

### **Front of the Boat, Back of the Boat**

**Equipment needed:** 1 cone labeled front of the boat, 1 cone labeled back of the boat, 5 gymnastics mats randomly placed around the outside of the playing area

**Plan:** This game is great for spatial awareness and cardio conditioning. Teach student different movements of the game. Students are to follow directions given by the teacher. The teacher will say “Front of the Boat” and the students must run to the front of the boat, or “Back of the Boat” and students will move to the back of the boat. The last student to get into their position is out and becomes the “Captain” with the teacher and helps call out directions and “Keep a look out for other sailors” who didn’t get into position. Other directions may be as follows:

Cockroach: students will lie on their back and kick their arms and legs in the air

Shark: students lay on floor on stomach and make a fin with their hands above their head

Dolphin: students will lie in their stomach with their feet together and their arms by their ears. They will rock up and down to work their back muscles

Hit the Deck: students will freeze where they are and lay on their stomach as fast as they can

Sea Sick: students will lie on their back and perform a sit up

Captains Coming: students will freeze where they are and get into a standing position or “attention” with their feet together and one hand up like they are going to salute

Captains Son: students will freeze where they are, flex their muscles and growl out loud

Captains Daughter: students will freeze where they are, place one hand on their hip, make a circling motion in the air with the other while saying “woohoo”

Man Over Board: students will run to one of the gymnastics mats around the playing area and sit down

Men in a Boat: teacher will say “2 men in a boat” and students will get with a partner and sit in a line while singing the song row row row your boat. Teacher can also say 3 men, 4 men, 5 men in a boat to make it more challenging.

**Island Tag:** Place hula hoops around room far enough away from each other so that students will have to jump, hop and leap from hoop to hoop. The hoops act as islands. One student will be designated as the “tagger”. The students will play tag on the islands. If a student is tagged by the tagger or “falls/steps in the water” by touching the floor outside of the hoop they are out and will stand in a designated area. If the tagger falls/steps into the water everyone is back on the islands.

\*\*\*To make the game more challenging add more taggers as the game goes on. Also slowly introduce different locomotor skills into the game (skip from island to island, jump from island to island, hop, gallop, slide, etc.) As the students get comfortable with the game you can move the islands further apart or take hula hoops and poly spots away. You can also make some colors off limits. “Ok this time you can’t step in any yellow hoops”, etc.

### **Octopus Tag**

All students will start standing with their back against the wall on one side of the gym. There will be a tagger in the middle of the gym. The tagger will say “I like...” followed by a food, actions, sport, color, place, things, etc. If the students lined up against the wall like what is called out they will run to the other side of the gym and put their back against the wall. The tagger is allowed to run wherever they would like inside the playing area to tag other students. If

a student is tagged they will sit where they are and use their arms (octopus tentacles) to tag other students as they run by. Once a student becomes an octopus and they sit on the floor they are not allowed to get up to tag students, they must remain in a seated position and only use their arms.

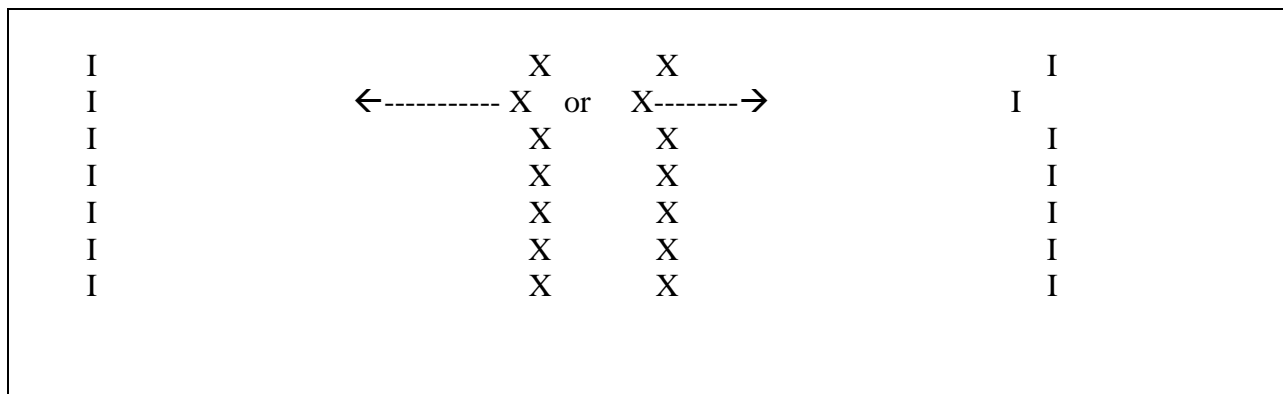
The tagger continues to call out different things they “like” so other students will run. The last student standing wins and becomes the new tagger. \*\*\*I have a rule that if the tagger says I like PE or I like The Schenck School then everyone HAS to run. You can also challenge students by not allowing them to repeat anything or make them use a specific category like food, sports, animals, etc.

**Rug Burn**

Have each student get with a partner. Explain that they won’t be with this partner long so it’s okay if they aren’t with their best friend. Place east set of students in a circle in the middle of the gym. They should be lying on their stomach shoulder to shoulder next to their partner with a good amount of space between each pair of students. It’s very important that each student keeps their feet on the floor and not in the air so they don’t trip runners as they go by. There will be a tagger and a runner. You will know who the tagger is because they will have a ball. The runner can run anywhere they want, around the circle, through the circle, etc. After about 20 seconds the runner needs to find a place to lie down next to ta team of students before getting tagged.

