

Games to get kids moving!

CIRA

"That's Intra..tainment" Conference

2011

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Hello and thank you for attending « Games to get kids moving! ». Let me introduce myself, Russ Minnis, full time physical education teacher for the CSDÉCSO (French catholic board).

For the past few years, I've often heard at this conference that there was a lack of workshops dedicated to the JK-Sk-Primary students. Teachers are always searching for new activities to keep young students active and occupied. In order to fill this gap, I created this workshop based on a "share-the-wealth" portion from one of my board's PE workshops.

I asked each of my 25 PE teachers to arrive with their favourite JK-SK-Primary activity (with 25 copies). During the share-the-wealth portion, each teacher ran through their activity. The rest of the group played as the students. By the end of the period, each teacher had learned, played, and had copies of 24 new activities.

This workshop is based on those activities. These are my favourite games and activities that work the best. They are tested and they work. This package includes all the games information, as many variations as I could think of, and my organization techniques for PE classes.

I hope this workshop was helpful. I strongly believe in the active sharing of ideas, resources and knowledge. Don't hesitate to contact me for more information on the games or to share something that works well for you. minnruss@csdecso.on.ca

Merci et gardez vos petits ACTIFS! Thanks and keep those kids moving!

Russ Minnis

List of « Games to get kids moving »

1. Games with no equipment :

- a. Uncle Sam
- b. Spider
- c. Wake up sleeping bear!
- d. Photo X
- e. Bridges and Rivers
- f. What time is it Mr Wolf?

2. Games with music :

- a. 3x music games
 - i. Freeze dance
 - ii. Follow the lines
 - iii. Move to the music

3. Games with hula-hoops :

- a. Musical hoops
- b. Dog catcher

4. Games with races :

- a. Relay race
- b. Alphabet relay race
- c. Indy 500 race
- d. Noah's Arc

5. Games with jump ropes

- a. 4x jump rope games
 - i. Snake on the ground
 - ii. Mouse's tail
 - iii. Helicopter
 - iv. The Big snake

6. Games with exercise cards :

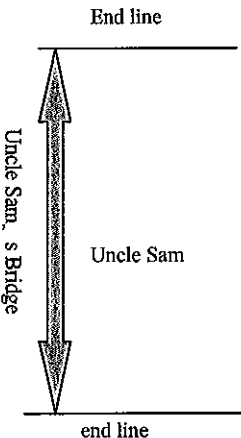
- a. Kids moving BINGO
- b. Roll and Move

7. Games with various equipment :

- a. Springtime tag /themed tag
- b. Mice get the Cheese
- c. Coloured corners
- d. Tipped over cones
- e. Pirates
- f. Sun and Ice

8. Others :

- a. Organization techniques

ACTIVITY NAME: ¹ UNCLE SAM	
DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, outdoors, large room
FORMATION :	Whole class
EQUIPMENT :	none
ACTION : 	<ol style="list-style-type: none"> 1. Students begin behind one of the « end lines » and Uncle Sam is in the middle of the area. 2. Students ask Uncle Sam together: "Uncle Sam, may we cross your bridge?" 3. Uncle Sam responds: « You may cross my bridge if ... ex. You have blue eyes, you are a girl, you are a boy, if your birthday is in March, if you are wearing red, etc. 4. If the student meets Uncle Sam's criteria, they may cross to the other "end line" without being chased. Those who do not meet the criteria stay on their immediate end line. 5. The waiting students wait until Uncle Sam declares "1-2-3 GO...". The waiting students then attempt to cross the bridge without being tagged by Uncle Sam. 6. Those who are tagged become little Uncle Sams and will help chase the next round. Those who make it past Uncle Sam are free to continue the next round. 7. The game repeats itself, students ask to cross, Uncle Sam gives them the required criteria, then chases the rest. 8. The game is done when only one or two students remain untagged. They become the new Uncle Sam for another game.
VARIATIONS:	<ul style="list-style-type: none"> • Vary the locomotion: run, gallop, crawl, jump on one foot, skip, speed-walk, use animal movements. • Use school themes: colours, seasons, clothes, birthdays, numbers, etc. • The beauty of the game is that criteria can be chosen to ensure certain students win. Especially those who need positive reinforcement.
RESOURCE :	PE workshop with the CSDÉCSO.

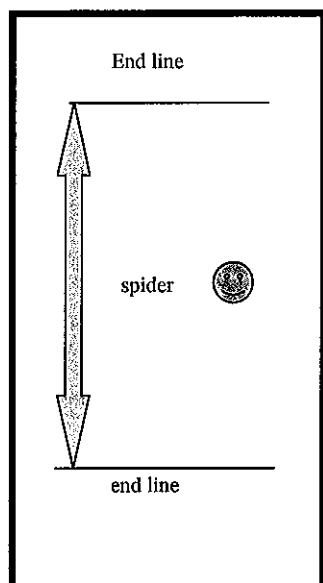
¹Games to get the kids moving!, presented by Russ Minnis, HPE teacher, CSDÉCSO, minnruss@csdecso.on.ca ,

ACTIVITY NAME: ¹SPIDER**DIVISION :**
JK/SK/PRIMARY**FACILITIES :** gymnasium, outdoors, large room**FORMATION :**

Whole class

EQUIPMENT :

none

ACTION :

1. Students begin on one of the end lines with the spider in the middle.
2. The goal is to cross the area without being tagged by a spider.
3. The spider calls « one-two-three-GO ».
4. Students move forward across the space avoiding other students and other spiders.
5. If a student is touched by the spider, they become a spider and help touch the remaining students.
6. The game repeats back across the area until there is only one or two students left. They become the spiders for the new game.
7. Ensure you put safety rules in place. Touch, don't grab, don't push, slow down and avoid collisions.
8. Remind students that speed is not the key to success.

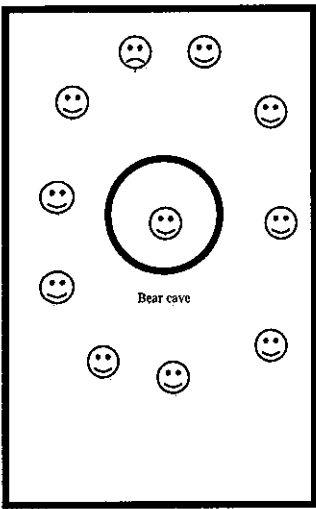
VARIATIONS:

- Vary the locomotion: jump on one foot, skip, gallop, etc.
- The spider could use a noodle and a scooter board.
-

RESOURCE :

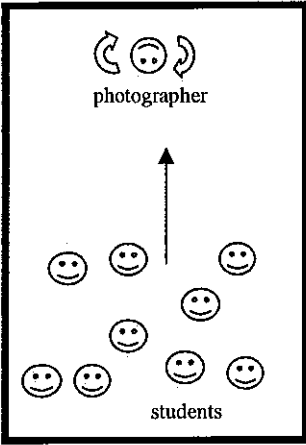
PE workshop with the CSDÉCSO.

