

Children's Physical Activity Games

The information below comes from the following website:

http://www.funattic.com/game_relay.htm#anchor4

Banana Olympics

Required: Bananas

Players: Small to large group

Location: Should be played on grass area. Concrete surface should be avoided

Divide the group into teams of 8-10 players and give each team a banana. Each team will complete several series of different relays using their banana. Here are some ideas for those relays.

1. The banana under your armpit and hopping on one leg down a field and back.
2. Place the banana between the knees and hop down a field and back.
3. Two teammates tossing the banana back and forth down the field and back.
4. Place the banana on the ground and each teammate must roll across the

banana.

5. Teammates line up in leapfrog formation and first player hops over players while holding

banana and then tosses banana to next player in line to do the same.

Show the players all the relays that they'll have to complete for the Olympics. You may have to write them on a large white board so that all players will know what relay is next. Once a team has completed all these relays someone on the team must eat the banana and the team that is done first is the winner. Use your own ideas, add to the list or use only a few ideas. You can adjust this game to all types of players including the disabled.

Balloon Head Race

Required: Balloons

Players: Small to large group

Location: Grass or concrete area

Organize players so that they're into pairs and each team receives a partially inflated balloon. When the game starts, teams must race to a finish line carrying a balloon between their heads, remember don't use your hands. On hot days try it with water balloons or through a sprinkler. You can even try an obstacle course.

Chimp Race

Required: Nothing

Players: Small to large group

Location: Grass or concrete area

Set up teams and play area. The first person on each team is to bend over with feet apart and grab their ankles. On "go", they are to race down the course and back without letting go of their ankles. Each person on the team repeats the relay. The first team done is the winner.

The information below comes from the following website:

<http://www.iptv.org/rtl/downloads/TNactivity1.pdf>

(Pages 9, 10, 12, 14, 16, 17, 18, 21, 22, 24, 29, 30)

Air Planes

Required: Carpet squares, or other floor markings (tape or newspaper)

Players: Small to large group

Location: Grass or concrete area

Arrange half the children in scatter formation on the carpet squares
The remaining children will be scattered among the carpet squares.
The children on the carpet squares are "skyscrapers". Explain this to them (e.g., tall buildings). They can sway but can't move their feet. Arms must be at their sides or above their heads.



The children scattered among the skyscrapers are airplanes.
They move carefully among the buildings with wings spread. The airplanes can't stop moving and must not touch the buildings or each other. Airplanes should fly (run or jog).

Repeat reversing roles of skyscrapers and buildings.

Zig Zag Toss Across

Required: 1 bean bag

Players: Medium to large group

Location: Grass or concrete area

Arrange the children in two lines facing each other.



The first child tosses the bean bag to the child across from them. That child tosses it to the next child in the opposite line, this continues until the bean bag gets to the end of the line. The last child runs to the first position in his/her line (if the lines are uneven in number have the child go to the end of the opposite line) and start the tossing again. Repeat.

Hint: Say the name of the child tossing and catching so they are both ready before a toss. "Chris, you are going to toss to Alex. Alex get ready to catch."

Jump the Line

Required: Lines (string, chalk or tape)

Players: Small to large group

Location: Concrete area

Arrange the children so each child is on a line.

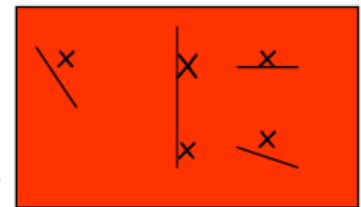
Jump with both feet down (along) the line.

Jump over the line, turn and jump back over the line, repeat.

Jump from side to side over the line.

Jump forward and backward over the line.

Jump high over the line.



Repeat several times.



Allow children to demonstrate or lead jumping by selecting one of the ways to jump.

Expand: Arrange children in a line, the first child is the leader who selects a way of jumping. The other children follow. You can be the leader too.

Pencil Roll, Inch Worm and Rocker

Optional: Carpet Mat

Players: Small to large group

Location: Grass or concrete area

If you are using mats, arrange one line at each mat. If you are on carpet or grass allow 1-3 children to go at time. Allow children to practice as you give instructions, then repeat each activity as time allows.

The pencil roll begins with the child laying flat on his/her back, arms extended overhead (the arms can also be crossed on chest or held straight at sides). Keeping the body straight like a pencil or log, roll onto the stomach. Continue moving front to back. Be sure the children roll in a straight line. Repeat several times.

The Inch Worm begins standing with feet together and legs as straight as possible. While holding the feet still, the child "walks" the hands forward until the body is straight. Then holding the hands still, the child walks the feet toward the hands. Repeat until a specific distance has been covered (for example 10 feet).

The Rocker begins with the child laying on her/his back. Bend the legs bringing the legs toward the chest. Hug the knees with both arms. By moving the head forward and backward rock the body as vigorously as possible.

Reveille

Required: Nothing

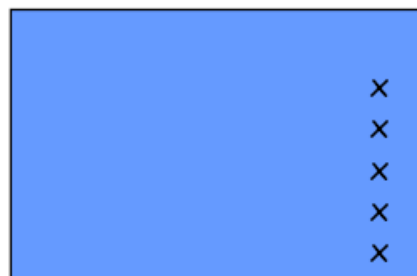
Players: Small to large group

Location: Grass or concrete area

Arrange the children in a line on one side of a rectangle.



Captain → X



Upon a signal by the ship's captain the children will run to the other side of the rectangle and stop on a line. They should stand very tall, straight and still. The children should salute the captain. The captain then says "dismissed" and the children say "aye, aye, captain" and return to the first line. The captain selects a new captain and the game continues so that all children have at least one turn as captain.

