.

5. If a child falls into the water (floor) or touches it, the whole teams starts again.

6. The team that gets across with the fastest time is the lead squadron.

Mission # 5 - k Tow

ABOUT

A game where one child pushes another child who is laying down on a scooter. The object is for the child laying down to collect as many balls as possible and bring them back to your hula hoop.

Team 1

Team 1

Copyright Notice

Mission #1 - Escape

Your class is now in the army and has their first mission. Set up 3 gym mats about 6 feet apart. Tell the kids they are deserted on an island but they need to get across the shark infested waters (gym floor) to the safety zone. The only equipment they have to get to the safety zone are 3 mats, a jump rope, a hockey stick and a scooter.

SKILL FOCUS

⭐ Teamwork, agility, muscular strength, cognitive skills

GROUP SIZE

⭐ Make groups of 4 or 5

EQUIPMENT

⭐ 3 floor mats, jump rope, scooter, hockey stick

LOCATION

⭐ Inside

SAFETY

⭐ Do not stand on the scooters

INSTRUCTIONS

1. Divide your class into teams of 4 or 5.

2. Each group will be timed to see how long it takes to get from the desert island to the safety zone.

3. The teams have to work cooperatively as a group to get all members to the safety zone, but can only use the equipment given to them.

4. They can only use the equipment to get from mat to mat, no jumping allowed.

5. If a child falls into the water (floor) or touches it, the whole teams starts again.

6. The team that gets across with the fastest time is the lead squadron.
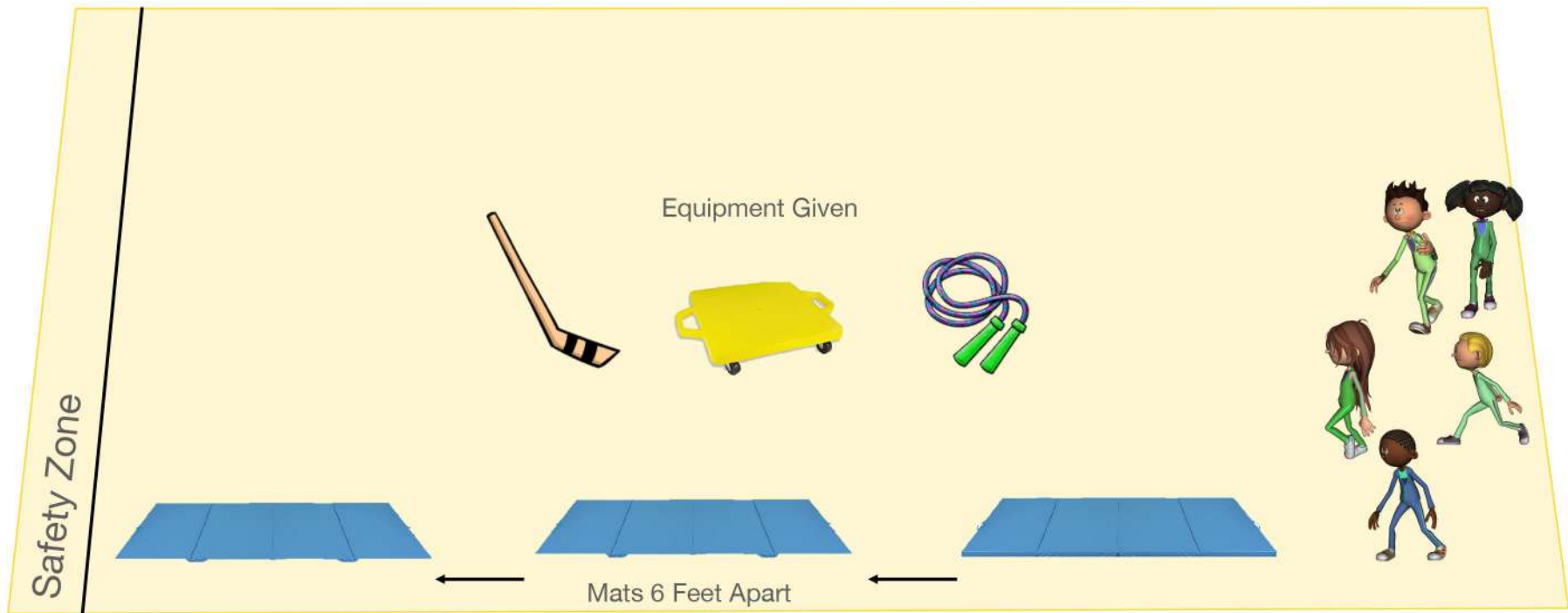
MODIFICATIONS

To make it harder, do this. To make it easier, do this.