ACTIVITY NAME: WAKE UP SLEEPING BEAR!¹

DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, outdoors, large room
FORMATION :	Whole class
EQUIPMENT :	none
ACTION : 	<ol style="list-style-type: none"> 1. All students are in a very large circle around a small circle in the middle of the gym. (mat, or chalk outside) 2. One student is designated as « the sleeping bear ». 3. The bear pretends to sleep in the center of the bear cave (circle) until all the students have silently crept up and yell in unison "WAKE UP SLEEPING BEAR!" 4. The bear wakes up, shows his claws and attempts to tag a single person who becomes a bear and must return to the cave. 5. When bears are chasing, it is important that they imitate a bear, show their claws, growl, and move hunched over like a bear. 6. Once the two bears are back in the cave, all is silent and the remaining students begin creeping silently once again. 7. In unison the yell "WAKE UP SLEEPING BEARS!" 8. The bears awake, chase, and tag only a single student each. Now there are four sleeping bears. 9. The game continues until a single student is left. The last student/s start over as the new bear/s.
VARIATIONS:	<ul style="list-style-type: none"> • Students and bears can balance a bean bag on their head when giving chase. If the bag falls, they must stop and replace it on their head before giving chase once again. • Change the sleeping animal - Kangaroo - students jump only, Snake - students slither, Crab - students crab walk, Frog - students frog jump, etc. • Halloween - move as monsters, fly on noodles like witches, etc.
RESOURCE :	PE workshop with the CSDÉCSO.

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ACTIVITY NAME: PHOTO « X »¹


DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, outdoors, large room
FORMATION :	Whole class
EQUIPMENT :	none
ACTION : 	<ol style="list-style-type: none"> 1. All students begin at one end of the area. 2. The photographer is at the opposite end of the area. 3. The photographer waits for complete silence before turning his back to the students. 4. When the photographer's back is turned, students begin creeping forward toward the photographer. 5. After a few seconds, the photographer yells « PHOTO X! » and then turns to face the oncoming students. 6. When the students hear "Photo X!", they stop and adopt a statue pose, not moving or talking. 7. If the photographer sees a student move, they are sent back to the start. 8. The game continues with the photographer turning his back again and the students creep forward. 9. The game continues until a student can touch the photographer's wall.
VARIATIONS:	<ul style="list-style-type: none"> • The game can be played in the dark with a flashlight. Ensure safety rules are in place to avoid accidents. • Students can attempt to steal an object from the photographer. Ex. a beanbag on a cone, a ball, a toy camera, etc.
RESOURCE :	PE workshop with the CSDÉCSO.

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ACTIVITY NAME: ¹BRIDGES AND RIVERS

DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, outdoors, large room
FORMATION :	Whole class, half are bridges, half are rivers
EQUIPMENT :	none
ACTION:	<ol style="list-style-type: none">1. Students are divided equally as Bridges and Rivers.2. Students move about the space.3. At the signal, the teacher announces « Bridges! » All Bridges create a bridge with their bodies (hands and feet on the ground with their bottoms high-up).4. All Rivers must crawl under as many bridges as possible.5. The music starts again and students resume moving about.6. When the teacher stops the music and calls "Rivers!", all Rivers lie down, hands tucked to their sides.7. All Bridges must carefully jump over the rivers.8. Repeat as many times as desired, switch roles and try again.
VARIATIONS:	<ul style="list-style-type: none">• When students are moving about, vary their locomotion : skipping, jogging, high knees, step-touch, etc.• Students can bounce a ball while moving, when a name is called, Rivers roll their ball under a Bridge, Bridges bounce a ball over a River.
RESOURCE :	PE workshop with the CSDÉCSO.

ACTIVITY NAME: ¹ WHAT TIME IS IT MR. WOLF?

<p>DIVISION : JK/SK/PRIMARY</p>	<p>FACILITIES : gymnasium, outdoors, large room</p>
<p>FORMATION :</p>	<p>Whole class</p>
<p>EQUIPMENT :</p>	<p>none</p>
<p>ACTION:</p> <div data-bbox="126 464 407 863" style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p style="text-align: center;">Ligne d' arrivée</p> <hr style="width: 50%; margin: 0 auto;"/> <div style="text-align: center; margin-top: 20px;">  <p>M. Loup</p> </div> </div>	<ol style="list-style-type: none"> 1. All students begin behind the end line. 2. Mr. Wolf is at the other end of the activity area. 3. The students ask together "What time is it Mr. Wolf?" 4. Mr Wolf answers "It is o'clock!" Ex. It is 5 o'clock. 5. Students move forward one giant step for each hour and stop in place. Ex. 5 o'clock = 5 giant steps. 6. Students ask again: "What time is it Mr. Wolf?" Mr. Wolf answers with another time. 7. The game continues until the students are close to Mr. Wolf. 8. At this point, Mr. Wolf answers "It is lunch time... and I... am ... hungry!". 9. When students hear the word "hungry" they must turn and run back to their end without being "eaten by Mr. Wolf" 10. The game then starts over.
<p>VARIATIONS:</p>	<ul style="list-style-type: none"> • Instead of giant steps, students can : jump with two feet, take heel-toe steps, step-touch, etc. • Ask students to count out their steps. • Use a clock or cards with the time on it to reinforce "telling time".
<p>RESOURCE :</p>	<p>PE workshop with the CSDÉCSO.</p>

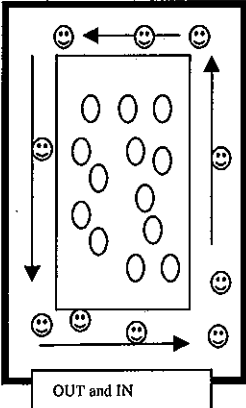
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ACTIVITY NAME: 3 X GAMES WITH MUSIC¹

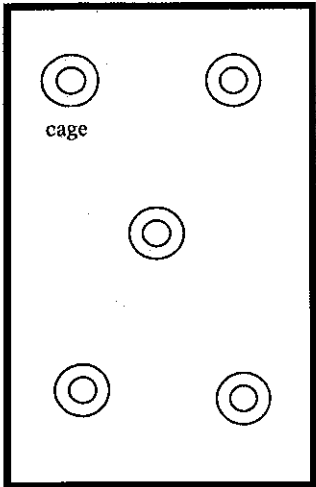
DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, outdoors, large room
FORMATION :	Whole class
EQUIPMENT :	Sound system, upbeat music
ACTION :	<ol style="list-style-type: none">1. Freeze dance :<ol style="list-style-type: none">a. Play the music, students move according to your instructions, when the music stops, students freeze.b. When the music restarts, the students resume moving about.c. Variations : animal movements, themed movements (Halloween, Xmas, seasons) types of transportationd. Variation : if a student moves when the music has stopped, they can miss a turn, do 5 jumping jacks, give 5 "high-fives"2. Follow the lines :<ol style="list-style-type: none">a. The students move about the space by following the painted lines, explain to students how to pass another when they meet face to face (i.e. give a high-five, dosi-do)b. Variations : boys on the black lines and girls on the green lines, crawl on the red lines, backwards on the white lines, change locomotion patterns, students can form trains, add pac-mans (if touched, students can do a simple exercise then resume the game)3. Move to the music : (need to have a wide variety of music, different tempos, beats, cultures)<ol style="list-style-type: none">a. Students move according to the tempo of each music. Ex. Up-tempo vs a classical, African vs Mexican, nature sounds with thunder vs nature sounds of waves.b. Encourage students to imitate, create and flow with each music type.c. Students can dance along, with a partner or small groups. Variation: Have students hold hands, connect elbows, knees or feet and continue the dance.
RESOURCE :	PE workshop with the CSDÉCSO.

