

GOT YOUR BACK

GRADE: K-12
EQUIPMENT: NONE

- Break into groups of three or four.
- Dedicate one person in each group as a target and one person as IT
- The target and the rest of the group hold hands and form a circle
- The person who is IT starts outside the circle and across from the target
- On 'GO,' the person who is IT tries to run around and tag the target while the group tries to protect the target
- The round ends when either the target is tagged or two targets from different groups attach back to back

VOLCANOES & ICE CREAM CONES

GRADE: K-12
EQUIPMENT: 15+ PYLONS

- Spread out lots of cones around the playing area and put some upright (volcanoes) and some upside down (ice-cream cones)
- Divide players into two groups (one volcanoes and one ice-cream cones)
- On 'GO', players run around and turn over as many cones as possible as assigned to their team cone type
- Keep going, turning over as many as you can and after two or three minutes when the coach blows the whistle, all players must stop and put their hands on their head
- The team with the most cones in the correct position wins.
- Play multiple rounds, switching sides: volcanoes or ice cream cones
- Players are NOT allowed to block others from getting to a cone

SNATCH IT

GRADE: K-12
EQUIPMENT: PYLONS, BEANBAGS

- Divide the group into two teams. Have the opposing teams form lines facing each other approximately 20 feet apart.
- Number the members of each line from opposite directions so that the number one participant of one team is opposite, the number 20 participant of the other team.
- Place an object, such as a bean bag, in the middle of the floor between the two teams.
- Yell out a number and have corresponding players race each other to pick up the object.
- The player who is able to snatch the object and return to their spot without being tagged gets a point for their team

4 LEAF CLOVER

GRADE: K-12
EQUIPMENT: PYLONS

- Place four pylons in a large square and give them a number between one and four.
- Each pylon is given a different warm up activity (high knees, squat, lunge, bum kicks)
- Split the group so there are equal numbers of runners at each pylon
- Transitioning from the pylons will be clockwise and will require a different locomotor skill (sprint, gallop, jog, walk, etc.)
- The coach is placed in the middle and once back to pylon one, players sprint to the coach, give them a high-five and backwards run back to the end of the line.

ROCK, PAPER, SCISSORS

GRADE: 3-12
EQUIPMENT: PYLONS

- Two lines of students stand facing each other at the centre of the activity space, one or two meters apart.
- Each side huddles together to decide if they would like to be rock (crouched down with body shaped like a ball), paper (standing with arms and legs wide) or scissors (standing with arms and legs crossed) as a team.
- Upon the leader calling out "Rock, Paper, Scissors" each group shows their choice. The side that wins the RPS challenge chases the other side back to an end line. Be sure to have the end line at least a couple of metres from any walls.
- Anyone tagged becomes a new participant on the other team.

ANIMAL PACING GAME

GRADE: K-3
EQUIPMENT: NONE

This game is a fun way to teach participants about pacing.

- Pick an animal to symbolize different walking and running paces such as a turtle for walking, donkey for slow jogging, horse for running and cheetah for sprinting.
- Call out the different animal names and have participants move across the space at the appropriate pace.
- There is no winner in this game.

PACING TRIANGLE

GRADE: K-12
EQUIPMENT: PYLONS

- Set up a triangle in a gym or field using three pylons, 25-50 metres apart.
- Participants will walk between pylons 1-2, jog between 2-3 and sprint between 3-1.
- Repeat several times and change directions after a few minutes.

CATCH-UP/CENTIPEDE

GRADE: K-12
EQUIPMENT: PYLONS

- This is more of a running drill and an easy way to add some distance to a workout.
- Have participants line up behind one another in groups no larger than eight to 10. These groups will jog laps around a specific area or to a destination and back.
- The goal is for the last person in line to sprint to the front of the line. The pace needs to be fairly slow for this drill to work.
- Have the groups keep running until everyone has been to the front a few times.
- The Centipede version involves using a baton which is passed from the front to the back.
- When it reaches the last person, they run to the front of the line and pass it back.