Mission #1 - Escape

Your team is deserted on an island, but all of you need to get across the shark infested waters (which is the floor) to the safety zone. The only equipment your team has to get across is 3 mats, a hockey stick and a jump rope.

Equipment Given

Safety Zone

Mats 6 Feet Apart

Mission # 2 – Secret Soldier

SKILL FOCUS

⭐ Teamwork, cognitive skills, motor skills

GROUP SIZE

⭐ Any number, divide class into 2 even teams

EQUIPMENT

⭐ 2 floor mats

LOCATION

⭐ Inside

SAFETY

⭐ Do not tip the mat over onto another child

SETUP

Stand up two mats at each end of your room. Press them against an object that the mats can lean on so they do not tip over such as a chair. The mats will be used to hide selected children.

INSTRUCTIONS

1. Divide your class into 2 teams who can only stay in their half of the room. Their mission is to figure out who is going to be the secret soldier for the other team.

2. Both teams need to have every child sit behind their mat to decide who is going to be the secret soldier. They are hidden from the other team, so the other team will not know who the secret soldier will be. The kids work together on choosing.

3. Once they decide who the hidden child will be, they scream out to the teacher 'we're ready' so teacher can start the round. Once both teams are ready, the game will begin.

4. On 'go' both teams (except for the secret soldier) run out to the center line and face each other.

5. Once at the center line (as seen in image), they study the other team. They must figure out who the secret soldier is that is hiding behind the other team's mat.

6. Once they know, they must scream out the name of the kid who is hiding. If they are right, they get a point. If they are wrong, the other team gets the point. Once complete, start the process again. First team to 10 wins.

MODIFICATIONS
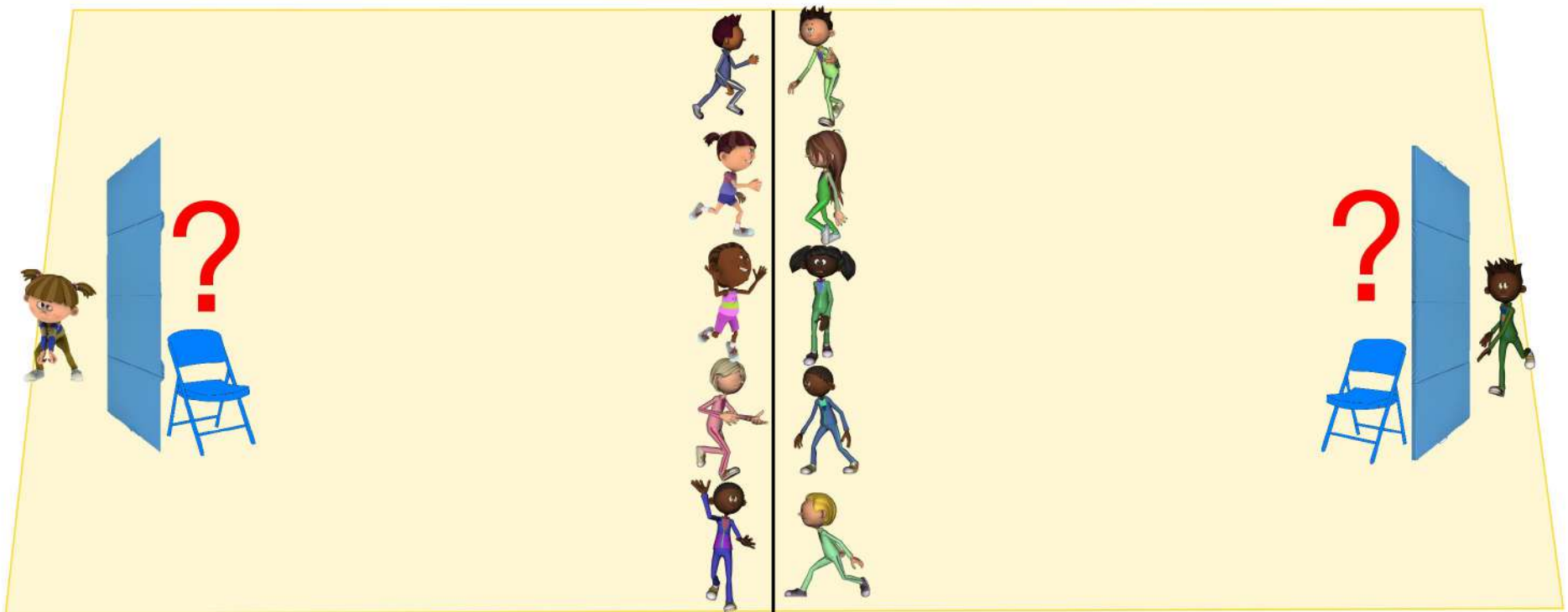
To make it harder, add more kids to each team.