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ACTIVITY NAME: MUSICAL HOOPS¹




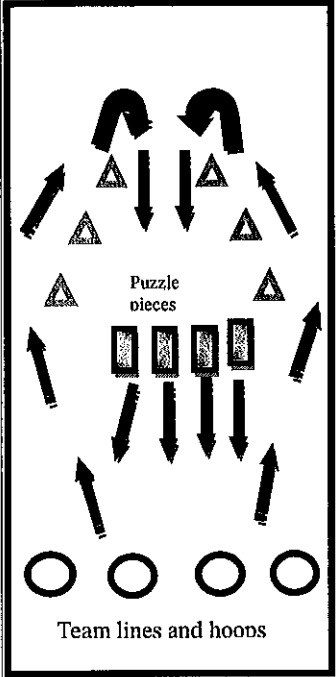
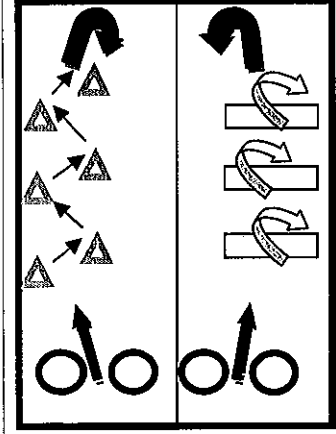
DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, outdoors, large room
FORMATION :	Whole class
EQUIPMENT :	One hula-hoop per student.
ACTION :	<ol style="list-style-type: none"> 1. Give each student a hula-hoop. 2. Ask every student to find their own personal space that is not near a wall, an obstacle or another student. 3. Students place their hoops on the ground and await the music. 4. Before starting, remove two hoops. 5. Explain that when the music plays, students can move about the space, not staying close to any given hoop. 6. When the music stops, students find and stand in an empty hoop. 7. The two students without hoops can perform 5 jumping jacks before resuming the game. 8. Restart the music for another round. 9. Remove as many hoops as desired or needed.
VARIATIONS: 	<ul style="list-style-type: none"> • Vary locomotion patterns: running, galloping, crawling, skipping, jumping on one foot, speed walking, animal movements, etc. • Vary the task for those who do not have an empty hoop at the end of a round, : name three healthy snacks, touch 4 walls, give 5 "high-fives", roll a die and perform an exercise for the count. • OUT and IN - place hoops inside a specific space, i.e. the volleyball court, students move around the OUT-side of the hoops, when the music stops, students move IN-side the space and find an empty hoop. • Colours - When the music stops, call out a hoop colour. Students need to find and place a single foot on the right hoop. Sharing is encouraged in this variation. • Objects - Place a variety of equipment inside the hoops. (racquet, cones, balls, safety glasses, etc). When the music stops, call out the equipment, students must find and place a single foot on the hoop with the called equipment.
RESOURCE :	PE workshop for CSDÉCSO

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ACTIVITY NAME: ¹ DOG CATCHER	
DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, outdoors, large room
FORMATION :	Whole class
EQUIPMENT :	5 hoops, 3 pool noodles (one for each dog catcher)
ACTION : 	<ol style="list-style-type: none"> 1. Setup activity area as the diagram suggests. 2. Three students are the « dog catchers ». All other students are dogs on the loose. 3. On the signal, the catchers try to tag all loose dogs with the pool noodle. 4. If a dog is touched, they must go into one of the 5 cages (hoop). 5. The touched dog must stay in the cage until a loose dog opens the cage by lifting the hoop so the caged dogs are let loose again. 6. If the catcher touches a dog opening a cage, the cage must close and the touched dog goes inside with the others. 7. If the catchers can cage all loose dogs, they win and the game starts over with new catchers.
VARIATIONS:	<ul style="list-style-type: none"> • Encourage the students to work as a team, catchers or loose dogs. • Change the locomotion pattern of the students - hopping, skipping, jogging, step-touch, heel-toe, galloping, etc. •
RESOURCE :	PE workshop for CSDÉCSO

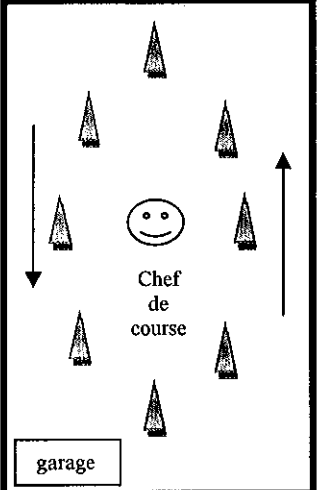
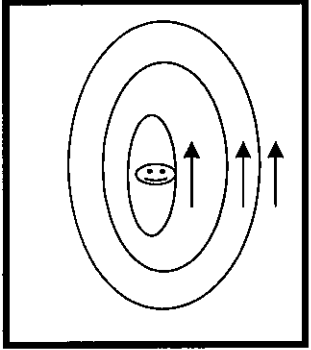
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ACTIVITY NAME: ALPHABET RELAY RACE¹

DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, large room, outside
FORMATION :	Whole class, divided into teams
EQUIPMENT :	Foam alphabet puzzle,  6 cones,  4-6 hoops 
ACTION : 	<ol style="list-style-type: none"> 1. Setup the activity area as per the diagram. This formation maximises security by avoiding collisions and allows for a wide variety of locomotor skills. 2. Each hoop contains the empty foam puzzle tray. All pieces are in the middle of the gym divided by team. 3. Divide the students into 4, 5, or 6 teams. Each team lines up behind a hoop. 4. Explain the route to follow around the course. 5. The first student of each team races to the around the cones on their side of the gym. Once around the cones, they move into the middle and pick a piece of the puzzle and race back to their team. Upon arrival, the runner gives a high-five to the next student, and then places the piece in the puzzle before returning to the end of their team's line. 6. The activity is finished once all teams have completed their puzzle. 7. Do not emphasize winning, but rather active participation. Encourage teams to sing the alphabet once finished. Students can also choose their own groups with promotes social skills.
VARIATIONS : 	<ul style="list-style-type: none"> • Vary the student's locomotion: gallop, skip, step-touch, high knees, side shuffle, etc. • A small obstacle course can be placed before the cones. For example, students can touch cones in a zigzag pattern, jump from hoop to hoop, and transfer their weight over benches. • All pieces can be mixed together in one pile. Students can plan the letter they need. If a duplicate is picked, then the next runner can exchange it. • Words can be used instead of letters. Then sentences can be made. • List of foods from the food groups - each hoop is responsible for picking only their food type from the pile.
RESOURCE :	PE workshop for CSDÉCSO