Seven Jumps

Required: Music¹

Players: Small to large group

Location: Grass area is recommended

Arrange the children in a circle, they can hold hands facing right which will have them move counterclockwise.

Move around the circle (slide, skip, gallop, fast walk or run). Stop the music. Everyone will touch one knee to the floor for 10 counts, then stand. Start the music and move in the opposite direction around the circle. Stop the music. Touch one knee to the floor for 5 counts, the other knee touches the floor for 10 counts, then stand. Start the music and move the opposite direction. This continues, each round add a body part as follows:

- knee
- other knee
- elbow
- other elbow
- stomach
- back
- forehead



¹ There is music for Seven Jumps from many sources for example Circle Dances for Today (KEA 1146C Kimbo Educational, 2001). However, you can use any music which is lively for example a polka, two step or march.

Locomotor Skills

Required: Nothing

Players: Small to large group

Location: Grass or concrete area

Arrange the children in scatter formation so all children can see you.



Locomotor skills are walking, running, jumping, hopping, galloping, sliding and skipping. Hopping is a jump taking off from one foot and landing on that foot. In galloping the same foot is always in the front (leading). Skipping is step-hop, step-hop.



Have the children move around the area using each skill. Emphasize moving under control, so children don't fall or bump into each other. Begin with walking, then progress to running, jumping and so forth. The skills listed become progressively more difficult. You may have to help by holding a child's hand hopping or demonstrating and practicing sliding, galloping or skipping. Children begin these skills at the following ages: walk (12 mo.), run, hop & jump (24 mo.), gallop, slide & skip (36 mo.).

Moving to Music

Required: Music the children would like

Players: Small to large group

Location: Grass or concrete area



Arrange the children in scatter formation.



Describe sharp movements as a way to move the body to make lines, corners and angles. Demonstrate by making your arms straight then angled by rapidly and forcefully bending your elbows. Ask the children to move their arms in sharp movements. Ask the children to move other body parts with sharp movements (ankles, waist, hands).

Describe smooth movements as a way to move that has circles, turns and doesn't stop. Demonstrate by swinging your arms in circles. Ask the children to move their arms in smooth movements. Ask the children to move their whole body in smooth movements as you demonstrate turning, bending, swaying--all smoothly.

Turn on the music and ask the children to move to the music. Remind the children to move using smooth or sharp movements.

Turtle and Rabbit

Required: None


Players: Small to medium group

Location: Grass or concrete area

Arrange the children in scatter formation

Explain that turtles move slowly and rabbits move very fast. Ask the children to move slow. Once they can demonstrate slow, ask them to demonstrate fast.



To play the game you will call out "turtle" or  "rabbit". When you say "turtle" the children move slowly and continuously until you say "rabbit". When you say "rabbit" the children move fast until you say "turtle". Repeat alternating "rabbit" and "turtle".

Focus the children on listening and following directions. The point of the game is for the children to move all the time (either fast or slow).

Non-Locomotor Skills

Required: Nothing

Players: Small to large group

Location: Grass or concrete area

Arrange the children in scatter formation.

Remind the children to stay in their special spot (where they are). Non-locomotor skills are movements which are done without changing locations. Generally, feet are still. Non-locomotor skills can usually be done with one body part (the arm) or the whole body. Ask the children to do the following movements, if they do not know what to do, demonstrate.

- twist
- sway
- wiggle
- bend
- stretch
- swing
- balance
- lean
- curl
- shake

Vary the movement by asking them to move only one arm or leg instead of the whole body.



Hint: Chalk lines, tape marks, carpet squares or polypots (plastic spots, available at school supply stores) help children find and stay in their special spot.

Red Light, Green Light

Optional: Stop and go sign

Players: Small to large group

Location: Grass or concrete area

Arrange the children on a long line facing you.



Begin by explaining the signals for stop ("red light") and go ("green light"). Have one child demonstrate stopping when you signal. The object of the game is to move from one side of a rectangle to the other side. However, children can move only when you say go and must stand very still when you say stop. During the go ("green light") signal children should move as quickly as possible! Once all children reach the opposite side they wait for your signal. Upon your signal they walk back to the start. The game begins again. To make the game more challenging for older children, try changing signals often and quickly or use only the stop/go sign. For younger children use both a visual (the sign or your hand) and verbal signal (saying "green light" or "red light").

Shake, Punch and Roll

Required: Music

Players: Small to large group

Location: Grass or concrete area

Arrange the children in scatter formation. Stand where all children can see you.



The movements for this work-out are shaking (a leg, one arm, two arms, or your head), punching arms alternately forward (vigorously extend and bend arms with fists held the whole time) and rolling (lay on the ground or floor, roll from back to stomach and back).

Do each movement at least 8 times to the music (for 8 to 16 counts depending on the music). For younger children repeat each movement more times, for older children change the type of movement more often. Running in place can be inserted between shakes, punches and rolls.

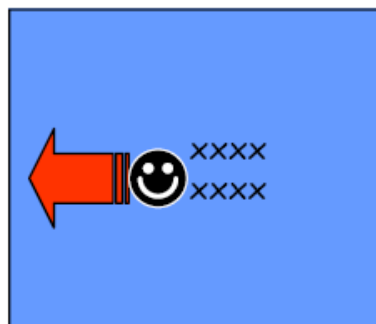
Fitness March

Required: Marching Music

Players: Small to large group

Location: Grass or concrete area

Arrange the children in 1-2 lines facing front.



Play the music and march. Encourage high steps with the knees lifted up on each step. Encourage moving the arms vigorously in a pattern opposite to the legs. Begin with you as the leader. March around the area in various patterns (lines, zig zags, circles, etc.). Then allow a child to be the leader. Switch leaders often.