Mission # 2 – Secret Soldier

A game where each team must figure out which child is hiding behind a wall.

Stand up 2 gym mats leaning against a chair or similar object to hold them upright

? ?

Mission # 3 — Salute Tag

SKILL FOCUS

⭐ Motor skills, running, agility, speed

GROUP SIZE

⭐ A safe number where students will not bump

EQUIPMENT

⭐ None

LOCATION

⭐ Inside

SAFETY

⭐ Make sure children do not bump into one another

SETUP

Have the children spread out all over the room and pick one child to be the chaser. The rest of the class tries to stay away from the chaser.

INSTRUCTIONS

1. On 'go' the chaser begins running after the other children who are being careful not to bump into one another.

2. Once a child gets tagged, they must freeze in a military position of a soldier who is saluting.

3. The child who is caught should make sure their legs are spread about shoulder width apart.

4. Once the caught child is saluting with legs apart, a child who is not caught can slide carefully through their legs from front side to backside to free them.

5. At this point, the caught child is now free to join back in the game.

6. Every couple of minutes, change the kids who are the chasers.

MODIFICATIONS

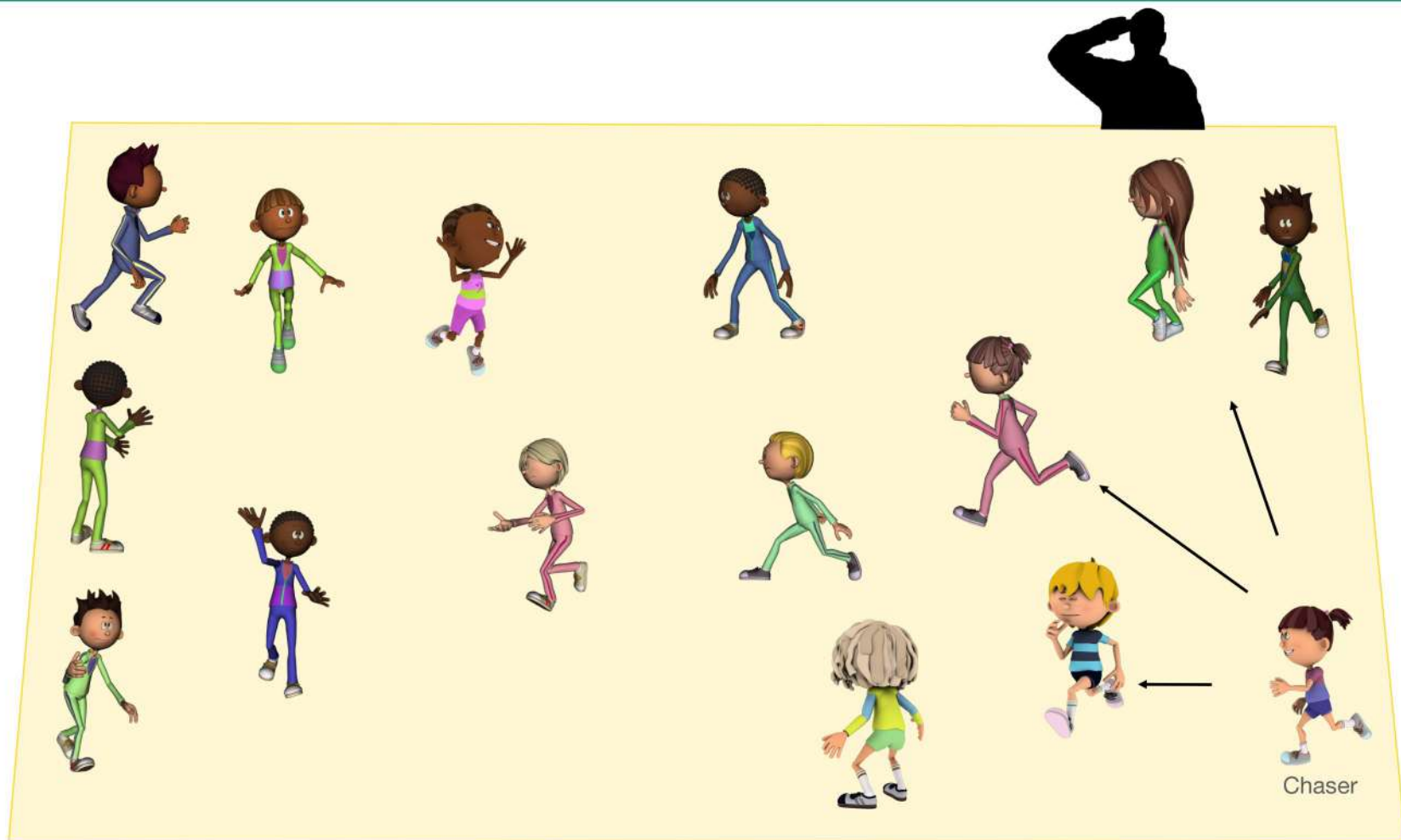To make it harder, add more kids to each team.