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ACTIVITY NAME: INDY 500 RACE ¹

DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, large room, outside
FORMATION :	Whole class
EQUIPMENT :	One disk (Frisbee) or hoop for a driver's wheel per student, Coloured paper - (red, green, yellow, blue, orange, purple), cones for the course layout and garage
ACTION : 	<ol style="list-style-type: none"> 1. Each student will use a disk or hoop for a driver's wheel. 2. Students move around the course paying attention to the other drivers and the crew chief (teacher) in the middle. 3. The crew chief directs traffic using the coloured paper in the following manor : <ol style="list-style-type: none"> a. Red - stop b. Green = forward (verbal commands can increase speed (walk, speed walk, jog, run) c. Yellow = jump in place d. Blue = jump forward e. Purple = jump backwards f. Orange = jump sideways 4. Students are to avoid all contact. If there is contact, those involved must go to the garage for a tune-up (5 jumping jacks)
VARIATIONS: 	<ul style="list-style-type: none"> • Vary the locomotion: skipping, galloping, side-stepping, etc. • The course could include zigzags, over benches, under a limbo bar, over hurdles, etc. • A tiered setup can allow students to go at their own speed. (outside = fast, middle- medium, inside -slow)
RESOURCE :	PE workshop for CSDÉCSO

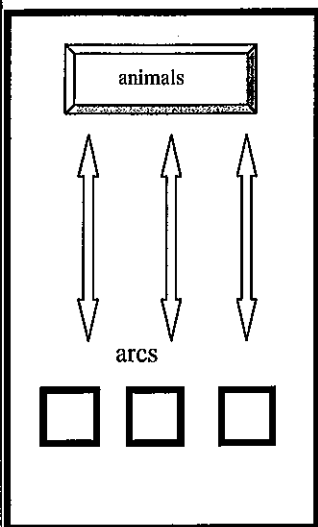
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ACTIVITY NAME: ¹NOAH'S ARC**DIVISION :**
JK/SK/PRIMARY**FACILITIES :** gymnasium, outdoors, large room**FORMATION :**

Whole class, divided into three /four teams.

EQUIPMENT :

3 mats to symbolise the arcs, animal bean bags or animal cards (ex. for 3 teams, 6 ducks are required, each team must gather a pair)

DÉROULEMENT :

1. Have a quick discussion about the story of Noah's Arc, (*Genesis, Ch.6, 9-22*)
2. Divide the class into teams.
3. Each team receives a mat for their arc at one end of the activity area. Ensure to have enough room between arcs.
4. All animal bean-bags or cards are at the opposite end of the area.
5. At the signal, one student from each arc races to the animals and picks one. The student must return to their arc imitating the animal's walk. (duck = duck walk, frog = frog jumps).
6. One at their arc, they high-five the next student who races to the animals and returns by imitating the picked animal's walk.
7. The goal of the activity is to have 2 of each species on their arc. (2 pigs, 2 ducks, 2 frogs, etc.)
8. To let the other teams know you have finished the challenge, the completed team can yell out: The flood is coming!

VARIATIONS:

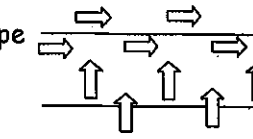
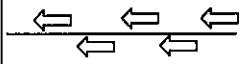
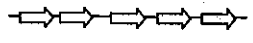
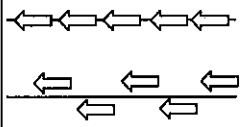
- Animal cards or pictures can be used instead of bean bags, (for 3 teams, 6 of each animal is needed, 4 teams, 8 animals) Animals can be changed according to themes such as the farm, the forest, desert, zoo, etc.
- Students can swim to the arc then imitate the animal on the way back.
- Students can also imitate the animal's noise.

RESOURCE :

PE workshop with the CSDÉCSO.

ACTIVITY NAME: 4X JUMP ROPE GAMES¹

<p>DIVISION : JK/SK/PRIMARY</p>	<p>FACILITIES : gymnasium, outdoors, large room</p>
<p>FORMATION :</p>	<p>Whole class</p>
<p>EQUIPMENT :</p>	<p>One jump rope per student</p>
<p>ACTION :</p>	<p>a. Snake on the ground</p> <ol style="list-style-type: none"> Each student places their rope on the ground in a straight line. Students can: <ol style="list-style-type: none"> Walk forward on the rope Walk backward on the rope Jump forward in a zigzag over the rope Jump backward in a zigzag Jump side to side, forward and back Repeat patterns on one foot <p>b. Mouse's tail</p> <ol style="list-style-type: none"> Every student has their own jump rope. Place the handle in a pocket or in the back of the pants. The "tail" must come free easily. The rest of the rope becomes the mouse's tail that drags behind. One student is the cat. The cat gives chase and tries to step on the mice's tails. The mice run around avoiding the cat and the other mice. If a tail falls due to the cat standing on it, the mouse now becomes a cat and chases the others. The new cat should pickup, fold, and carry their fallen tail. The game restarts with the last mouse becoming the first cat. <p>c. Helicopter</p> <ol style="list-style-type: none"> Helicopter : one student is the helicopter The helicopter stands in the center of a circle of students. The helicopter turns in place pulling a jump rope on the ground like the rotor of the helicopter. The other students approach and jump over the jump rope. If they miss, they become the new helicopter. <p>4. The Big snake</p> <ol style="list-style-type: none"> Two students sit and hold the ends of a long jump rope. They make the rope move like the slithering of a snake. The other students form a line to jump over the moving snake. If a student jumps on the snake, they take their turn holding the end of the rope.
<p>RESOURCE :</p>	<p>PE workshop with the CSDÉCSO.</p>







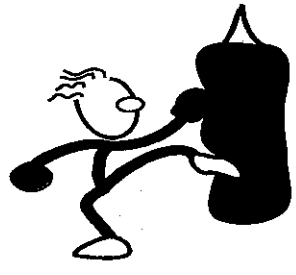



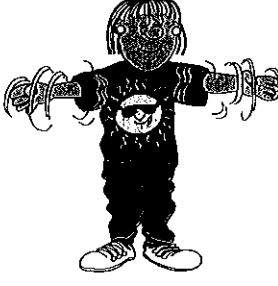



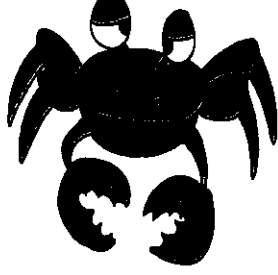


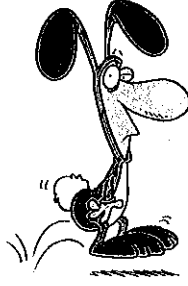


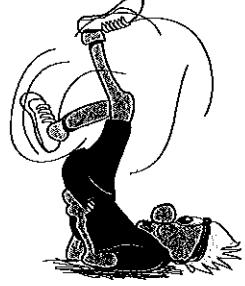
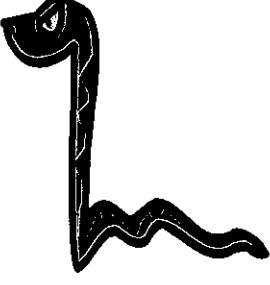
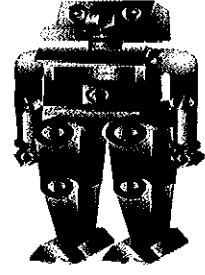
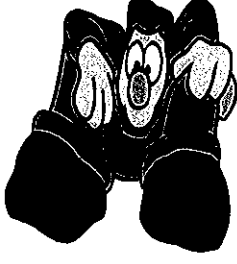
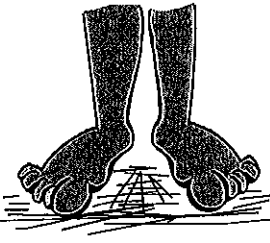

