### Everything & Anything

<table>
<thead>
<tr>
<th>Jason Tresidder</th>
<th>Mark Croson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Armel Elementary School</td>
<td>Evendale Elementary</td>
</tr>
<tr>
<td>Frederick County VA</td>
<td>Frederick County VA</td>
</tr>
<tr>
<td><a href="mailto:Tresiddj@frederick.k12.va.us">Tresiddj@frederick.k12.va.us</a></td>
<td><a href="mailto:CrosonM@frederick.k12.va.us">CrosonM@frederick.k12.va.us</a></td>
</tr>
</tbody>
</table>

#### Jailhouse Rock  
**Equipment:** Personal Space  
**Organization:** Students stand in personal space. Ask 4 students to provide a “muscle” pose. Part 1 students perform the muscle poses. Part 2 students move through the playing area (skip gallop walk etc.).

#### Gotcha  
**Equipment** - Open area  
**Activity** - Students form a large circle around the teacher. When the activity begins students try to squat down, touch the ground with their fingertips and then return to a standing position. The teacher stands in the middle of the circle and tries to catch a student while doing a squat. If the teacher catches a student doing a squat and says, “Gotcha!” the students must turn to the outside of the circle and run one lap around. When they return to their spot in the circle, they may rejoin the game. Every time a student completes a squat, they get one point. Students take turns in the middle as well.  
**Safety** - Students must keep their backs straight when doing a squat. Students need to run in the same direction around the circle.

#### Meet in the Middle  
**Handshake**  
**Exercise**

| Equipment  |  
| Centerline, end lines opposite each other  
| Organization: partner groups, stand at center line one on each side of line  
| **How to Play:** partner teams start at end line opposite of each other, when signal is given they jog to middle, perform activity and jog back to starting line. When next command is given, players repeat previous command and new command. This continues until all commands are given and game is over!  
| **Handshake Meet Me in the Middle**  
| High 5 L/R  
| Low 5 L/R  
| Double fist bump L/R  
| Elbow bump L/R  
| Hip bump L/R  
| Crab kick high 5 L/R  
| **Exercise Meet Me in the Middle**  
| 5 partner curl ups  
| 5 partner push up low five taps  
| 5 mountain climbers  
| 5 count v-sit stretch  
| 5 count high 5 shuttle run  


22 Skeedo
Equipment: Long pool noodles (2-3); cones to mark off play area (jail/safety lines)
Organization: 2-3 taggers stand in guard area, 5 players start in jail, all others scatter around perimeter behind safety line
How to Play: to rescue players from jail a rescuer must cross the guard area and shake hands 22 times. The player in jail is responsible for keeping his or her own handshake count. If a player has 20 shakes, they must stay in jail until a rescuer shakes their hand 2 more times. If a rescuer is tagged in the legs by one of the guards, they must go to jail. If a rescuer steps in jail, they are stuck there! Stop every 3-4 minutes to switch guards. Rescuers may shake two jailed players at a time.
Safety: body control while moving from safety area to jail and back.

ROCK THIS PARTY DANCE
Sequential Ordering

Equipment: sequential order cards (place in a sandwich baggie)
Music: Rock This Party – various artist found on iTunes
Organization: each students gets own set of sequential order cards
How to Play: place cards in sequential order, once checked off by teacher get in groups of 4-6 and practice dance with group members.
Assessment: Sequential ordering, sequential dance pattern, rhythmic dance steps

<table>
<thead>
<tr>
<th>Grapevine</th>
<th>Clap and march until you hear, \textit{&quot;EVERYBODY DANCE NOW!&quot;}</th>
<th>Walk forward 4 steps and clap on 4th</th>
<th>Jumping Jacks (legs only) 4 count</th>
<th>Jump and Shake 4 walls counterclockwise 8 count</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 count Right Sprinkler</td>
<td>Repeat going left</td>
<td>Walk backward 4 steps and clap on 4th</td>
<td>Scissor Jacks 4 count</td>
<td>Repeat Dance</td>
</tr>
</tbody>
</table>

Jedi Knights
Equipment: cone and noodle stick
Organization: circle formation, teams sitting behind team cone in relay formation, and each team has a noodle stick
How to Play: first player on each team enters the playing circle with their noodle stick. The object of the game is to tag other Jedi Knights (knee and below) and not be tagged. A Jedi is out if they step out of the playing circle, are tagged from the knee below, or they tag another player outside the tag zone. When a Jedi is out they return to their team and switch places with the next in line.
Safety: we have a “No Fly Swatting” rule in this game as well.

