Share the Wealth – January 2025

Friday 7:30a – 8:00a Good Stuff Ballroom B Brent Heidorn

Saturday 7:30a – 8:00a Good Stuff Ballroom B Brent Heidorn

Saturday 1:15p – 2:05p Lg Group Games Ballroom H Brent Heidorn

Name and Symbol

Teams in a circle (about 8-10 per group), facing in. First person says his/her name and demonstrates a symbol. The next person repeats the first person’s name and symbol (with vigor and energy) and then states his/her name with a symbol. The game continues around the circle, with each person repeating the first, second, and so on, until all names and symbols are repeated numerous times, and all names are learned. Modification: Repeat around the circle again, this time showing a second symbol that somehow connects with the first symbol. Repeat around the circle. Now we learn all names again, but with two symbols for each student. This is a cooperative learning introductory ice-breaker game.

Scatter

On the signal, all participants scatter throughout the playing area in general space, continuing a walking/skipping or other locomotor movement pattern. Be sure to “scatter” by not moving near other students. Keep moving. When the instructor calls a number, participants quickly organize themselves into a group of that size, attempting to not be one who cannot join a group. The group is closed when the correct number of participants close the group with their hands touching the person to their right and left. Repeat the process, with no one being eliminated from the game. Players who successfully join a group earn one point. Players who do not successfully join a group do not earn one point. Keep a running score. Modification: Add one basketball for all players to dribble as they scatter and join a group. Place the ball between their feet when joining a group. This is also a great game for organizing students in groups, in preparation for another activity.

Whatcha Doing

Teams get in a circle (about 8-10 students), facing in. First person leads a movement and everyone else mimics. The next person in the circle (to the left) says the person’s name and asks, whatcha doing? That person does not state what the group is doing but comes up with a new activity he/she wants the group to start doing. Continue in the circle. When the next person to the left would like the group to begin doing something different, he/she simply needs to ask the person to the right, “whatcha doing?” This is an instant activity, energizer, icebreaker, that can also be used for physical activity / fitness.

Robot Game

Robot Controller (NASA) sends robots (3-4) into open space, each facing a different direction. NASA turns robots to keep them moving before or when they are stuck at the identified boundary.  Robots stop and use their “call” or signal if they run out of room to move from any wall, obstacle, or other robot. After 2 minutes, switch roles until all students play the role of NASA. Variation: for each team of robots, one walks at a light pace, one walks at a moderate pace, one walks at a vigorous pace.

RPS Body

Participants form rock, paper, and scissors with their body instead of their hand/fingers. Challenge the teacher as a class, moving up the zone or back to the previous zone. If you beat the teacher in that one round, move up one space. If you tie the teacher in that one round, stay where you are. If you lose to the teacher in that one round, go back one space. Goal: Be the first student to make it to the teacher. That student becomes the teacher. All players go back to the starting position.

Imaginary Rope Jumping

All participants stand in a large circle. When the music begins, all students pick up their imaginary jump rope and begin jumping at their own pace. The instructor can encourage two-foot jumps, one foot, cross-over, or any combination of alternate skills. The instructor can also point to different students within the circle and have them lead for 10-15 seconds of a skill option (free throws, downhill skiing, etc.). This is a simple warm-up activity. The teacher can also see the interests of the students, the technique of various sport-skills, etc.

Follow the Leader

Students work with one partner to follow around the activity space. The leader moves using a variety of locomotor actions. The second person mimics the action of the leader. At the signal, leaders change positions with the second person. This can also be done in groups of 3, 4, 5, or more students. This is a simple warm-up activity. The key is to truly mimic the exact movement of the leader.

1-2-3 Tag

This activity works best in groups of three students. One student (1) participates in a simple activity (jumping jacks, etc.), while the other two students (2) and (3) play a simple tag game. When 2 tags 3, 3 becomes “it” and then locates student 1 and attempts to tag that person. Student 2 begins a new exercise (or the same exercise – jumping jacks). When student 3 tags student 1, student 1 locates student 2 and attempts to tag that student, while student 3 begins a new exercise. The game continues for a designated time.

Multiple Buddy or “My Buddies”

On the signal, all students move throughout the playing area – keep moving without stopping. When the teacher calls out “1”, students find a buddy and give a 3-part handshake, then immediately begin traveling again. When the teacher sees that all students are traveling, the teacher calls out “1” “2”. Students find the original buddy (1), complete the 3-part handshake, then find a new buddy and complete a new 3-part handshake. Then immediately travel again. At the signal by the teacher (“1” “2” “3”), students find their first buddy, then second buddy, then a new third buddy. Repeat until at least six new buddies, each with a different 3-part handshake. Hint: If a student cannot locate a new buddy, that student can greet the teacher with a fist bump. Modification: Go in reverse order (start with buddy 1, then for the next round, find a new buddy first, then go back to 1; for the next round, find a new buddy first, then 2, then 1). Make it a game: On the signal, see which individual can complete their entire sequence first.

Circle Game

All participants stand by one disc cone, forming a large circle. The instructor starts at the “red” cone (or large hula hoop), saying something true about him/herself. If the comment is true about any participant, he/she must move to another cone, right away (don’t move unless it’s true about you). A participant who cannot locate an empty space, must go to the red cone / large hula hoop. The process continues with the individual now at the red cone saying something true about him/herself. This activity is great as an energizer, get-to-know-you game, or for light to moderate physical activity. The instructor can modify the activity numerous ways. Variations can include walking to as many cones as possible, locomotors, dribbling a ball, completing exercises at cones or in the center circle, etc.

