

Intramural Success in 20 Minutes



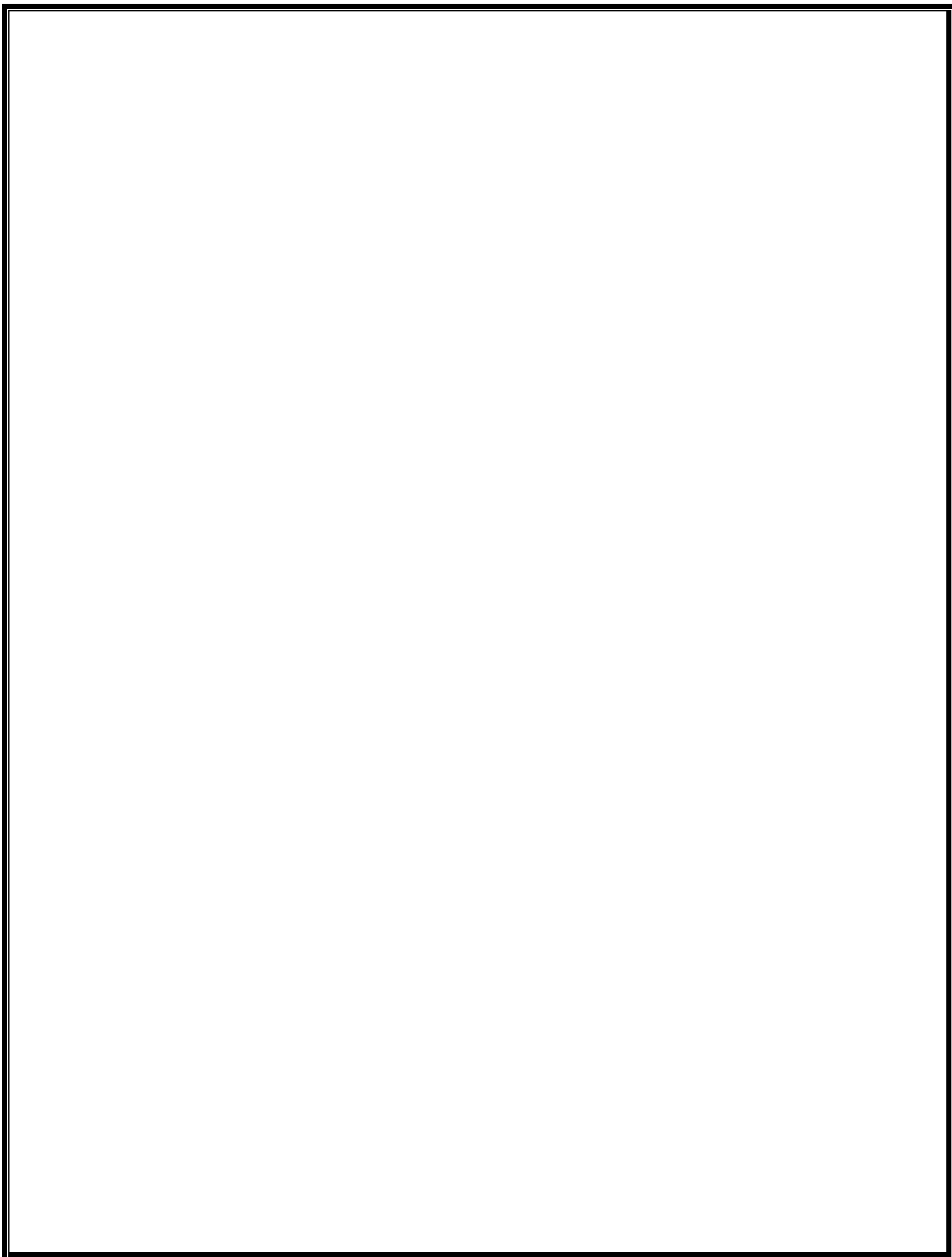
Innovative Games and Activities for Elementary Students



Health Promoting Schools



Thunder Bay District
Health Unit
www.tbdhu.com





Health Promoting Schools

Contact your Health Promoting
School Nurse for support and
resources around healthy eating
and physical activity in your school.
Call 625-5972

**Acknowledgement to Jolene Winters for her contribution to this
resource.**

**4th Year Lakehead University School of Nursing Student
November 2008**

Intramural Success in 20 Minutes was designed for teachers in the primary, junior and intermediate divisions. This quick and easy guide is full of fresh ideas for innovative and non-traditional games and activities.