¹Games to get the kids moving!, presented by Russ Minnis, HPE teacher, CSDÉCSO, minnruss@csdecso.on.ca ,

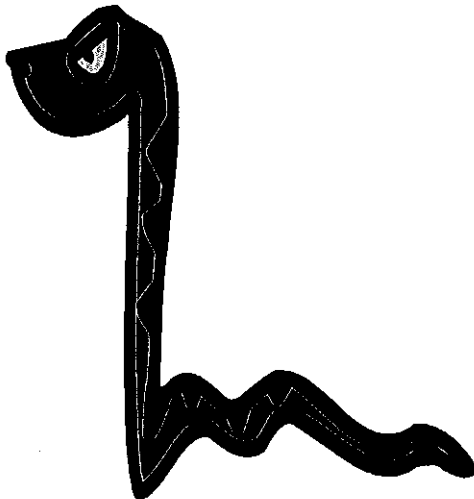
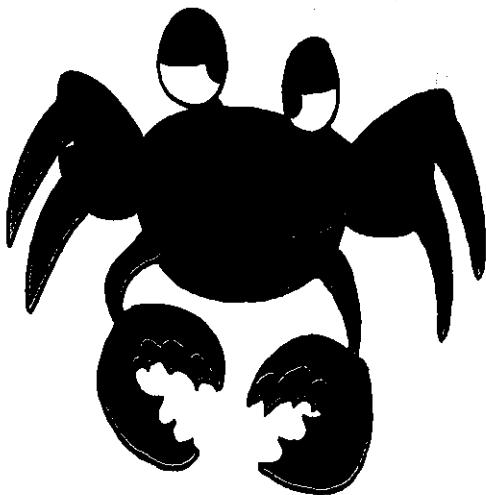
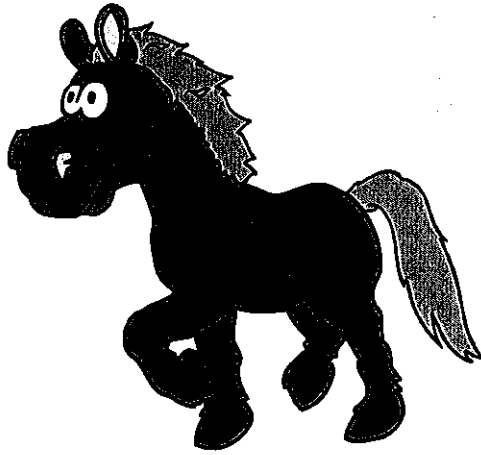
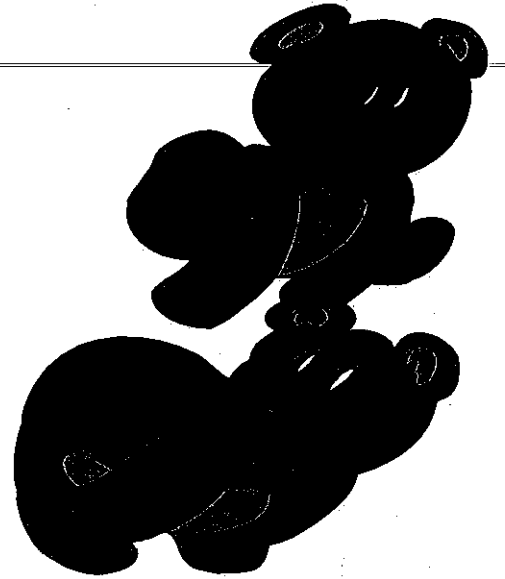
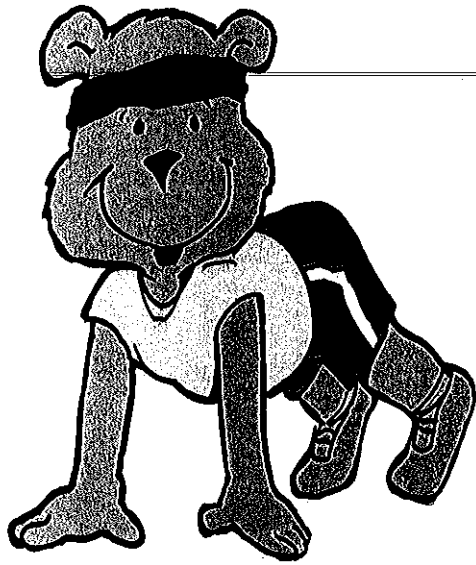
ACTIVITY NAME: KIDS MOVING BINGO