Mission # 3 — Salute Tag

ABOUT

A tag game where you get tagged, you must freeze in a salute position with your legs shoulder width apart.

Chaser

Mission # 4 – Boot Camp

SKILL FOCUS

⭐ Motor skills, running, agility, speed

GROUP SIZE

⭐ Any number of kids per team

EQUIPMENT

⭐ 12 cones, 6 sticks, 12 hula hoops, stopwatch

LOCATION

⭐ Inside

SAFETY

⭐ Make sure children do not bump into one another or trip over obstacles

SETUP

Set up a mini boot camp as in the diagram with obstacles to crawl under as well as hula hoops to jump through. The teacher will time each group to go to see who gets the fastest time. Groups can get multiple turns to go.

INSTRUCTIONS

1 On 'go' the first child in line will crawl under the 3 sticks held up by cones, then jump through 6 hula hoops, then repeating the process back to the line.

2 Once the child crosses the finish line, the next child follows the same process.

3 At the conclusion, the teacher will call out the group time to finish.

4 Each time an obstacle get hit, for example, a stick falls off the cones or the hula hoop gets stepped on, 1 second shall be added to their total time.

5 If any child intentionally knocks an obstacle out of place in an effort to go through the course quicker, their team will be disqualified. This will be at the teacher's discretion.

6 Pick one child for another team to help keep the course organized in case a stick gets knocked over or the hoops get kicked out of place.