The games and activities that follow have been specifically chosen as they require minimal set up and equipment, thus making them easy to accomplish in a 20 minute balanced day lunch period. The playing period can also be extended to accommodate longer lunch periods. These activities also use non-traditional equipment such as pool noodles and rubber chickens in effort to **get more kids, more active, more often.**

John Byl, author of *Intramural Recreation: A Step-by-Step Guide to Creating an Effective Program*, suggests that offering non-traditional games or simply changing the equipment used makes the programming accessible and inviting for all participants. Furthermore, he recommends programming that is non-threatening and fun to attract those children who wouldn't normally participate in intramurals. This is why plenty of open gym activities have been included, so children can just show up and play.

As an educator, you have a unique opportunity to affect the health of students on a daily basis. This guide is a quick reference for you to get started right away. However, if you would like more information please visit www.ciraontario.com

Adapted with permission from *Intramural Recreation; A Step-by-Step Guide to Creating an Effective Program* by John Byl

NEW Intramural inspired resources that may be borrowed from the Thunder Bay District Health Unit or www.tbdhu.com

- Intramurals "Making it Fun"
- Sports Day "Making it Happen"
- Convenorology; So You Want to be a Convenor
- Intramuralology; A Quick Reference Guide for Intramural Programs

Great Idea for Winter!

Consider trying these activities out for **indoor recess** to keep children active during cold winter months.

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Active Schools is a fun, free program for Kindergarten to Grade 8, designed to motivate and recognize school communities for making the commitment to leading active, healthy lives!

Why become an active school?

- It's free, free, free!
- It promotes school spirit!
- It's fun and easy!
- There are great prizes to win!
- There are free resources such as posters, prizes and support materials
- It helps schools maintain an active, healthy environment

Visit www.ophea.net or email activeschools@ophea.net for more information.

Fair Play and Sport for All

In order to get *more kids, more active, more often*, programs need to be non-threatening and fun. When presenting these ideas to students, use the words “games”, “clubs” and “activities”. These words will foster a sense of belonging and will appeal to a wider variety of students.

What is fair play?

- Fair play promotes **inclusion** where there is an equal chance to play regardless of age, fitness level, and skill level
- Fair play promotes **sportsmanship** where there is respect for the rules, respect for the officials and their decisions, respect for opponents and self control is maintained at all times

To foster an inclusive environment:

- Modify traditional games to “level the playing field” and to appeal to all participants. For example, for games with nets, try reversing the nets to eliminate the goal tender.
- Try using the bladder of the ball. It will move erratically and make the game more fun and less competitive.
- Emphasize participation rather than winning.
- Post the rules of fair play.

Below is a link for helpful and inclusive tips on picking teams:

http://www.ciraontario.com/ehr/page/free_downloads#picking (January 29, 2010)

Student Involvement & Leadership Ideas

Students are a valuable resource when planning intramural activities. They can provide ideas, feedback, participate in the planning process and work as volunteers.

The following is a list of suggested tasks for students in the elementary setting:

- make announcements
- take attendance
- monitor equipment
- officiate activities
- older students can help coach younger students
- involvement in selecting activities
- participate as a member of an intramural council

To ensure success, talk to your students and ask them what they would like to do for intramurals. Be prepared for different idea suggestions from girls & boys. Do your best to honor their different interests. Make sure to ask those students who are less active for their input. Remember, our goal is inclusion and to get as many children as active as possible.

It may be helpful to have a contract between teacher and student leader that outlines expectations and responsibilities of students. The contract could also include an affirmation by the student that states their commitment to making the program great. Some schools have also found success in holding conflict resolution training sessions for the student leaders.

Below is a link to an excellent format to create a successful intramural council:
http://www.ciraontario.com/content/intramural_constitution.pdf (February 12, 2009)

Safety Considerations

- Ensure proper clothing and footwear is worn
- Ensure the playing area is free of hazards
- Check that equipment is in good condition
- Provide appropriate supervision
- Make sport safety equipment available (ie. helmets)
- Clearly post rules and ensure all participants understand and agree to abide by them (primary students may need help to read the rules)
- Consider if participants require permission from a parent or guardian to participate
- Contact your school board to review the intramural section of the HPE Safety Guidelines

Team Games

Chicken and Eggs

Number of Players: Two teams of at least 5 players on each team

Supplies: 6 pylons
6 chickens
8 – 12 volleyball sized gators

Aim of the Game: To knock the chickens off the pylons.

How to Play:

1. Divide the players into two teams.
2. Line 3 pylons at opposite ends of the gym and put a chicken on top of each pylon.
3. Give each team 4-6 volleyball sized gators to try to knock the other teams' chickens off their pylons while remaining on their half of the gym (similar to dodge ball but object is to hit chickens not other players).