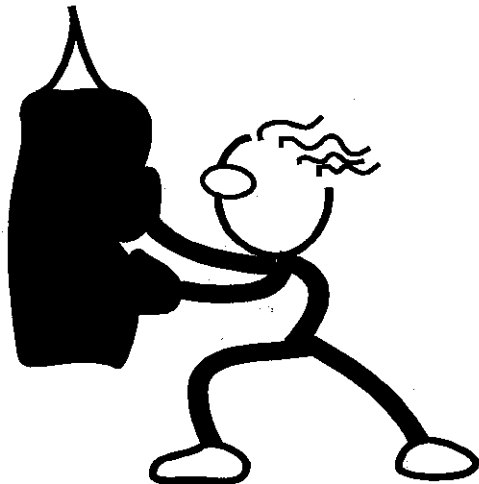
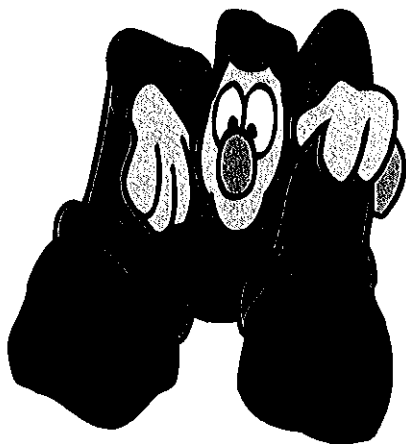
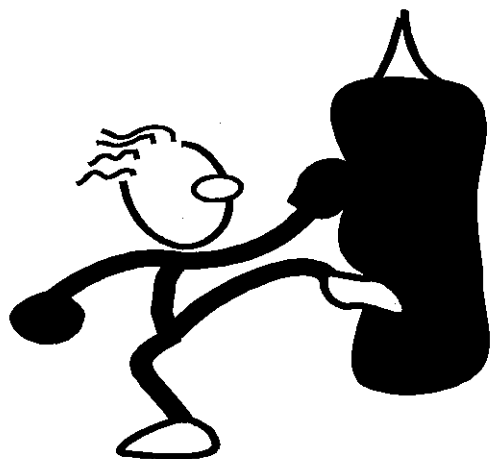
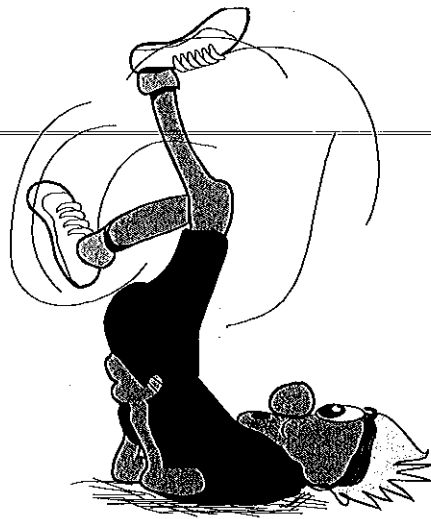
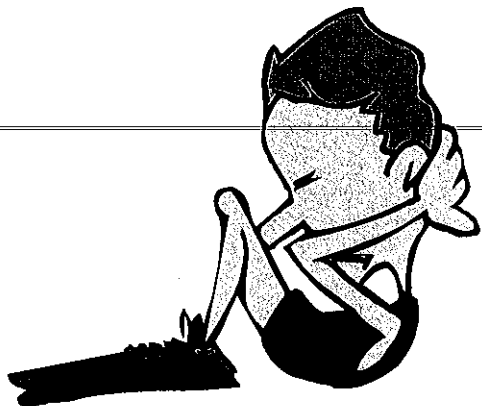
DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, large room, outside, classroom
FORMATION :	Whole class, partners, individual
EQUIPMENT :	Copy of BINGO card, small cards with activity pictures, buttons, dice
ACTION	<ol style="list-style-type: none">1. Each group needs one BINGO card, one die, and a few buttons to mark completed squares. All picture cards are at the center of the activity area.2. One member from each group goes forward to draw one picture card. They return to their group and mark the square with a button. Then they roll the die and perform the activity with their team for the appropriate count.3. The next student of the group goes forward to draw the next picture card, returns, marks the square, rolls the die and performs the activity.4. The game is finished when one team completes a Bingo line.
Variations	<ul style="list-style-type: none">➤ Keep team records➤ Challenge between groups➤ Challenge between classes➤ Modify activity cards - animals, transportation, Xmas, Halloween
RESOURCE :	PE workshop with the CSDÉCSO

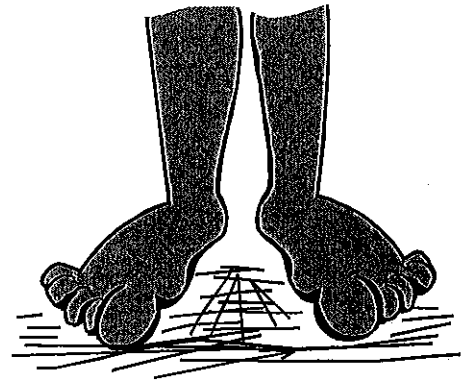
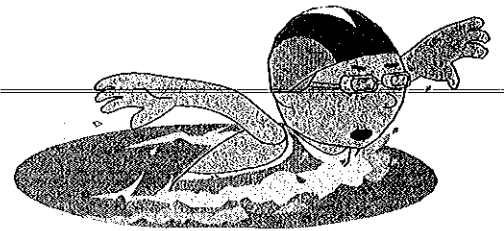
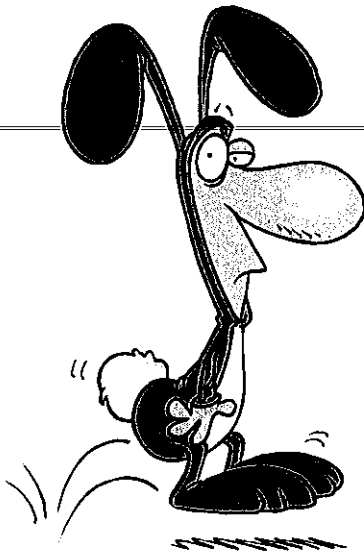
¹Games to get the kids moving!, presented by Russ Minnis, HPE teacher, CSDÉCSO, minnruss@csdecso.on.ca , Ophea conference 2010.

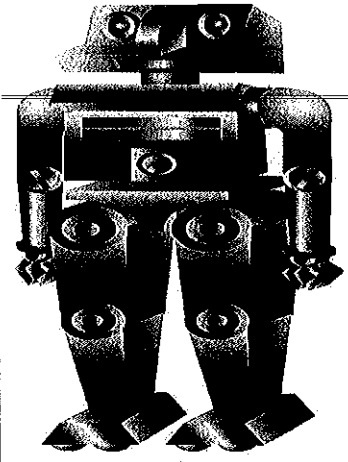
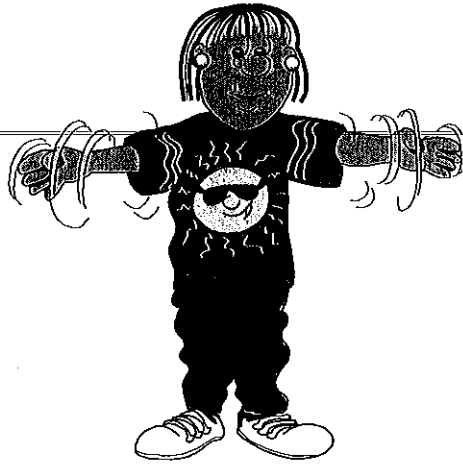
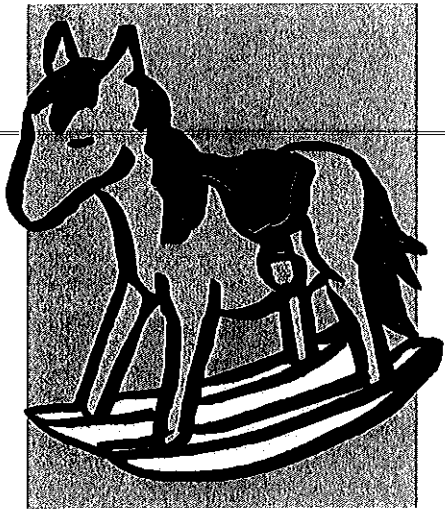
KIDS MOVING BINGO

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ACTIVITY NAME: ROLL AND MOVE¹

DIVISION :
JK/SK/PRIMARY

FACILITIES : gymnasium, outdoors, large room

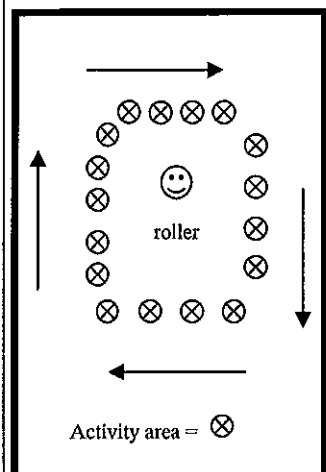
FORMATION :

Whole class

EQUIPMENT :

Active Bingo cards, foam tiles or spot markers, 2 dice,

ACTION :



1. Setup activity area as described in the diagram.
2. Each activity spot is represented by a tile or spot marker. Each spot has one activity card on it.
3. Students stand next to one activity spot to begin the game.
4. The roller rolls one die. Students will move the number on the die.
5. Students move forward in the same direction as many spots as the number on the die.
6. The roller rolls the second die to determine how many repetitions of the activity card they must do.
7. For example, the first die is 5 - students move forward 5 spots. The second die is 3 - students perform 3 repetitions of the activity card on their spot.
8. The roller begins again.

