

## **NAME OF ACTIVITY: All Aboard!**

**GRADE LEVEL:** Any

**EQUIPMENT:** Platforms, hula-hoop, rope? or a variety of items

**HIGHLIGHTS:** Cooperation, balance

**INSTRUCTIONS:** First, let me explain the equipment. Originally, I believe this game was to be played on a 2x2 platform. I have now seen where some of the sporting good companies are carrying various size platforms. Personally, I do not have the money or space to buy platforms, so I use whatever I feel is appropriate. I can always change the difficulty of the game by adding or subtracting players to/from the group.

Now, with that being said, let's get to the game. Dived the class into small groups (size depends on the difficulty you want and the item you use). The group is given a platform (in my case a hula-hoop of foam platform). The object of the game is to see if you can get your entire group to stand in or on the designated item, for 10 seconds. If successful, you can make the area smaller (smaller platform, remove a link from the hoop if possible) or you can add more people to the group.

The rules are simple, all players must be in or on the designated area for 10 seconds

**HELPFUL HINTS:** What about trying a variety of items? Maybe a rope tied into a circle, a hula-hoop, a gymnastics mat, a carpet square. Just use your imagination. I will admit that if the platform can be raised, it is easier to make sure all player are aboard.

## NAME OF ACTIVITY: Mouse Trap

**GRADE LEVEL:** Grades K-5

**EQUIPMENT NEEDED:** 1 bowl per game, yarn or flag belt per player, clothes pin per player 1 Die per game

**HIGHLIGHTS:** reaction, number recognition.

**INSTRUCTIONS:** **To make the mouse:** clip the clothespin onto the end of the belt. If using yarn tie a loop into the end of the yarn and clip the clothespin onto the loop.

Select one player to be the mouse catcher, this player will roll the die and will control the mousetrap (plastic bowl). I like to use a yellow sticky note to be the cheese and each mouse must be touching the cheese (feeding) to start the game. Each player kneels holding the mouse's tail (personally I have the students train their mouse first, by practicing pulling the mouse so that it comes back between the knees of the puller). Do this to keep other from getting hit by a stray mouse. The mouse trap (bowl) must be placed on the floor next to the mice; the catcher may have his/her hand on the bowl. The catcher will then roll the die, If a 1 or a 6 is rolled, the catcher will try to catch the mice with his mousetrap (bowl), of course the mice should be trying to escape to their hole (between knees). If a mouse gets trapped, that person gets a point, points are bad. Usually, when a player gets 3 points he or she must become the new mouse catcher.



**HELPFUL HINTS:** If you see students getting points on purpose then I change the way to become the catcher. I will say when a player gets 5 points, whoever has the lowest score in that game gets to be the new catcher.

Also, I give a point if a player pulls his mouse from the cheese on a die roll other than a 1 or a 6. With my older students, I will take away a point for all players if the mouse catcher tries to trap on any number other than a 1 or a 6.

I highly recommend having the students practice pulling the mouse between their knees before starting the game. Also, I use 5-7 players per game including the catcher. You could use less but I like these numbers.

## NAME OF ACTIVITY: Stride Ball

**GRADE LEVEL:** Grades K-12

**EQUIPMENT NEEDED:** 1 low bounce ball

**HIGHLIGHTS:** Eye-hand coordination, strategy.

**INSTRUCTIONS:** Players stand in a circle formation with feet spread a little wider than shoulder width apart and touching the feet of the players on each side. The ball will be placed in the center. The object of the game is to push (roll) the ball so that it passes through the legs (goal) of another player. Players use both hands to defend their goal. To start the game, the server must **place the ball in the center** of the circle. Once placed, any player **other than** the server may strike the ball. The server may not be the first player to hit his own serve. Once another player touches the ball, the server may play as normal. Each time a ball goes through a players legs (goal), a point is scored against him/her. The player with the **lowest** score wins the game.

**HELPFUL HINTS:** A point is also scored against a player who hits another player in the head or face with the ball.

The game can end several ways. First, you can play until 1 player reaches a set number of points (5 for example). At this point the game would end and the lowest score wins.

Second, you could play that the last person to be scored upon is the winner. In other words, the last player to have a score of zero would be declared the winner.

Finally, you could play for a set amount of time, with the winner being the player who has the fewest points at the end of time.

## NAME OF ACTIVITY: Knock it off

**GRADE LEVEL:** Grades K-5

**EQUIPMENT NEEDED:** I patty per player, Could be about anything flat. I have used snuff cans (no labels), foam hamburgers cut from noodles, coins etc.

**HIGHLIGHTS:** Eye-hand coordination, tagging skills, and evading, balance.

**INSTRUCTIONS:** Each player is given an object to balance on the back of their hand (patty). Have the students balance the object on the back of their hand, not fingers. I have students place their other hand behind their back. On the start of the game players must use their object hand to try to knock off the patty of the other players. When the students' patty is knocked off or falls off, he/she must move out of the game. The winner is the last person left standing. I will play this way, but I will also play by the variation.