Variation:

1. Place balls on the pylons and throw the chickens to knock them off.

Source: Unknown

Snake

Number of Players: At least 5 players on each team

Supplies: One bean bag

Aim of the Game: To practice cooperation and balancing skills

How to Play:

1. Have players line up. Give the first player in the line a bean bag, and have them place it on their head.
2. Have all the players hold on to each other's waist and move forward like a snake.
3. If the head of the snake drops the bean bag, the line of players continues to move until the person at the end passes by the bean bag. That person picks it up, runs to the front of the line and then becomes the head with the bean bag on their head.
4. Continue the game for a preset amount of time or until everyone gets to be at the head.

Source: www.canteach.ca/elementary/gamesteams4.html

Dog Catcher

Number of Players: Four teams of at least three players

Supplies: Four sets of differently coloured pinnies or coloured paper

Aim of the Game: To avoid being caught by the dogcatchers

How to Play:

1. Establish the boundaries before the activity begins.
2. Divide players into four teams and give each team a different colour pinnie, which represents which colour 'dog' team they are on.
3. Put each team of players in one of the four areas of the field, indicated by a pylon showing that this is their team's doghouse.
4. Have the players move around the playing field mingling with the other dogs.
5. Call out one of the colours, e.g., red dogs. The red dogs will now become the dogcatchers and try to catch as many other dogs as they can.
6. Once a dog is caught, they go back to their own doghouse and jump up and down while barking.
7. Next, call a different colour dog. When a new colour is called, all dogs are free. Rotate through the colours so each team has a chance to be the dogcatchers.
8. The turn around time should be very short to keep the game fast paced and to keep the players "out of the doghouse".

Source: Ontario Physical and Health Education Association, 2000, Grade 2 Unit 9 Sub-task #5

Squirrel in a Tree

Number of Players: At least three teams of three players & two individual players

Supplies: None

Aim of the Game: To develop an awareness of and practice the mobility needed to run around other children.

How to Play:

1. Have players line up and count them off as "Tree", "Tree", "Squirrel", and repeat until you have 1 or 2 extra children. These extra children become homeless squirrels looking for a home.
2. Have the pairs of trees join each other's hands and enclose a squirrel in their circle. There should be trees with squirrels inside spread all over the play area.
3. Blow a whistle or yell "go"! Squirrels are to leave their trees in search of a new home.
4. Once a squirrel finds a new home the pair of trees enclose the squirrel in a circle and wait.
5. Any squirrels left out become homeless and must wait until there is a signal to run and search for a new home.
6. Keep playing over and over until time has run out.

Source: www.canteach.ca/elementary/gamesteams14.html

Noodle Ball

Number of Players: Two teams of at least 5 players and a goalie

Supplies: 2 nets
One pool noodle for each player
1 or 2 gator balls

Aim of the Game: To score a gator ball in the net.

How to Play:

1. Divide the group into 2 teams.
2. Each player gets a noodle. Have them fold the noodle in half and hold the two ends in their hands.
3. A goalie guards the net **OR** use a narrow goal instead of a player in the net.
4. Play with hockey rules and try to score a gator ball in the net.

Variation:

1. If the group is larger than 12, use two balls in the same game at once.
2. After a goal, the team scored against decides when to bring that ball back into play. When ready, the team brings it to "centre" before the defenders can play against "that" ball.
3. The other ball remains in play until it is used to score. This works well in games where you wish to encourage a lot of touches per player. Often, two different games involving two different levels of competitiveness/ability occur within the same game.

Fun Idea:

1. Teams can play for the Noodle Ball Championship and the winning team gets a pasta and meatball lunch. Yummy!

Source: N. Morrow (personal communication, November 5, 2008) & D. Sutherland (personal communication, February 26, 2009).

Chicken in a blanket

Number of Players: Two teams of at least six players broken down into teams of three

Supplies: One blanket/towel per 2 players
One rubber chicken
Volleyball net

Aim of the Game: First team to 20 points wins. Good game for co-operation & hand-eye skills.

How to Play:

1. Divide the group into 2 teams placed on either side of the volleyball net. On each team, have up to three pairs of players hold a towel between them.
2. The first team puts the chicken in their towel or blanket and tries to fling the chicken over the net.
3. If the chicken hits the floor, the throwing team gets a point; if the opposing team catches the chicken they get a point. The first team to 20 points wins.

Variation:

1. If there are more than 12 players, you may have a second or third set of players waiting to play. After 5 points, rotate the next set of players onto the playing field.
2. Use the volleyball net to separate the gym into two separate playing fields. Set up a badminton net on each side of the volleyball net/partition in order to have two separate games going on simultaneously for maximum participation.
3. Play using volleyball rules (i.e. the winning team maintains/gains the serve).

Source: Raithby, A., 2007, p. 58 (Used with permission from CIRA Ontario).

