

PE Warm up Games.

OCTOPUS TAG

One person stands in the middle of the boundary area; in our case it was the gym. The rest of the kids line up at an end of the bounds and when the tagger says go they all run to the other side of the bounds. Whoever the tagger tags then has to stay and help him, except that the additional people that are tagged have to sit down, and can only help "It" by using their arms. This goes back and forth until your down to the last person who then starts the next round. This game is fun when played with a lot of kids.

ALLIGATOR IN THE SWAMP

The first group is lying on their stomachs (alligators). The second group are the runners.

On the go signal the runners must run across the playing area to the opposite line in order to be safe from the alligators.

The alligators leave their circle to chase the runners. If the runners are tagged by the alligators they must sit out until the next game.

Repeat this from the other side of the playing area each time. When 3 to 5 people are left, start again.

SKUNK TAG

All players but 2 are scattered in the playing area.

Place 4 hula-hoops at the four corners of the playing area, which are safety zones. Players can stay 20 seconds in a safety zone, or until someone else steps into the hoop following them. Only one player is allowed in a hoop at a time.

Place one in the middle, which is the skunk's home.

Designate 2 players to be skunks, and place them in the centre to begin the game.

On the go signal, the skunks chase and try to tag someone. If successful, they change places.

The new skunk must run to the centre hoop and yell "New Skunk!" before chasing others.

CAPTAINS DECK

Orders:

To the ship: run to the captain's right

To the island: run to the captain's left

Hit the deck: lay down on your stomach (or if players don't want to get dirty, they can crouch down)

Attention on deck: salute and yell, "Aye, aye captain!" -- players may not move now until the captain gives the order of, "At ease!" (i.e. even if the captain gives a different order such as "to the ship" the crew must continue to remain at attention until told "at ease")

Three men in a boat: the crew must form groups of three and sing "Row, row, row your boat" Anybody who is not in a group of three is out.

The love boat: Crewmembers grab a partner and dance. Anybody without a partner is out.

Clear the deck: everyone must have their feet up off the floor

Scrub the deck: everyone on their knees scrubbing

Captain's Quarters: everyone ran towards the captain.

Man-over-board: Players must find a partner as quickly as possible. One partner must lie on their stomach while the other places their foot on their partner's back. Children without a partner or pairs that are too slow are eliminated.

A Periscope: Every player falls on their back and sticks one leg in the air. The last ones are eliminated.

SHARK!!!!: Everyone must run to a designated base (multiple bases can be used). The last player to the base is eliminated.

Crow's nest: All players must find a partner. The lightest player rides on their partner's back. Those without partners or who assemble the crow's nest too slowly are eliminated.

Three maids in a row: Children form groups of three and sit in a vertical row. The players who are the odd-man-out are eliminated.

Sick turtle: Everyone falls onto their backs and waves hands and feet in the air.

Bow: Run to the front of the boat

Stern: Run to the back

Port: Run to the left side of the boat

Starboard: Run to the right side of the boat.

Row the Boat: Each player finds a partner, sits face-to-face, holds hands, and pretends to row a boat. Players who can't find partners or who are too slow are eliminated.

AMOEBIA TAG

Two people are it. They hold hands and chase people, the person they catch joins the chain by linking hands. When another person is caught they can stay together or split 2 and 2 they must split even numbers and can link together at will. This game is played till' nobody is left.

- **TAILS:** each pupil is given a braid, which they tuck into a waistband. Pupils have to collect as many braids as possible, they must not hold on to their own tail, must not make physical contact and must not collect their own tail. Play the game until all braids are collected or for a designated period of time. The teacher may ask who has collected the most braids or by repeating the game it can be made into a 'beat your previous best' activity.
- **CHAIN TAG:** select two or more chasers. As soon as the whistle blows the chasers must tag other children who must then hold hands forming a chain. As soon as the chain has four members, the children must split to become a pair. The game ends when all children have been caught. The last pupil to be caught can start another game of chain tag.
- **ICE AND SUN:** select two children as the 'Ice' and give them blue braids. Select two children as the 'Sun' and give them yellow braids. The 'Ice' children must chase others, [apart from the 'Sun' children] touch them so they freeze. Children can only become defrosted when they are touched by the 'Sun'. Play the game for a designated amount of time.
- **CONTAMINATED MOLECULES:** select two or more chasers who are given beanbags or soft balls. As soon as the whistle has been blown the chasers must touch as many of the children in the class as possible. When a child is touched, he/she must stand still and wait to be released. Children can be released by two members of the class who are still free. These two members must co-operate by holding hands and encircling the captured pupil, who is then freed. The game may end after a designated period of time or when all children have been captured.
- **SIMON SAYS:** try to make this game as active and as fun as possible, combining aerobic and stretching activities. Change directions quickly, some suggestions are jog on the spot, lift knees high, run around the room changing directions, skip around the room, touch your toes keeping legs straight, five tuck jumps on the spot etc.
- **LUMPS:** children are directed to run, hop or skip around the room at the teacher's direction. On the teacher's command a number is called, e.g. 5 and the children have to get into groups of that number.
- **TRAINS:** set out cones in the shape of an athletics track modified to the space available. The children are put into groups of four or more by the teacher, depending on class size. The children must run anticlockwise around the track in their groups one behind the other. At intervals the teacher blows the whistle, on one blast, the pupil at the back of the group sprints to the front, two sharp blasts means all the groups change direction in which they are running.
- **TIGGERS:** mark out the area of activity. Two children are chosen as 'Tiggers'. The 'Tiggers' have a beanbag each. The 'Tiggers' have to hit the other children below the knees with the beanbags. Those children who are hit then join the 'Tiggers' team. 'Tiggers' cannot move with the beanbag. The game should focus on passing between the 'Tiggers'