**Variation:** I will play teams, this could be boys against girls or whatever, but the kids love to play the variation.



**HELPFUL HINTS:** I found that if I use something light, the students will resort to trying to blow the object off. This adds another variation as I can allow or disallow students to blow on the objects.

I do not allow body contact, A player can use their object hand to touch another players hand, but not to the body.

**When players are out, I allow them to have challenge matches on the side.**

## NAME OF ACTIVITY: Hamburger Press

**GRADE LEVEL:** 2-6

**EQUIPMENT:** at least 20 foam patties (hamburger) - swim noodle that has been cut into 1 1/2 inch thick patties. Preferably the monster noodles (Fat ones).

**HIGHLIGHTS:** Cooperation and teamwork

**INSTRUCTIONS:** Personally, I use this as a station activity. For each hamburger press I use two or three students. The object of the game is to see how many patties the two players can push between their hands. Here are the rules that I use:

2 player - Players start with one patty sandwiched between their hands (1 hand from each player). Player one will then try to add a patty. Player two will add a patty, and so on. Players are not allowed to use their other hand except to add patties. Personally, I do not let students adjust the patties with their free hand. They are only allowed to add the patty. Also, I do not allow the students to wrap their finger around the patty (They must press with palms only. No other body parts can touch the patties.

3 player - All the same rules, except player 3 does all of the adding of patties. I use three players if I have an odd number of students in a group, or if I am short on patties.



**HELPFUL HINTS:** Watch for students who try to beat the game by: building vertically instead of horizontally. Or Students who try to add more than 1 patty at a time.

## Name of Activity: Stepping Stones

**Grade Level:** K-12 with modification

**Equipment Needed:** 12, more or less, stones (wooden disks about 6 inch diameter or pieces of 2x4 about 4-6 inches long, etc) I start with about 1 1/2 times the number in the group.

**Highlights:** Cooperation, Teamwork, Brainstorming and Balance

**Set-up:** I place two mats about 30 feet apart. I then place the stones on the starting mat.

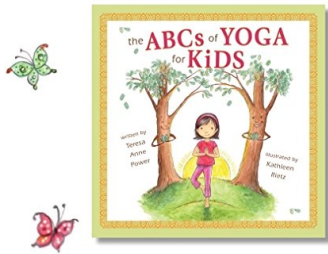
**Instructions:** The object of the game is for the group to transport their team across the piranha invested waters, without becoming fish food. In other words, they must get their team from one mat to the other, using only the stepping stones and without touching the water. If a student touches the water with any part of their body, then they must return to the starting mat and take any stones in their hand, back with them.



**Rules:**

1. Stones cannot be scooted, thrown or rolled.
2. Students may not move stones if they have fallen in or are NOT standing on a safe (mat or stones) area.
3. Students may not leap to a stone (safety issue).

**Helpful Hints:** One of the nice things about this game, is that it can be easily adapted to the skill level of the players. Personally, I start with the mat at 30 feet, then I put another at about 50 feet. If the conquer the 1st mat, then they can go for the next mat. You could also remove the number of stones that you give the group. So you can make this game easier or harder by the distance of the mats, the number of stones and the size of stones. Next year, I am going to make some stones higher than other, just to see the results.



# the ABCs of YOGA for Kids



**A** Airplane



**B** Butterfly



**C** Cobra



**D** Dog



**E** Easy Pose



**F** Frog



**G** Grasshopper



**H** Happy Baby



**I** Inhale



**J** Jack-in-the-Box



**K** Kite



**L** Lion



**M** Mouse



**N** New Pose



**O** Otter



**P** Peacock



**Q** Queen



**R** Rag Doll



**S** Swan



**T** Triangle



**U** Unicorn



**V** Volcano



**W** Waterfall



**X** **Y**



**Z** Zero

# The Living Room Workout

**15** squat jumps

**5** push-ups

**25** high knees

**7** burpees

**10** lunges

**7** squats

**5** push-ups

**10** lunges

**5** push-ups

**7** squats

**15** squat jumps

**1 minute** wall sit

**5** push-ups

**25** high-knees

*\*Repeat 3 times, resting as needed\**





# TABATA



1. PUSH-UPS



10 SEC REST

20 SEC MOVE

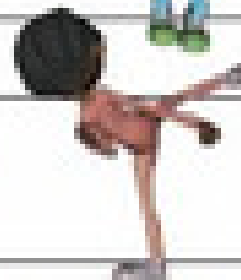
2. SKIER JUMPS



10 SEC REST

20 SEC MOVE

3. ALT. LEG KICKS



10 SEC REST

20 SEC MOVE

4. BURPEES



10 SEC REST

20 SEC MOVE

5. SQUATS



10 SEC REST

20 SEC MOVE

6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



HIGH INTENSITY INTERVAL TRAINING

# what's your name? workout for beginners

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |

**Rainy Day Photography Club**: Whoever has rain boots gets to jump in small puddles, the rest get to be the photographers!