When the runner lies down, the student on the opposite side will get up and run (NOT the middle student). If the student gets tagged they become the tagger and take the ball. Once students are comfortable with this you can add more taggers and runners as you go. Just remember to give each new tagger a ball. You can also give the students different loco-motor movements to do while they play like skip, gallop, etc.

**Pennies Tag**



X=students. I=end line to run/chase to.

Grade: 3<sup>rd</sup>-8<sup>th</sup>

Objective: Cardiovascular Fitness, Social Skills, Sportsmanship, Fleeing & Dodging

Group Size: any

Setting: Gym or Outdoors

Directions:

Each student needs a partner and stands opposite them on a designated line. Pass out a Penny (US currency) to one of the partner's. The partner that received the Penny is designated the "caller" of the group and is also assigned to the "Head" of the coin.

On the signal to start the game, the partner tosses the coin in the air and both partners watch it land on the floor. The partner that tossed the coin calls out, "heads" or "tails" depending on which side of the coin it landed on. The side of the coin called out is considered to be the "Winner" and becomes the Chaser. The pair chase each other to the designated line. If the Chaser is able to tag their partner before there are able to reach the line they receive a point. If the Fleeer makes it to the line without getting tagged first they receive a point.

Modifications:

Play to a certain point or have the students play 4 rounds then find a new partner.

### Land, Sea, Sky

Grade: 2<sup>nd</sup>-8<sup>th</sup>

Objective: Reaction and listening game with emphasis on directions of Right, Left and Center.

Equipment: none

Group Size: any number

Setting: Can be played on any floor line

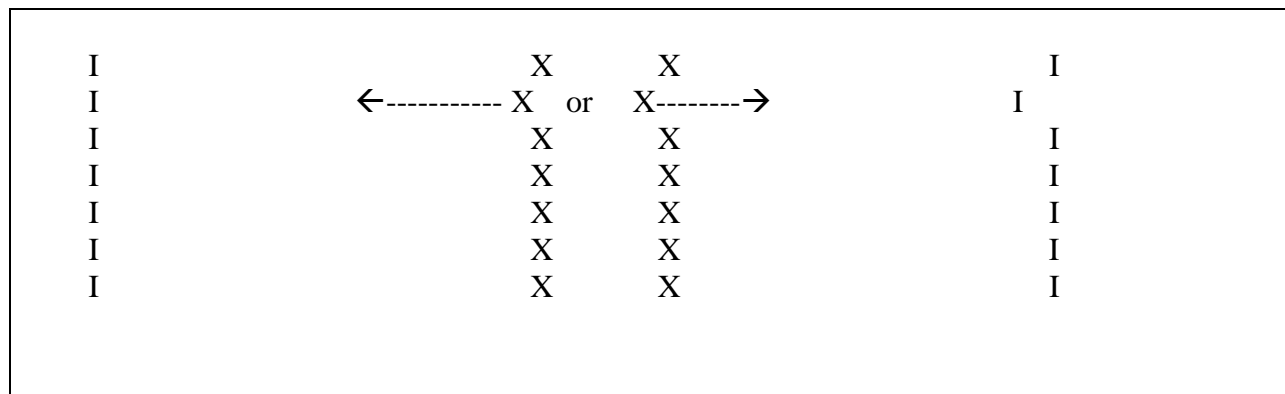
Directions:

Have the students line up single file line with both feet together and standing on a line marking on the floor. The line is designated to be "Land", to the right of the line with neither foot not touching the line is designated to be "Sky" and the left side of the line with neither foot touching the line is designated "Sea".

At your discretion, call out "Land, Sky, Land, Sky, Sea, Sky, Sky etc." each time that you call out a direction, the student must jump (both feet together) to that designated side or center, making sure to stay clear of the lines.

If they make a mistake, they come out of line and start another line. The student may continue playing in the new secondary line, with the objective to be to stay in the original line for as long as possible.

### Rock, Paper, Scissor Tag



X=students. I=end line to run/chase to.

Grade: 3<sup>rd</sup> and up

Objective: Cardiovascular Fitness, Social Skills, Sportsmanship, Fleeing & Dodging

Group Size: any

Setting: Gym or Outdoors

Directions:

Each student needs a partner and stands opposite them on a designated line. On the signal, the students play Rock, Paper, Scissors. The winner, becomes the chaser and must tag their partner before they get to the designated boundary line. If the Chaser tags their partner before they get to the line, they get a point. If the Chasee makes it to the line before getting tagged, they receive a point. Play 3 times then find a new partner. Keep track of points. Emphasize to the students the need to flee and chase in a straight line for safety purposes. Go over the where you want them to line up, as well as where to run to using the lines on the floor is generally the most useful but cones work just as well when the floor doesn't cooperate 😊

Modifications:

1. Have the student's partner up and agree on what they would like their "call" to be (making sure to pick a back-up idea on a tie). Once ready, they play another pair the same way you play single tag. Anyone of the pair can tag or be tagged keeping the rules the same as winner is tagging. Play 3 times then find another partner pair to play.
2. You can make this a group tag game by splitting them into 2 equal teams, circling up to discuss which "call" the entire team will play (Rock, Paper or Scissor) as well as a back-up if a tie occurs. Have the students line back up, making sure they are directly across from someone and to wait for you to say "Rock, Paper, Scissors, Go!" then both sides perform their predetermined "call". The winners chase the team and the team receives points for each tag that was made as well as points for the other team that didn't get tagged. Decide on a number to play to then start again or move on to another game.