Come Play as presented by David Hunt

July 2006 Health and Physical Activity Institute

Below is a brief description of activities presented during Early Bird Wellness. If you have questions, please email me at M_Hunt@ccpsnet.net

1. **X&O**: 2 teams face each other at midcourt/midfield. Teacher (or student as a reward) tosses the X&O base into the air. When base lands, teams move to their respective lines and freeze. Points are scored for the first team to arrive and be still. Variation: arrive and strike a balance or sport’s skill pose.

2. **Rock/Paper/Scissors Olympics**: Student attempt to move from starting line to the bronze, silver, and gold medal zones. When a student wins, he/she moves up one level. When he loses, he moves down a level. HAVE STUDENTS JOG IN PLACE WHILE PERFORMING ROCK/PAPER/SCISSORS. Variations: a) Have students use pedometer scores to determine the gold medal - Johnny finishes in the bronze zone but has the most steps. He wins and the other athletes are disqualified for banned substances. b) Instead of RPS, have students perform 6 jumps with a predetermined guess by one of the opponents as to which foot his/her opponent will stick out upon landing from the 6th jump.

3. **Muscle and Fat**: Have 4 or more teams with manipulatives representing red muscle cells and yellow fat cells placed in their hoola hoop (human body). Upon teacher signal, students take fat cells away from their bodies and give to other teams while taking muscles cells home. Students may only take one cell at a time. Game may stop at any time and the highest % of muscle wins or play until one team is all muscle.

4. **Joe and Jane Cool**: “Taggers” wear sunglasses because they are so cool! “Taggees” must perform 5 jjs/5 push-ups, etc. to get back in the game.

5. **Fitness Tag**: Taggers tag (not throw) taggees with a gatorskin ball. Ball is placed at the feet of the taggee and tagger escapes while taggee performs a fitness activity. Upon completion, taggee picks up the ball and becomes the tagger.

6. **One on One Borrow the Bacon**: Two opponent sit facing each other and try to snatch an object (noodle piece, beanbag) upon teacher command. The commands are Right (right hand), Left, Both, Neither. Have students place hands on knees or behind head to start. Play until one student reaches specified number then rotate opponents.

7. **Blind Driver**: Student with closed eyes extends arms (bumper) for protection. Student with eyes open acts as the driver of the car by placing his hands on the shoulders of the blind student. The student with vision must safety drive the car without any contact with other cars or obstacles. Switch and repeat. (Students should be of similar height.)

8. **Wind in the Willows**: In groups of 5 or more, one student stands in the middle with eyes closed and with a rigid body – discuss core isolation if appropriate. Remaining students surround student who has his eyes closed and spot him as he falls slightly to the front, rear, and sides. Spotters must “spot” using a staggered stance. Student in middle should fold arms across the chest.