Scooter Hockey

Number of Players: Two teams of at least five players and a goalie

Supplies: One large pool noodle and a scooter for each player
Two or three plastic wiffle balls

Aim of the Game: To score goals against the other team.

How to Play:

1. Divide the group into two teams and assign each group half of the playing area, with a goal at the back of each end. In a gym, the goal can be the back of the basketball key.
2. Play hockey with wiffle balls, with each player sitting on a scooter and using a noodle for a stick
3. No players are allowed in the basketball key (or in a similar area around the goal); noodles are allowed in the area around goal

Source: Byl, J., Raithby, A., Baldauf, H., & Schwass, K., 2004, p. 20 (Used with permission from CIRA Ontario).

African Dung Beetle

Number of Players: Two teams or no more than three players on each team

Supplies: Two sets of differently coloured clothes pins
One pinnie
One blindfold
One pool noodle

Aim of the Game: To put clothes pins on the player in the middle.

How to Play:

1. Divide the group into two teams and give each team a specific colour of clothes pin.
2. Explain that African beetles attach themselves to dung. The person (dung) in the middle of the playing area stands blindfolded wearing a pinnie and holding a pool noodle.
3. Moving clockwise, players from each team take turns approaching the player in the middle and attempt to attach clothes pins to his/her pinnie. If they are hit by the dung's noodle they must return to their team.
4. The team that puts the most pins on the player in the middle wins.
5. Depending on the number of players participating, you will have multiple games going on at the same time, which focuses on maximum participation. If competing is important, then count which group had attached the most number of clothes pins.

Variations:

1. To de-emphasize competition, eliminate the teams. Give the players a set amount of time to get as many clothes pins on the player in the middle. Change the middle player after a set amount of time.

Source: Byl, J., Raithby, A., Baldauf, H., & Schwass, K., 2004, p. 25 (Used with permission from CIRA Ontario).

Check out these great books for team games available to borrow from the Thunder Bay District Health Unit library at www.tbdhu.com

- Active Playgrounds
- Awesome Asphalt Activities
- Fun and Games :100 Sport-Related Activities for Ages 5 -16
- Great Games by Great Kids
- Hoops & Hoopla
- Just Another Great Games Book
- No gym? No problem! :Physical Activities for Tight Spaces
- Oodles of Noodles
- PlaySport :Activities for Children Age 6 - 12. Teaching Kids by Playing Games
- Teacher's Pedometer Toolkit
- The Biggest Little Games Book Ever
- The Ultimate Sport Lead-up Game Book :Over 160 Fun & Easy Games to Help You Teach Children Beginning Sport Skills
- The World's Greatest Dodge Ball Games

Open Gym Activities

Open gym time is a fun way to get children of all fitness and skill levels physically active. Try this with or without music, have stations with balls, skipping ropes, hula hoops, etc., anything to keep them moving!

- Make scheduling a breeze with different days for different grades
- Engage older players by having them supervising younger players
- Have a music CD with fun active songs such as the cha cha slide, hokey pokey, chicken dance, Mexican hat dance, or other songs the children may want to move to!
- Make this a great opportunity for peer leaders to run a 20 minute dance club.

Not Our Beanbags!

Number of Players: Two teams of at least five players

Supplies: Open playing area with a line marking the middle
Thirty or more bean bags

Aim of the Game: The object of the game is to keep the bean bags off of your side of the play area. Players will develop an awareness of and practice the mobility needed to run around with and from other children, and some throwing skills.

How to Play:

1. Have players split into two teams and line up at each end of the gym or field. In the middle of the play area, line up around thirty or more bean bags all across.
2. Yell go! Players proceed to throw bean bags on the other side of the play area. After a few minutes, yell stop or blow a whistle. Players drop the bean bags where they are.
3. Count the bean bags on each side. The side that has fewer bean bags wins.

Source: <http://www.canteach.ca/elementary/gamesteams13.html> (February 10, 2009)

Winter Wonderland

Number of Players: Teams of five or six

Supplies: Twenty or more pylon/markers
One spoon for each team
One toboggan for each team
One bucket for each team
One hoop for each team
One scoop for each player
One bean bag for each player

Aim of the Game: Getting active in the great outdoors!