ONE BEHIND

Equipment: Music

Set-Up: Have the students find their own personal spot, which allows them to have enough room to exercise.

Directions: The teacher leads the class in exercises with the class staying one exercise behind the teacher. The teacher begins performing an exercise or stretch as the students stand at attention. When the teacher switches to a different exercise the students begin performing the exercise the teacher did previously. Start with stretches and exercises on your feet and work down to the floor. Continue for about 3 minutes or until the end of your song. Be creative and mix in muscle poses (The kids love doing these!).

LOCOMOTOR RACES ("Ellisville Relays")

Equipment: None

Set-Up: Designate a starting line at one end of the basketball court or playing area and a finish line at the other end. Designate a waiting line, which is approximately 5' behind and parallel to the starting line (We use the baseline of the basketball court). Have all of the students stand behind the waiting line to begin. Finally, assign all the students a number 1-6.

Directions: The students wait behind the waiting line until their number is called. When their number is called they step up to the starting line and wait for a go signal. When they hear the go signal they perform the locomotor movement until they reach the finish line. Once they reach the finish line they turn left or right and head to sideline of the basketball court and jog back to the waiting line. Another number is called out and another group of students steps up to the starting line. The key is to keep the students moving so that they only have a short rest in between each turn. As soon as the go signal is given for group #1 call another group up to the starting line. When each group has had a couple of turns stop briefly to name another movement.

CATERPILAR TAG

Divide the group into partners, with partners holding hands.

Designate which partners will be the taggers.

On the go signal, the taggers chase and try to tag the other partners.

When tagged, they must freeze.

To become unfrozen, another set of partners must join hands with this pair.

This group must now stay together and try to avoid being tagged.

There is no limit to the size of the group or groups that form from joining with the frozen players. Play for a designated time period or until all of the players are frozen.

EXERCISE SQUARE

Equipment: Music

Set-Up: Have the students stand side-by-side around the entire basketball court to form a square (or rectangle). The students should be arms distance away from their neighbours.

Directions: Choose a leader to go to the middle of the square and perform an exercise. The other students copy the leader. After 20 or 30 seconds blow the whistle and have the leader choose another person to be the new leader. While the leaders switch places the class should jog in place until the new leader selects an exercise. When the leader performs another exercise the students again copy the leader. This continues for 3 to 5 minutes. Don't forget to play some upbeat music!

Variations: Try this with jump ropes! The leaders can choose a jump move that others mimic. NOTE: Be sure that leaders only select from moves that have previously been practiced or it gets to be pretty frustrating for the inexperienced jumpers.

GALLOPING LIZZIE

Have the players find their own place in the play area.

Choose one player as "it" and they take the sponge ball.

The game is played by "it" throwing the ball at another player, where the hit player would become "it" and have to take the job of throwing the ball.

To make the game more interesting, specify a certain style of throwing, i.e. underarm, left-handed etc.

SPIDERS & SCORPIONS.

CHOOSE 4 CHILDREN TO BE THE SCORPIONS. THEIR JOB IS TO MOVE AROUND ON ALL FOURS (BELLY FACING DOWN) TRYING TO STING AS MANY OF THE OTHER CHILDREN AS POSSIBLE. THE OTHER CHILDREN ARE SPIDERS, THEY HAVE TO MOVE AROUND ON ALL FOURS (BELLY FACING UP.) IF A 'SPIDER' IS STUNG IT MUST HOLD EITHER ONE ARM OR ONE FOOT UP IN THE AIR (3 POINT BALANCE) UNTIL ALL OF THE SPIDERS ARE STUNG OR TIMES RUNS OUT.

A VARIATION TO THE GAME CAN INCLUDE SPECIAL SPIDERS WHO CAN DELIVER AN ANTIDOTE AND RELEASE THE STUNG SPIDERS.