VARIATIONS:

- Students can work in teams of two.
- Students can add the dice together for numeracy.
- This activity can be done in the classroom. Each desk can be the activity spot.

RESOURCE :

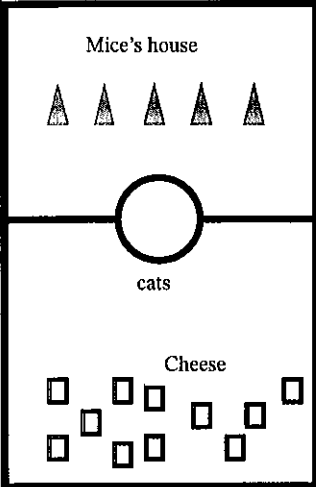
PE workshop with the CSDÉCSO.

¹Games to get the kids moving!, presented by Russ Minnis, HPE teacher, CSDÉCSO, minnruss@csdecso.on.ca ,

ACTIVITY NAME: ¹ SPRINGTIME TAG AND OTHER THEMES	
DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, outdoors, large room
FORMATION :	Whole class
EQUIPMENT :	Three flowers and a watering can (dollar store)
ACTION :	<ol style="list-style-type: none"> 1. Three students receive a flower and one the watering can. 2. Students with the flowers tag the other students. 3. When a student is tagged by a flower, they must crouch into a small ball like a seed in the ground. 4. The seeds stay put until the student with the watering can comes and pretends to water them. 5. Seeds then begin to grow back into a flower (stand-up) and can run again. 6. Change the students often.
VARIATIONS:	<ul style="list-style-type: none"> • A pool noodle and a blue flag can represent the flowers and watering can. • Halloween: Three scary puppets are used to tag, students freeze in a monster pose, a magic wand or a squeaking rat free frozen monsters. • Holiday: three white Gator balls can be used for a snowball tag, students freeze as large snowballs, Jack Frost needs to move three students together to become a snowman then set free. • Aboriginal : pool noodles can be used as arrows for the bison hunt, students hit by the noodle lie on the floor until the Chief dances once around them to set them free
RESOURCE	PE workshop with the CSDÉCSO.

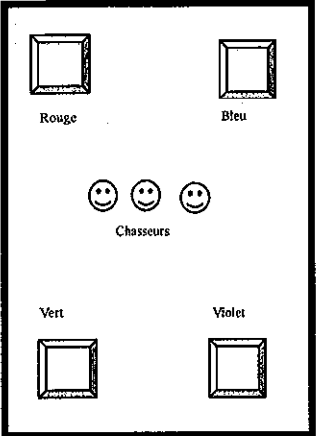
¹Games to get the kids moving!, presented by Russ Minnis, HPE teacher, CSDÉCSO, minnruss@csdecso.on.ca ,

ACTIVITY NAME: MICE GET THE CHEESE¹

DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, outdoors, large room
FORMATION :	Whole class
EQUIPMENT :	30 bean bags, cones
ACTION : 	<ol style="list-style-type: none"> 1. Two or three students are the cats. They pretend to sleep in the center of the activity area. 2. The other students (mice) are behind the line of cones in the Mice's house. 3. At the other end of the space, bean bags have been spaced evenly out. 4. At the signal the mice must sneak past the cats to retrieve a piece of cheese. 5. Once the mice arrive at the cheese, the teacher signals the cats (whistle, clap, etc.) to awake and chase the mice. 6. The mice must cross the cones to get back safely home. 7. If a mouse is touched, the must return the cheese and switch spots with the cat that caught them. 8. The game is done when the mice have successfully stolen all the cheese.
VARIATIONS:	<ul style="list-style-type: none"> • Vary the combination of mice sent: ex. Boys only, girls only, those with a birthday in March, blues eyes, wearing red, etc. • Change the cheese : ball to dribble back, a noodle to run back with between the legs, etc.
RESOURCE :	PE workshop with the CSDÉCSO.

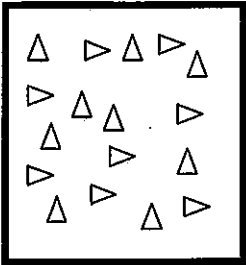
¹Games to get the kids moving!, presented by Russ Minnis, HPE teacher, CSDÉCSO, minnruss@csdecso.on.ca ,

ACTIVITY NAME: COLOURED CORNERS ¹

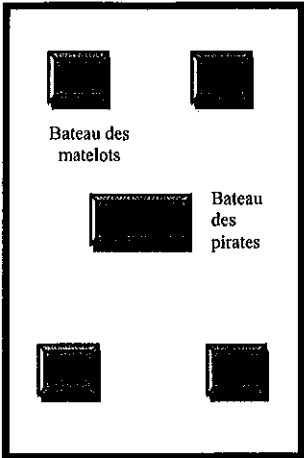
DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, large room, outside
FORMATION :	Whole class, divided in three teams
EQUIPMENT :	4 mats, 4 cones of different colours, pool noodles
DÉROULEMENT : 	<ol style="list-style-type: none"> 1. Setup activity area as per the diagram. Place one cone next to each mat to identify its colour. 2. Students start on one of three corners, keep one empty. 3. One, two or three students are the IT. Each IT have a pool noodle to tag the other students. 4. One IT calls a coloured corner, the students in that corner, must leave and cross to the empty corner without being tagged. 5. If a student is tagged, they change places with the IT and the game continues.
VARIATIONS:	<ul style="list-style-type: none"> • Corners can be named according to a theme or subject, ex. fruits, jobs, animals, healthy snacks, etc. • Vary the locomotion of the students: skipping, galloping, step-touch, run with high-knees, etc. • IT can call "Rainbow" and all corners must empty to a different corner.
RESOURCE :	PE workshop for CSDÉCSO

¹Games to get the kids moving!, presented by Russ Minnis, HPE teacher, CSDÉCSO, minnruss@csdecso.on.ca