How to Play:

Arrange the players into teams of 5 or 6 and have them perform the following activities:

1. Snow Pile-Each team has five minutes to build the highest snow pile.
2. Spoon Balls - Each team is given a spoon and a snowball. One at a time, each member puts the snowball on the spoon and runs around a marker.
 - a. Variation: Players continue taking turns for a specified amount of time instead of stopping after each player has gone once
3. Dog Sled Race - Players (drivers) take turns being pulled by their teams (dogs) around a marked course on a toboggan.
4. Fill it Up - Teams fill a bucket full of snow using a scoop. See which team can fill the bucket the fastest or see which team has the most snow in their bucket after a certain period of time.
5. Heart Energizer - Divide your class into 4 teams. Set up a four corner box using pylons for each corner and make the box approximately 10 metres squared. Assign each team to a pylon. Place as many bean bags as there are players in the centre and place one hoop around each team's pylon. On the "GO" signal one player from each team begins the relay by running to the centre, picking up one bean bag, and returning it to their hoop. Each player takes their turn repeating the action. When all bags are gone from the centre players are then allowed to take one bag from another team's hoop (each time they have their turn). Play as long as you wish and add up the bags in your hoop at the end.

Source: Ontario Physical and Health Education Association and Active Healthy Kids Canada
http://www.activehealthykids.ca/Ophea/ActiveHealthyKids_v2/tools_winter.cfm (February 5, 2009)

The Wolf and the Goslings

Number of Players: Four teams of no more than four players

Supplies: None

Aim of the Game: To foster teamwork and practice dodging other teams

How to Play:

1. Count off players into four groups, by giving each player a number from 1-4.
2. All the "1's" are the wolves. Ask one wolf to stand up.
3. All the "2's" are the Mother Geese. Ask one Mother Goose to stand up and face the wolf with their arms outstretched like wings.
4. All the "3's" are goslings. Ask one gosling to stand up, face Mother Goose's back, and lightly hold their hips.
5. All the "4's" are also goslings. Ask one gosling to stand up, face the "3" gosling, and lightly hold their hips.
6. So, the formation should look like this:



7. Organize the other players following this pattern.
8. Once all the players are grouped, explain to players the aim of the game, which is for the wolf to touch the 3rd/last gosling on the back. Mother Goose directs the goslings away from the wolf and the goslings have to try not to let go of person's hips in front of them. One wolf works on one group of goslings and goose.
9. Once all the wolves have touched the 3rd/last goslings' backs, gather the class together. Have a discussion on what techniques worked best to keep the 3rd/last gosling away from the wolves.
10. Give time for the players to play a few more games, allow them to decide how they will change places.

Source: <http://www.canteach.ca/elementary/gamesteams5.html> (November 13, 2008)

Mission Impossible

Number of Players: Teams of five or six

Supplies: Create 5 – 6 task cards in advance with a list of challenges (examples below). Adaptations should be made to accommodate varying skills and abilities.

Aim of the Game: As a team, complete the tasks in the shortest time possible.

How to Play:

1. Divide players into groups of five or six and give each team a task card.
2. Challenge each team to complete the task together as quickly as possible. Remind players to move safely and to avoid colliding with others groups during the challenge.
3. Ask the team who finished first to lead a stretching routine to cool down.
4. Ask each team to create their own task card, filled with new challenge ideas, for next time

Examples of tasks may include:

1. Touch the bike racks and do 10 jumping jacks
2. Run to the centre of the field and yell, "I love life," three times.
3. Skip one lap of the school yard with your team "attached" together in some way.
4. Do five sit-ups in each corner of the school yard.
5. Touch two different walls of the school.
6. Do 10 lunges in the centre of the baseball diamond.
7. Hop on one foot across the football field.

Source: Adapted from Ontario Physical and Health Education Association, 2000, Grade 4-6

Winter Olympic Circuit

Number of Players: Eight teams of four to six players per team

Supplies: Audio equipment and music is optional
Four to six balls (no more than 10 lbs.)
Mats

Aim of the Game: This fun challenge is designed to be performed over a 2 week period where each team would do the circuit at least twice during that time period. The teams should be fairly evenly matched (e.g. similar mix of skills, ages, stage of development) so the competition is fair. For extra fun, have the teams choose a country to represent and they could dress in costume or wear a flag on their clothes.

How to Play:

1. Set up 8 stations around the activity area and make eight copies of the station charts from Appendix 1 and post at every station
2. Assign each team a start point on the circuit. Players are at each station for 1.5 - 2 minutes and move on your signal.
3. Prizes can be awarded for the best team in each event
4. Start and end with a warm up lap around the gym

Station 1: Snowball Push

- Do push-ups: against the wall or on the floor; as many as you can in the allotted time period. Push ups can be modified to have players keep their knees on the ground.
- *Scoring 1 point for every wall push up; 2 points for every knee push up and 3 points for every full (on toes) push up*

Station 2: Skier Jump Rope

- Do as many side to side jumps as you can for slalom, then switch to high knees together for moguls.
- *Scoring 1 point for every 5 jumps*

Station 3: Sit-ups

- Do as many partial sit-ups as you can on the floor.
- *Scoring 1 point for every five sit ups*