Flipping Burgers
Equipment: cones, noodle stick and chip for each team
Organization: circle formation, teams sitting behind team cone in relay formation, and each team has a noodle stick and chip
How to Play: first player on each team places their chip on the back of their hand and carries their noodle in the circle. We tell the students that gravity has to hold their noodle chip in place. Once all players enter the playing circle the game is on! The object of the game is to tap, push, or smack another player’s chip off their hand. If a chip falls, for whatever reason that player is out of the game, and switches with the next player in their group.
Safety: we have a “No Fly Swatting” rule. That means a player cannot come up to a challenger and start swatting them all over. If that occurs the player is out!
## 747 (The First Six Minutes Book)

**Equipment:** none  
**Organization:** scatter formation  
**How to Play:** players try and tag 7 other players. If successful then they jog and tag the 4 walls of the gym and return to game. Place pictures of 747’s on the walls so players can tag the picture to help with organization  
**Safety:** when criss-crossing play area players must be careful of other players  
**Variations:** play different combinations, if a player gets 7 tags then have them put on a penny and continue play

---

## Cars

**Equipment:** Nerf balls, exercise area  
**Organization:** scatter formation around play area, 3-4 taggers  
**How to Play:** Tacks in the road try and tag Steve McQueen and give them a flat tire. If tagged, cars freeze with hands on top of head. Two Truck Mater hands frozen player a ball, that player performs 5 standing squats (pumps up the tires) and looks for another frozen player to get them back in the game. Once Mater hands the ball off the player is back in the game!  
**Safety:** tag hard enough so cars feel it but don’t “dent” the body!  
**Variations:** have cars/tow trucks play on scooters or shuffle around in hula-hoops

---

## Extinction

**Equipment:** 4-6 different color vests, team cones  
**Organization:** 4-6 teams, teams start game at team cone  
**How to Play:** on go signal, players from each team have three responsibilities: 1> tag players from other teams, 2> try not to get tagged, 3> rescue players from their team that have been tagged. Players tag one another hard enough so that they feel it but not so hard that it hurts. If tagged that player must kneel down where they were tagged with a hand in the air. To get a teammate back in the game a member of the same team must give them a high 5. If all members of a team are tagged, that team is declared extinct. Play several rounds so team strategy can be discussed and worked on during game play.

---

## Roll the Dice Fitness

**Differentiated Exercises by Readiness Level**  
**Equipment:** dice, worksheet  
**Organization:** partner groups, 1 die, 1 worksheet  
**How to Play:** player 1 rolls die, both players read exercises to corresponding # rolled and perform one of the exercises listed for that number. Players do not have to do the same exercise but have to perform and exercise from that number. Player 2 rolls and exercise challenge continues until time is called.  
**Safety:** make sure all players understand how to do all exercises correctly before starting Roll the Dice workout.

## Angry Birds

---
Less is More

**Equipment:** Hula Hoops, Assorted colored waffle balls (6 of each color)

**Organization:** Class is split into teams (3-6 based on class size) and teams line up behind a hula hoop.

**How To Play:** One player from each team starts by taking a ball from center hoop. They place the egg back in their team's nest, go to the end of their team's line, and the next player takes their turn. Players may take a ball from any hoop they would like and hoops can not be defended. The game ends when a team gets three eggs in their nest. Games are restarted by placing all the eggs back in the center nest.

**Safety:** Body control when retrieving eggs, no sliding or diving after eggs!

Ostrich Nest

**Equipment:** hula-hoops, tennis balls

**Organization:** hula-hoop circle formation, 2-4 students line up behind a hula-hoop relay formation, hula-hoop in middle is filled with one more tennis ball than there are groups (it is the only way the game will work!)

**How to Play:** first player from each team starts by taking an "ostrich egg" from the center hoop (nest). They place the egg back in the middle of their team's nest. Once all the eggs are taken from, the middle teams may steal from other teams. The only rule we have here is that "neighbors" cannot steal from neighbors. The game ends when a team gets three eggs in their circle! Games are restarted by placing all the eggs back in the center nest.

**Safety:** Body control when retrieving eggs, no sliding or diving after eggs!

7-Jumps

**Music:** All Purpose Folk Dances, RCA, LMP 1623

**Equipment:** Music

**Organization:** Class is in a large circle

**Activity - First part:**
1. Dancers poise for each long sustained note
2. Each time a note is added, a poise is added
3. Order is: One leg, switch legs, one knee, both knees, one elbow, both elbows, lie flat, head down

**Second part:**
1. Everyone walks to the center 8 counts and claps
2. Everyone walks back to the outside of the circle 8 counts
3. Repeat part one adding the next poise

*Tag game using same music*

Body Balance

**Equipment:** noodle chips

**Organization:** groups of 3, circle formation, noodle chips in center

**How to Play:** one player stands in any position, the other two go to the middle, pick up one chip each. They then place it back in their team's hoop, give the next person a high five, go to the end of their team's line, and the next player takes their turn.

Players may take a ball from any hoop they would like and hoops can not be defended. The game ends for a team when they get all six balls of the same color in their hoop and the entire team sits down. When the team sits down they take the 6 balls (all same color) out of their hoop leaving any extras in the game.
We give credit where credit is due! We might have twisted or changed a game or two to fit our needs and the needs of our students but the professionals and organizations below started the wheels turning. Thank you for your dedication to children and the science of physical education. JT & MAC

Jim Ross
John Eddinger
Karen McCoy
Suzy Summers
Ellis Ville
Larry McDonald
Doug Monaghan
Brenda Belote
John Sciera
VAHPERD
WVAHPERD
NJHPERD
Educational Activities Inc.
Treasure Chest of Multicultural Dances
Game Central Station
Great Activities Newsletter
PE Central
Ron Ramspott
Ben Prillo
Carmi Pegher
Dr. Kurt Hinsen
Chip Candy
John Smith