ACTIVITY NAME: TIPPED OVER CONES ¹

DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, large room, outside
FORMATION :	Whole class, divided in two teams
EQUIPMENT :	30-50 cones
ACTION : 	<ol style="list-style-type: none">1. Randomly place 30-50 cones about the activity area.2. Divide the class into two teams.3. One team is the « tippers » and the other « fixers ».4. At the signal, the tippers turn all cones on their side as quick as possible. All fixers stand the tipped cones back up.5. The game is finished after one minute. Teams can be reversed and started over.
VARIATIONS:	<ul style="list-style-type: none">• The class can be divided into colour teams. For example, the orange team fixes orange cones only and tips all other colours.• Vary the locomotion of the students: frog jumps, crab walk, giant steps, heel-toe, step-touch, etc.
RESOURCE :	PE workshop for CSDÉCSO

¹Games to get the kids moving!, presented by Russ Minnis, HPE teacher, CSDÉCSO, minnruss@csdecso.on.ca ,

ACTIVITY NAME: PIRATES ¹	
DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, outdoors,
FORMATION :	Whole class
EQUIPMENT :	5 mats, 3-4 pinnies, 3-4 noodles
ACTION : 	<ol style="list-style-type: none"> 1. Setup the area as the diagram. 2. 3 or 4 students wear pinnies and carry a noodle to tag, they are Pirates. 3. All other students are sailors who must move from boat to boat (mats in the corners) without being tagged by a Pirate. 4. Sailors may only stay on any given boat for a maximum of 3 seconds or for 3 counts of "The sailor's life is the life for me!" 5. Pirates cannot tag a sailor who is on a boat. 6. Tagged sailors must go directly to the Pirates boat where they are held prisoner until saved by another sailor. 7. In order to save a captive sailor, another must take him by the hand and run together holding hands directly to a boat. 8. If they arrive without being tagged, the sailor is free, if they are tagged, both must return to the Pirate's boat. 9. Rounds can last one minute. Then change roles and begin again.
VARIATIONS:	<ul style="list-style-type: none"> • Pirates can sink a sailor's boat by folding any empty mat they find. Sailors are left with fewer boats. • Vary student's locomotion: skipping, speed walking, galloping, etc. • Prisoners can perform 5 jumping jacks the return to the action. • Count how many prisoners each Pirate's team imprison and compare.
RESOURCE :	PE workshop with the CSDÉCSO.

¹Games to get the kids moving!, presented by Russ Minnis, HPE teacher, CSDÉCSO, minnruss@csdecso.on.ca ,

NOM DE L'ACTIVITÉ: ¹SOLEIL ET GLAÇONS

DIVISION : JK/SK/PRIMARY	FACILITIES : gymnasium, outdoors, large room
FORMATION :	Whole class
EQUIPMENT :	Blue pinnie for Ice, yellow pinnie for Sun, noodles for Ice
ACTION :	<ol style="list-style-type: none">1. One student is the Sun (yellow pinnie) and one is Ice (blue pinnie).2. The Ice chases all other students and attempts to tag them with the noodle.3. If tagged students must freeze until the Sun is able to free them.4. The Sun can unfreeze students by holding both hands and jumping together 3 times.5. The unfrozen students can resume running.6. Change roles often
VARIATIONS:	<ul style="list-style-type: none">• Add as many Sun and Ice as necessary.• Vary student's locomotion : hopping skipping, galloping, etc.• Sun can do a dosido, the twist, the chicken dance etc. to unfreeze students.
RESOURCE :	PE workshop with the CSDÉCSO.

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ACTIVITY NAME: ORGANIZATION TECHNIQUES¹

<p>WELCOME :</p>	<ul style="list-style-type: none"> • Use the large circle in the gym to welcome students. Have them sit on the circle. • Greet students and check shoes (cleanliness and that they are on the right feet) • Explain the period's activities • Review specific safety rules for the period's activities. •
<p>TEACH THE RULES THROUGH GAMES</p>	<ul style="list-style-type: none"> • If you want students to respect the rules for the whistle, stop signals, cleaning up, fire drills, and others, teach them through games. • Ex. whistle: ask students to move about the area like flying birds, when students hear the whistle; they are to Stop-Look-Listen. Restart with students hopping like frogs and repeat the whistle. Reinforce and correct the student's performance.
<p>START AND STOP SIGNALS</p>	<ul style="list-style-type: none"> • Whistle blast : STOP-LOOK-LISTEN • Use music - Music stops = STOP-LOOK-LISTEN, music starts = activity starts • Clap hands - Clap hands 3 times = students repeat and STOP-LOOK-LISTEN. • Magic sentence - « 1-2-3- move with me » - begin playing • Repeat magic sentence - teacher says - "Eh oh!" students repeat "Oh eh!" then STOP-LOOK-LISTEN. • If students have equipment, always ask them to place it between their feet during STOP-LOOK-LISTEN. This helps them concentrate on your messages.
<p>DIVIDING STUDENTS INTO TEAMS</p>	<ul style="list-style-type: none"> • Dividing the class into 2 teams : <ul style="list-style-type: none"> ○ Pick a friend - play « paper-rock-scissors (PRS) » : teams become winners vs non-winners ○ Pick a friend : teams become all the taller students vs all the smaller students ○ Pick a friend : have partners line up facing each other (now have 2 lines) teams become one line vs the other line • Dividing the class into many teams : <ul style="list-style-type: none"> ○ Pick a friend, play PRS, winners to one wall, non -winners to another (two teams), winners and non-winners repeat with a new partner to subdivide into two smaller teams each (now have 4 teams) ○ Place one student in each corner. Each student is given a number from one to four that they represent with fingers. Then give a number from one to four to the remaining students who simply find their numbered corner. ○ The same can be done with fruits (apples with apples, oranges with oranges), colours, countries, body parts, etc. ○ Never use two captains to individually pick students. NO student ever wants to be the last one picked!
<p>COOL-DOWNS</p>	<ul style="list-style-type: none"> • Favourite activities : <ul style="list-style-type: none"> ○ Lie down on their backs, feet up against a wall or a bench, breathing deeply. ○ Quietly perform a few yoga poses. ○ Slow walk around the space, with a topic to discuss or action to imitate. ○ Breathing exercises ○ Imitation activities - ex. trees in the wind, a wave in the ocean, rocking chair, bird flying, etc.

BACK IN LINE	<ul style="list-style-type: none"> • Once in line, have students : <ul style="list-style-type: none"> ○ « Show me 7 fingers », repeat with different finger combinations ○ Clap a rhythm, ta-ta-titi-ta, students repeat ○ Imitate body poses - flexing muscles, airplane wings, moose antlers ○ Silent RPS vs teacher ○ Silent silly faces ○ Silent game of " Simon says »
DISCIPLINE :	<ul style="list-style-type: none"> • « Walk the lines » - Choose a coloured line or court line on the floor that won't disturb the other students (ex. Basketball court end lines). Have the student walk/run the lines 3-5 times. The student is still active and is given the chance to reflect and decide when they are able to resume the main activities. Students must always consult back with the teacher before resuming their activities. • Conflict between students can usually be fixed with a quick game of RPS (ex. Who's ball?, who's turn is it?, he cut in line, I was here first).

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