Station 4: Super Shuttle Run

- Sprint 10 meters from line A to line B one player at a time; once a player is finished they go to the back of the line
- *Scoring 1 point for each time a player completes the sprint. Note: all players must complete the sprint at least once before ANY points are scored*

Station 5: Snowman Lifts

- Lift a heavy ball (medicine ball) from the ground above the head and back down to the ground; repeat. To pick up a medicine ball properly, bend down and get in squat position, pick up the medicine ball with two hands, then slowly straighten legs to standing position, keeping back straight and abdominals tight to support spine.
- *Scoring 1 point for every 5 lifts that are done with correct form*

Station 6: Icicle Jump

- Standing in front of a wall, jump to touch the wall as high as possible and as many times as you can in the allotted time period
- *Scoring 1 point for every 5 jumps*

Station 7: Winter Leg Warm Up

- Do as many walking lunges as you can across the length of the gym
- *Scoring 1 point for every 5 lunges*

Station 8: Jump for Joy

- Do a variety of jacks (e.g., jumping jacks, star jump, and stride jump).
- *Scoring 1 point for every 5 jumps*

Source: <http://www.ophea.net/Ophea/Ophea.net/wacky-winter-circuit.cfm> (February 20, 2009)

Crab Monsters

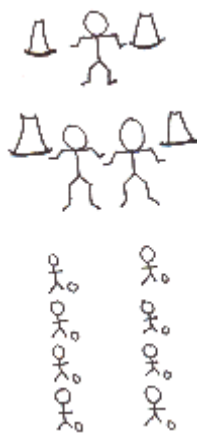
Number of Players: Two teams of nine or ten

Supplies: One ball that can be kicked (ie. soccer ball) for each player
Eight pylons.

Aim of the Game: Players will practice the skill of dribbling a ball with their feet and kicking it in a specific direction.

How to Play:

1. Split players into teams and then designate three players in each team who will be the crab monsters. Ask these players to get into crab position between pylons as in the formation below:



2. The rest of the players in the team line up standing in two lines, as shown above. Give each of these players a ball.
3. When you call "go", the first two players in each team try to dribble past the crab monsters. The crab monsters will be trying to kick the balls away from the players, outside the pylon marked boundary. The teams get a point if their ball stays within the boundaries and they are able to cross the final two pylons and crab monster with their ball. The crab monsters get a point for every ball they kick outside the boundaries.
4. Once the two players have crossed the final two pylons, or have been kicked out by the crab monsters, the next two players can go through the course. (only two players can go through the course at a time)
5. Play until all the players have gone through the course.
6. You might want to play this game one team at a time, while the other players watch, cheer along, and count the points.

Variation:

7. In order to increase the number of players playing at once, you could also play two separate games at each end of the gym. You would have one colored team defending at one end, and the other colored team at the opposite end of the gym.
8. Use a time limit and see how many goals are scored in 2 minutes.
9. Repeat the game with different defenders on a different team.

Source: <http://www.canteach.ca/elementary/gamesteams6.html> (February 12, 2009)

Tag Inspired Games

Popcorn Tag

Number of Players: At least ten

Supplies: None

Aim of the Game: To be active and participating until the teacher blows the whistle

How to Play:

1. Players are scattered throughout the playing area
2. Players start off by hopping on the spot on two feet. These are “unpopped” kernels of corn.
3. The player who is “It” is the “popped” popcorn. He/she hops on one foot to tag another player who then hops on one foot
4. Both players hop on one foot to tag others who join them as “It” until all the players have been tagged and all the popcorn has been popped.

Source: Brewer, J., 1991, p. 64

Elephant Tag

Number of Players: Teams of three “elephants”

Supplies: One pool noodles per player

Aim of the Game: To avoid another herd of elephants attaching themselves to your herd

How to Play:

1. Divide group into herds of three elephants.
2. Each player holds the noodle between their legs as a tail and the elephant behind them holds on to the tail in front of them
3. Each herd travels around the gym or playing field trying to attach themselves to another herd while at the same time avoid another team attaching on to them

Fun Idea: Listen to Colonel Hathi's March (The Elephant Song) from Disney's the Jungle Book Soundtrack

Source: Adapted from Brewer, J., 1991, p. 66

Man From Mars

Number of Players: At least ten players

Supplies: Open playing area (gym or field)

Aim of the Game: Players will develop an awareness of and practice the mobility needed to run around with and from other children.

How to Play:

1. Have players line up at one end of the gym or field.
2. Teacher stands in the middle of the play area and starts as the Man from Mars.
3. Children yell out, "Man from Mars, Man from Mars, will you take us to the stars?"
4. Man from Mars answers with a specific detail such as, "Only if you have white on your shoes." Those with white on their shoes get to run to the other end of the gym.
5. Then the Man from Mars say "Go", the rest of the children run and try to avoid the Man from Mars from catching them. Those caught help the Man from Mars and catch children in the next round.