The Bean Bag Game (Toss Across)

Students stand in a circle formation (groups of 8-10). One team captain has the bean bags at his/her feet. All other students raise their hand. Participant #1 begins by underhand tossing one bean bag to a different student within the circle. That player catches the bean bag and keeps his/her hand down. That student then tosses the bean bag to another student in the circle. Each time a new player catches the bean bag, they put their hand down. The game continues in this fashion until all students have received the bean bag. It is then tossed bag to the original leader. Students are to remember the pattern. Practice the pattern again. The game continues with the leader tossing a second, third, fourth bean bag, so that numerous bean bags are traveling within the circle at one time. Goal: See how many bean bags can stay within the game (not hitting the floor). The teacher can also call out “catch with the right hand” or “catch with the left hand” or “stand on one foot”, “toss with the right hand”, etc. Players can also call the name of the person they are tossing the bean bag to. Or players can call out a new category each time they toss the bean bag (ex: fruits, vegetables, shoe brands, etc.) Modification: Two or more teams of circles can compete to see how many rotations the bean bags can make within a certain time limit. If playing with this modification, every time the leader catches a bean bag, the team earns one point. See which team can earn 25 or 50 points first.

Hula (Can Jam) Jam (Corn Hole) – Skill Development and Fitness

Participants stand across from one hula hoop, approximately 10 to 15 yards away (depending on the skill level of the students). One person stands behind the hula hoop, while the other teammates stand in a short line across from the hoop with one bean bag per line. The first bean bag tosser aims for the hula hoop. The person standing behind the hula hoop has three options: 1) catch the bean bag with one hand for one point; 2) downward bat the bean bag into the hoop with one hand for two points; 3) do not touch the bean bag hoping it lands in the hoop for three points. The receiver takes the bean bag to the opposite line, with the thrower now standing at the hoop. Teams practice first. Then compete against the other teams, seeing which team earns the designated number of points first. Key rule: First bounce counts. Modification: tossing with the left hand, catching with the left hand, move closer, move farther back, add a poly spot inside the large hoop for a possible four points.

Tunnels (skill and fitness)

Short lines facing more short lines (perhaps 3 participants in a line facing 3 participants in another line approximately 5 to 10 yards away. Set up as many groups/lines as needed. The first person tosses the object (bean bag, ball, Frisbee, etc.) to the opposite line, calling out some category (college mascots, fruits, sodas, fast-food restaurants, etc.) and the game continues, with the next person catching the object, calling something out, throwing the object to the opposite line, etc. Players follow their pass each time, switching lines. To reduce fitness, players toss the object and return to their same line. Teacher can call out “left hand”, “right hand”, “behind the back” etc. as a modification.

The Bowling Game – skill development and fitness

Participants are organized in short relay lines with 3-4 people per group. Player 1 starts behind the ball. Player two starts behind the bowling pin, approximately 5-10 yards away in a straight line, or farther, based on the skill level of the players. Player 3 starts behind player 1, behind the ball. Player 4, if applicable, starts behind player 2 (behind the pin). On the signal, Player 1 rolls the ball, attempting to knock over the pin and getting in line behind Player 2. Player 2 collects the ball (only job: get the ball) and runs it back to Player 3; Player 4 (or Player 1 if there is no Player 4) re-sets the pin, if it was knocked down. The process continues, seeing which group knocks over their pin the greatest number of times. This game can continue using a variety of different equipment (soccer passing and dribbling, left hand, right hand, move closer, back up, etc.).

Football Relay (skill and fitness)

Students are in group of 3-5 (ideally, five students per group). Players practice at each position (wide receiver, center to hike the ball) quarterback, coach (observing technique). With the quarterback in the shotgun (3-5 feet from the center), the center snaps the ball to the QB. The WR runs the appropriate pattern (out and left, stop, etc.) or to the end zone (a straight line from the line of scrimmage). The WR catches the ball and runs it back to the center. Alternate receivers. Alternate positions in sequence so all students practice each position. Repeat the process. Hint: All patterns are identical to avoid any collisions. Modification: Blindfold the QB, so the coach must actively instruct.

Make it Take it

This is like a game of horse, except players are using hula hoops and bean bags. Place all the available hoops around the playing space. Each player has one partner and one bean bag. On the signal, one player tells his / her partner the hoop of choice. Toss the bean bag to that hoop. The opponent tries to toss his/her bean bag into the same hoop. The player who was successful earns one point. If both players are successful, no points earned. If no player is successful, no points earned. Continue playing the game and keep a running score. The player who scored the most recent point has the lead of the game (chooses which hoop next). Play for a designated time limit. Switch partners if desired. This is a cooperative and tossing game.

Step Back

5” mini play balls and poly spots. Students will be paired with a partner. Each person will be given a poly spot. One partner will place their poly spot on the sideline of the playing area. The other partner will place their spot directly in front of them, just one step away. The partner on the sideline will be given a ball to throw. The person with the ball will throw (toss) the ball to their partner. When throwing a ball, the student must keep their back foot in contact with the spot. Also, a student catching a ball must always keep one foot in contact with the spot. If the partner catches the ball, they will then throw the ball back to their partner following the same protocol. If both partners make a “good catch/good throw”, the partner that caught the ball first is allowed to move their spot one giant step back. If a ball is dropped during this process, the partners must start all over and change places. If the partners can “step back” all the way to the predetermined score line, they score a point and must start over and change places to score again. See which pair of students can score the most points in the designated time.