

OUT OF AFRICA

SONG SUGGESTION: "IT TAKES A VILLAGE" By: Benjamin Bidlack



BODY CUE



Lift your knees and stomp your feet



BRAIN CUE

Exploration:

Try stomping in different directions (forward, backward, sideways)

BEING CUE



Imagination:

Be an elephant!



BODY CUE

Hop 4 times on one foot, then 4 times on the other foot

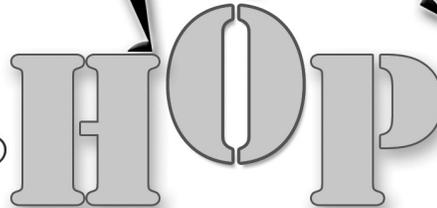


BRAIN CUE



Exploration:

Hop in a circle around yourself (try both directions)



BEING CUE

Imagination: Be a monkey!

BODY CUE



Take little baby steps as you run

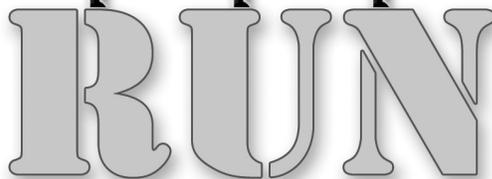


BRAIN CUE



Exploration:

Run in zig zags (try different pathways e.g. spiral, or square)



BEING CUE



Imagination:

Be a baby cheetah!

STOMP – ELEPHANT ESCAPE

Game Objective: To escape from the zoo and evade capture by the zoo wardens.

Skills and Concepts: Stomping, dodging, and evading

Equipment: Flag football belts, flags, or scarves

Set Up – This is an end-to-end tag game. All of the players (elephants) need flags or scarves for tails. They all start at one end of the gym or playing area. The zoo warden (one to start with) starts on a line behind the elephants.

Instructions:

1. On the signal, the elephants stomp from one end of the area to the other.
2. The zoo warden tries to capture as many elephants as possible by pulling off their tails.
3. When an elephant is captured, that elephant becomes a zoo warden.
4. With each round, there will be fewer and fewer elephants.
5. Try to make sure that the elephants are stomping across the area and not just running.

Questions for Understanding:

- ? Did you do anything special to avoid being captured?
- ? Was it difficult to remember to stomp?

STOMP – ELEPHANT HERD

Game Objective: To repeatedly stomp, in small and large groups, to the end of the gym and back, while avoiding other teams (herds).

Skills and Concepts: Stomping, cooperation, teamwork, spatial awareness, and fair play

Equipment: One hula hoop per team (herd) and a start line/end line (or markers)

Set Up – Equal groups of four or five players (elephants) line up one behind the other at one end of the gym. Number the elephants in order, from one to four (or five). The first elephant in each group holds a hula hoop.

Instructions:

1. On the signal, the first “elephant” in line stomps to the end of the gym, places one foot over the end line and stomps back to his “herd.”
2. Without letting go of the hoop, Elephant #1 picks up #2, and together they stomp to the end line, where one elephant must step over the line, turn around and come back to the start line. (Again, to be fair, one elephant must step over the start line to avoid the next elephant from coming out to meet the herd.)
3. Now #1, #2, and #3 must stomp to the end line and back.
 - When all players have stomped to the end and back as a herd, #1 “drops off” and sits down at the start line.
 - #2, #3, #4, and #5 stomp to the end and back and then #2 drops off.
 - #3, #4, and #5 stomp to the end, and the process continues until #5 stomps alone.
 - When #5 returns, she places the hoop in front of her herd, which is all sitting down in a row, and she sits at the back of her line.
 - The first herd of elephants who followed all of the rules, and is quietly seated, is declared the winning herd.

Questions for Understanding:

- ? *What challenges did you face in this activity?*
- ? *How did you have to cooperate and use teamwork during this Elephant Herd?*

HOP – ON SAFARI

Game Objective: To hop around the jungle without touching a snake or falling off a stone.

Skills and Concepts: Hopping and using arms to help maintain balance

Equipment: Skipping ropes, balance beams, hoops, stones, and poly spots or balance hills

Set Up: Create multiple courses for players to navigate with ropes, stones, and beams to go across.