Source: <http://www.canteach.ca/elementary/gamesteams12.html> (February 6, 2009)

The Dragons are Coming!

Number of Players: At least ten players

Supplies: Open playing area (gym or field)

Aim of the Game: Players will develop an awareness of and practice the mobility needed to run around with, and from, other children.

How to Play:

1. Have players all line up on one side of the gym or field.
2. Pick a dragon, and ask them to stand a few feet away. The rest of the players are villagers. Ask the dragon to identify themselves to the villagers by flapping their wings.
3. Yell out "The dragons are coming!" Players are to run away from the dragon. If they get tagged, they too become a dragon and have to chase the villagers. Dragons can be identified because they
4. Play until all the villagers have become dragons.

Source: <http://www.canteach.ca/elementary/gamesteams3.html> (February 6, 2009)

Spy Tag

Number of Players: At least three teams of four players

Supplies: Four sets of different coloured pinnies

Aim of the Game: Avoid being caught by their opponent.

How to Play:

1. Players work in groups of four and number off 1-2-3-4. Each team is given a set of pinnies to distinguish the players.
2. Within their team, 1 chases 2 (and avoids 4), 2 chases 3 (and avoids 1), 3 chases 4 (and avoids 2) and 4 chases 1 (and avoids 3).
3. Identify the “re-entry task” that players do when they are tagged; e.g., touch each sideline of the gym, full turn jump at the side of the gym. After completing the task, players rejoin the game.
4. Remind players to move carefully, being aware of others moving in different directions in the space.
5. Designate a “spy rehabilitation” area to perform re-entry tasks.

Variation:

1. Change mode of locomotion periodically (ie. Jump like a kangaroo, skip instead of run).
2. A game called “Predators and prey”. Designate the “predators” & the “prey” (rabbits). In a small area, set out some hoops (burrows) so that a rabbit can seek shelter. The rabbit can stay in the burrow until another rabbit seeking shelter arrives at the burrow. The first one must leave the safety of the burrow & thus becomes a target for the predators again.

Source: Ontario Physical and Health Education Association, 1997, p. 44

Helpful Hint
Consider grouping all of the tag games
together for **20 minutes of tag!**

Individual Activities/Clubs

The purpose of these clubs is to provide an environment for children with similar interests to get together, have fun and be active. The word “club” is specifically used because it is less formal than “team”. Our hope is that a “club” will appeal to children who don’t like team sports but still deserve the opportunity to be active. Some suggestions for implementation would include:

- Monday, Wednesday, Friday - Running Club and /or Aerobics Club
- Tuesday, Thursday - Skipping club

Don't be afraid to try this approach to intramurals! Have fun with it and see what works best for your school.

Aerobics/Yoga Club

For this club, use a kid's exercise video available for no cost from the Thunder Bay District Health Unit or your local public library.

Thunder Bay District Health Unit library. Visit tbdhu.com to order.

- **Kids Into Action: The Circuit – Seven Station Solutions with 63 Activities**
- **Fit Kids Classroom Workout**
- **Yoga and the classroom: real kids, real school, real yoga**
- **Yoga for physical education: real kids, real school, real yoga**
- **Music to improve relaxation** [compact disc]
- **The fitness station**
- Workout with Ticker
- Moovin & Groovin Fitness for Kids

A small red banner with the word "NEW" in white capital letters, pointing to the right.

Thunder Bay Public Library – VHS videos. Visit tbpl.ca to order.

- Dance Along! / Children's Television Workshop
- Karate for Kids/Featuring Kenn Firestone (volumes 1, 2 and 3)
- Kinderkicks : Ms. Linda presents...Kinderfun on a Rainy Day
- Tai Chi for Young People/Featuring Paul Lam
- Yoga Fitness for Kids ages 3-6/Featuring Lea Kalish
- Yoga Fitness for Kids ages 7-12/Featuring Lea Kalish
- Yogamizing : Yoga for the Kid in All of Us

Thunder Bay Public Library.- DVDs. Visit tbpl.ca to order.

- Hip Hop for Kids : Pop! Lock! and Break!
- Let's Dance & Tumble!
- School House Hop! : Hip Hop for Kids
- SHAKE : Something's Hot About Kid's Energy with Kari Anderson
- Tae Kwon Do : Defense for Kids with grand master Hyun K.Choi
- Yoga for Kids : Your Daily Exercises with Kali Ray
- Exercise & nutrition songs [compact disc]
- Mousercise [compact disc].
- Reach for the stars [compact disc]
- Yoga child [compact disc] : a peaceful place inside

Note: Interlibrary loans are available from the district.

