

# DIRECTIONS FOR FITNESS GAMES

## Ruland/Thomas

### ROCK, PAPER, SCISSORS

*(equipment needed: NONE)*

1. **Students are split into two equal teams.** They get together in their teams and collaborate with one another and decide what the team as a whole is going to play 'rock', 'paper', or 'scissors'. Usually you have one or two students who take the leadership role in this situation which is good. If not then the teacher can assist as needed. They then “face off” at the center line of a gym or field and on the count of three they play their rock, paper, or scissors.
2. **Remember, paper beats rock, rock beats scissors, and scissors beats paper.**
3. **Whichever team has the winning item then chases the other team to the end line of the field or gym and catches as many people as they can on the way.** Those that are caught now join the other team. It is important to monitor the game to ensure that all students on the same team throw the same thing so there is no confusion. If one team throws multiple items, they should be given a do-over the first time. After the first time, the students who are throwing the wrong item should automatically be placed on the other team as if they were caught during the chase.
4. **The game continues until all the players from one team are caught.** This game is suitable for all ages

### FLAG TAG

*(equipment needed: enough flags, scarves or pinneys for the entire class, a ball)*

1. **Start the game by selecting two students to be IT.** They each receive a flag to display prominently on their arm, leg, neck or head so that other students can see it.
2. **Once the ITs have been selected, the object of the game is to tag the entire class, thus making everyone an IT.** The way you tag someone is by tapping them with the ball, however, when you are holding the ball you cannot run. The only way to chase someone down to tag them, is by the ITs working in tandem passing the ball back and forth until one of them can reach another student to tap them with the ball without moving their feet.
3. **Once a student is tagged by the ball, they also become an IT.** They will receive a flag and can assist the original ITs in passing the ball and tagging their classmates.
4. **This game is played until all students except one have been tagged and are wearing flags.** The remaining flag-less student is the winner.

## TIC TAC TOE RELAY

(equipment needed: Tic Tac Toe boards, scarves)

1. **Students are placed into teams of 4-6 people, and each team is given 4 scarves.** At the whistle one student from each team runs to the tic tac toe board on the floor and puts their scarf in the grid. This repeats until one of the teams has made a line of their scarves on the board. The first team to get tic tac toe wins.
2. **Repeat game a few times to allow for multiple teams to get a chance to win.** This is a great activity for the beginning of a class as a cardio warm up.

## SHIPS & SAILORS

(equipment needed: NONE)

This game is similar to Coke & Pepsi except instead of playing in two lines, students use the entire space. Additionally, instead of staying with the same partner throughout, they are instructed to make different sized groups or switch partners based on the various Actions called out by the Caller.

1. **This is an elimination game.** Each time the Caller gives an instruction, the last person to into position is eliminated, OR if it's an action that requires a set number of people (Rowboats, Totem Pole, any of the partner action), the entire group that person belonged to is eliminated. You play until you get down to one winning pair. As students are eliminated, they become judges for the remainder of the game.
2. **Start the game.** The following are the list of Actions that we use, but they could be amended and adapted to fit your age group, ability level, and to include skills you have been working on in class.

**SHIPS & SAILORS:** In pairs- one student lays on their belly on the ground, the other puts one foot on their partner's back (without pressure), salutes with one hand and says "Ahoy!"

**SLEIGH RIDE:** Students make two lines on the floor, sitting one behind the other as if they are on a large sled, put their hands in the air and yell "Wooooo!" as if they are headed down a hill.

**SLEEP:** Students make one giant line, laying on the ground as if they are asleep

**PINKIES:** Students make three circles sitting cross legged on the floor with linked pinkies

**BEACHED WHALE:** Students drop to the ground on their bellies, and grab their ankles while making whale noises

**CRY BABY:** In pairs- one student fake cries until their partner picks them up off the ground

**TOTEM POLE:** In groups of four, students arrange themselves from a low level to a high level so they look like a Totem Pole

**ROWBOATS:** In groups of three, students sit one behind the other and pretend to row a boat

3. **The Caller will call out one Action per round.** The last person to complete the action, is eliminated along with their partner. Repeat until only one winning team remains.

## I LOVE EVERYBODY

(equipment needed: NONE)

1. **This is not an elimination game,** instead if you are last person to get into the links of arms you are in the middle listing something you like.
2. **Start of Game:** students form a circle and link arms. 1 person is in the middle to start the group off. The middle person says anything they like (example “ I love everyone who likes dogs”). Everyone who likes dogs runs to a new spot on the circle, the last person left then is the new middle man.
3. **Repeat the game a few times** to allow students to get to know each other’s likes and dislikes. This game works as a great ice breaker/team building exercise.

## FLOCKING

(equipment needed: NONE)

This is basically an organized way of playing Follow the Leader. The name comes from the way a flock of birds follows the lead bird as they travel in the sky.

1. **Start by placing students in groups of 4.** Have them number themselves 1-4 and stand behind #1 in a single file, numerical line.
2. **At the sound of the whistle, the leaders should travel all around the room doing any movements they want.** Their flock follows them as closely as possible, mimicking their movements.
3. **When the teacher blows the whistle again, the #1 person drops to the end of the line, and #2 is now the leader.** Repeat until all students have had a chance to be leader.
4. Repeat as long as students are engaged and keeping up with their cardio! You can have them make bigger lines by combining their original groups to make groups of 8, or even half the class in a group... OR the whole class as one large flock!