Instructions

1. Set the scene for the players: "You are on Safari in Africa. It is very dangerous. There are lots of poisonous snakes slithering around and others swimming in the rivers. Don't touch a snake and don't fall into the river."
2. The players move around the course under normal circumstances when suddenly the leader announces, "You've been bitten! You can only hop around on one leg!" (They don't have to hop on the balance beams!)
3. If a player touches a skipping rope, he must fall to the ground and wait for a friend to hop over and help him up.
4. Then he must hop over to the leader and perform an assigned fitness activity to get back into the game (e.g., five jumping jacks or five squats).
5. Players that hop onto a stone (e.g., hoop or poly spot) must stay still for five seconds without losing balance and falling into the river where the animals can get them.
6. If a player falls into the river, she must wait for a friend to help her up and then she must hop over to the leader and perform an assigned fitness activity to get back into the game.

Variation:

- Instead of allowing just anyone to rescue an injured adventurer, designate a player or two to be rescue workers to help out the other players.

Questions for Understanding:

- ? *What did you do to maintain your balance when you were on a stone?*
- ? *Is it easier to hop over the snakes or hop onto the stones?*



HOP – MONKEYING AROUND

Game Objective: To avoid getting put in the zoo and to free other monkeys who have been caged.

Skills and Concepts: Running, dodging, hopping, and cooperating

Equipment: Hula hoops and pool noodles

Set Up – Select four or five players to be Zookeepers. They each carry a pool noodle for tagging.

Instructions:

1. On the signal to start, Zookeepers use a pool noodle to try to tag the other players (wild monkeys).
2. When tagged, the monkeys have to go into a cage (hula hoop) and hop around scratching under their arms. (Sound effects are optional.)
3. To be freed, another monkey has to hop all around the hoop on one foot, then around the other way, hopping on the other foot. (Monkeys may not be tagged while they are freeing a caged monkey.)
4. When the monkey has hopped all around the hoop in both directions, she may free the caged monkey by lifting the cage over the monkey's head and setting it down on the ground.
5. Change Zookeepers often.

Questions for Understanding:

- ? *What strategies did you use to avoid getting tagged?*
- ? *How did you decide whether to free a monkey or get away from the Zookeepers?*

RUN – AFRICAN ANIMAL ATTACK

Game Objective: To tag, or avoid getting tagged by, the other animals.

Skills and Concepts: Running and dodging

Equipment: One bean bag per player in three different colours (blue, red, and green), evenly distributed amongst the players

Set Up: Players each begin with a bean bag and find a space by themselves in the gym.

Instructions:

1. The players represent different African animals, depending on the colour of bean bag they are holding (e.g., Red Rhinos, Blue Baboons, Green Gazelles).
2. The animals run around the gym. The leader calls out one of the colours to be IT (e.g., "Green Gazelles are IT!")
3. The Green Gazelles have to try to gently tag all the Red Rhinos and Blue Baboons as quickly as possible.
4. Tagged animals have to sit down until the leader calls out a new animal (e.g., "Everybody up...Red Rhinos are IT!").

Variations:

- The leader can time how long it takes each group to tag all the other animals.
- Alternatively, the leader doesn't have to wait for all animals to be tagged. If the tagged animals have been sitting too long, he may get everyone back into the game and start the next round.

Questions for Understanding:

- ? *What strategies did you use to avoid being tagged?*
- ? *What strategies did you use to tag other animals when you were it?*



RUN – THE SLEEPING LION

Game Objective – To sneak as close to the Lion as possible without being caught.

Skills and Concepts – Running and dodging

Equipment – A toy lion and numbers 1-10 written on large cards

Set Up – All players begin behind the end line. The Lion is lying down at the other end of the activity area, facing away from the group. The Lion has a toy lion just behind him.

Instructions

1. The leader holds up a number on the card so that the players can see it.
2. Players move forward one giant step for each number on the card and stop in place.
3. The leader holds up another number and the players move towards the Lion again.
4. The game continues until the players are close to the Lion.
5. At this point, the Lion says, "I am hungry, and I smell food!"
6. When the players hear the word, "hungry," they must turn and run back to their safety zone without being caught by the Lion.
7. If a player gets close enough to the Lion without being caught and steals the Lion's toy, the game ends and that player becomes the new Lion.

Variations

- If a player gets caught, she must do some fitness activity to get back into the game (e.g., ten jumping jacks).
- Instead of giant steps, the players can do another locomotor movement, such as jumps.
- Have the players count out their steps to reinforce numeracy.

Questions for Understanding

- ? *What did you do to avoid being tagged?*
- ? *How can you sneak up quietly on the Lion?*