Running/Walking club

This can be as simple or as formal as you make it.

- Children can start off running 1 minute and walking 1 minute working up to 20 minutes of straight running
- Map out the perimeter of your school yard and track distances children run or walk on a chart or map. Try setting goals such as:
 - Run/walk around your community
 - Enter a school team for a local race
 - Borrow the “Walk across Canada map” or the pedometer kit from the Health Unit
 - Use your imagination and ask your students, they’ll tell you where they want to go!

Childrens Mini Marathon Training Schedule

The Mini-Marathon has been designed so that the children will actually run the majority of the race in the six weeks prior to race day. They begin with 0.2 mile per day, and then increase to 1.5 miles per day by week six. The final mile of the mini-marathon could be run at a school event or a Children’s Fun Run in your community like the ones listed here.

Week	Mon	Wed	Fri	Sat	Miles
Week One	Run 0.2	Run 0.5	Run 0.5	Run 1	2.2
Week Two	Run 1.0	Run 1.0	Run 1.0	Run 1.5	4.5
Week Three	Run 1.0	Run 1.0	Run 1.5	Run 1	4.5
Week Four	Run 1.5	Run 1.0	Run 1.0	Run 2	5.5
Week Five	Run 1.0	Run 1.5	Run 1.0	Run 1.5	5.0
Week Six	Run 1.5	Run 1.5	Run 0.5		3.5
Total Miles:					25.2

Race Day: Walk and jog lightly to start line – Race 1 mile = 26.2 mile total!

Note: 1 mile = 1600m = 1.6 km

Note: This is just a suggested guideline. Children should only do what they are comfortable in completing. Some children can only run a little, and some can run further. If children can run more than one mile a day that’s great! Please remind children to pace themselves with their running so that they are ready and able to run the final race. We do not recommend that children complete this program early. The schedule leaves three days available for make up days or to give children a rest during the week. Please encourage children to keep track of their goals by using designated running log books or a sticker chart. Show children how to set a goal and achieve it!

For more information contact Stasia Starr, Public Health Nurse
at the Thunder Bay District Health Unit 625-5979 or
stasia.starr@tbdhu.com

The Chronicle Journal Children's Fun Run

Use this event to motivate children to participate in the mini marathon training schedule! This fantastic annual local event is held the first Sunday of June at the Confederation College Fitness Centre.

Distances for the different age groups are as follows:

Age 5-7	800 meters
Age 8-10	1.5 km
Age 11 – 14	3 km

Players could gather pledges from family and friends to cover the cost of their entry fee (approximately \$15). Entry forms are available at the beginning of May from the Fitness Centre. Call Karen King at (807) 475-6604 or go on the website fitnesscentre.com for more information.

Skipping club

We can all remember how much fun (and good exercise) skipping can be! This can be such a low maintenance intramural activity with great results for participants. Bring back some of the old skipping rhymes and let children get jumping.

This can be done in a hallway, atrium, or outside on pavement with minimal supervision. Older players can provide tutorials to younger students thus creating a win win situation!

The following are some great links to get you jumping in the right direction:

<http://www.jumpropeforheart.ca> (February 22, 2010)

<http://www.saskschools.ca/~gregory/gym/skiptips.html>(November 14, 2008)

Great Websites for Games and Other Resources

activehealthykids.ca offers fun, enjoyable and easy tips to get yourself, your family and/or your students more physically active throughout your day

canteach.ca is a great link to team and individual game ideas for intramural and class room activities.

ciraontario.com is full of great ideas for games and has links to many books and other resources.

excelway.ca will take you directly to an amazing physical and health education resource store that sells books, DVD's and equipment that is great for intramurals and phys ed. This online store is an affiliate of PHE Canada.

kidnetic.com is a direct link to "wet head" games designed to make you sweat; great for intramurals! This site also has information on active lifestyles and yummy recipes.

kids.activedmonton.ca is a direct link to all different types of games from Active Edmonton's active kids website. It has lots of great ideas for use in intramural activities.

ophea.net is a website from the Ontario Physical and Health Education Association that has easy to implement activity ideas, programs for kids, and professional development opportunities. Be sure to check out this FREE program that could be used for an Activ8 Intramural challenge!



phecanada.ca is the direct link for Physical and Health Education Canada formerly CAHPERD. This website is an excellent resource for intramural activities as well as class room programming.

teachingideas.co.uk has lots of great activity and game ideas for intramural and class room activities.

Scoring Chart for Winter Olympic Circuit

Station # _____

Team Name & # of players per team	Week #1 total # of repetitions	Week #2 total # of repetitions	Week #3 total # of repetitions	Week #4 total # of repetitions	Team Average

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