MODIFICATIONS

To make it harder, add more obstacles to the course.
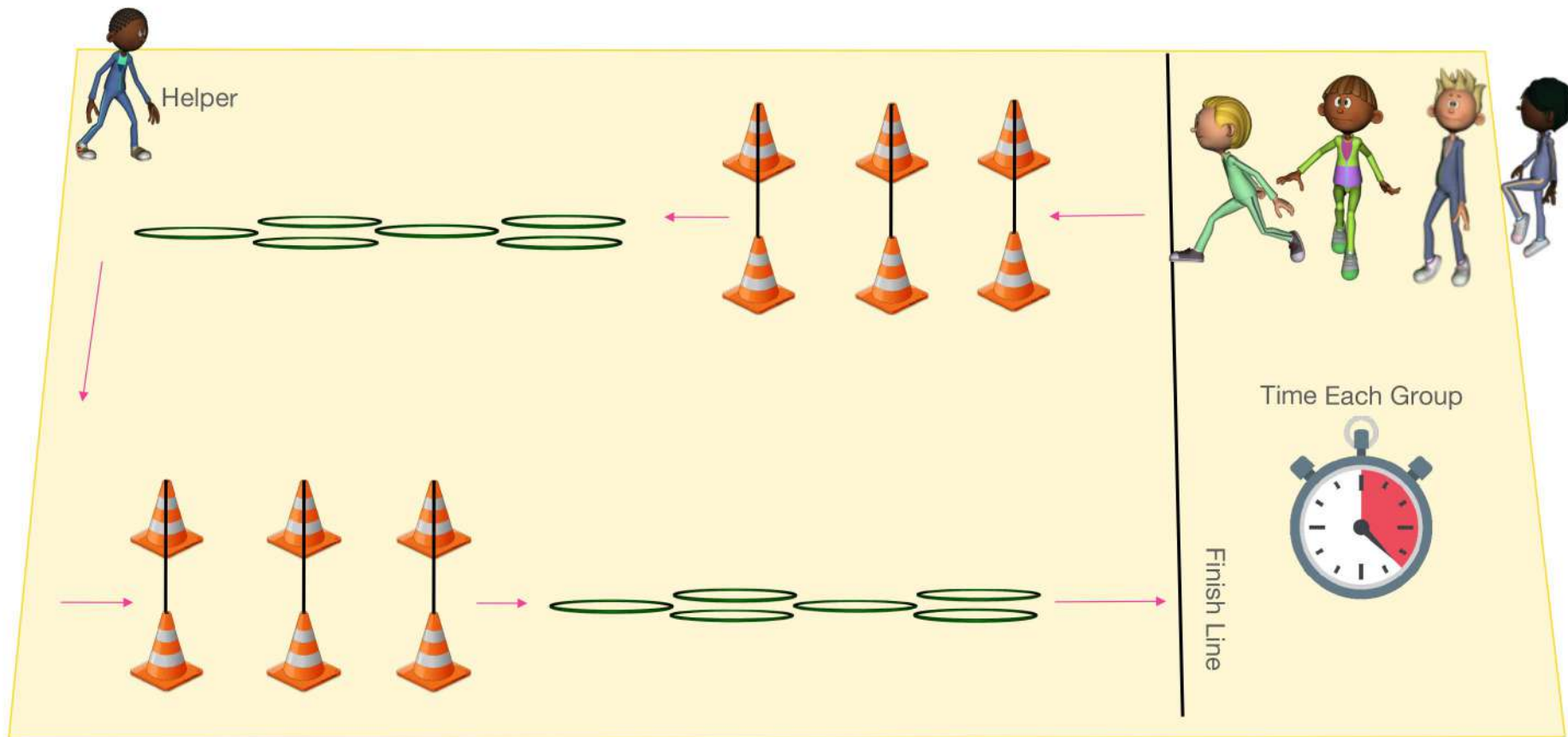
Mission # 4 — Boot Camp

This is an obstacle course where each team is simulating boot camp crawling under the bars and going through the hula hoops. Teams will be timed to see who get through the course the fastest. One child is the helper to fix any sticks or hula hoops that get hit out of place.

Helper

Time Each Group

Finish Line

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Mission # 5 – Tank Tow

SKILL FOCUS

⭐ Motor skills, muscular strength, agility, speed

GROUP SIZE

⭐ Any number of kids paired up

EQUIPMENT

⭐ Enough scooters, ball, hoops to accommodate class

LOCATION

⭐ Inside

SAFETY

⭐ Make sure children do not put their fingers under the scooter wheels

SETUP

Set up enough hula hoops for each team at the end of your room. Then, pair up children in two's where one child pushes another child who is laying down on a scooter. The child laying down is the tank and the other child is the driver.

INSTRUCTIONS

1. On 'go' the groups of pairs are going to work together to collect as many balls as possible.

2. One child will push another child who is laying on a scooter. The child pushing can hold their partners ankles and push them in various directions to collect balls.

3. Only the child laying down can collect balls. Once they collect a ball or two, they must now deliver it to their hula hoop (home base) designated for their team.

4. The pairs can switch spots at any time.

5. At the end, whichever team has the most balls has the winning tank.

6. You can also put a 2 minute time limit on each game so the kids can get some rest time as the game can be tiring.

MODIFICATIONS

To make it harder, add more balls to the game and increase the time limit.

Mission # 5 — Tank Tow

A game where one child pushes another child who is laying down on a scooter. The object is for the child laying down to collect as many balls as possible and bring them back to your hula hoop.

Team 1

Team 2

Team 3

Team 1

Team 2

Team 3