

## ***Large Groups? No Problem!***

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### **Ships and Sailors**

Equipment: None

Rules: This game is played like Simon Says, but whoever is left out of a full group is eliminated (Eliminated students will go to the side to do an activity until the next round)

- 1) Seasick – everyone pretends to get sick
- 2) Man Overboard! – One partner in front on one knee; other partner behind them with one hand on their shoulder & other hand over eyes searching waters for a man overboard
- 3) Three Men Rowing – group of 3 in a line like they are rowing a boat
- 4) Four Men Eating – group of 4 pretending to eat soup
- 5) Five Fingers Pointing – group of 5 people pointing at the sky
- 6) Go West – everyone looks to the left
- 7) Go East – everyone looks to the right
- 8) Hit the Deck – everyone lays on their stomach
- 9) Walk the Plank – 5 people stand single file with hands on the shoulders of the person in front of them
- 10) Captain's coming! – stand straight and tall in salute without moving until they hear “at ease!” – if they move, they are out.

### **Rock and Roll Fitness**

Equipment: 5 hula hoops, 10 dice (can be modified for larger/smaller classes); Tickets; posters for exercise visual

Rules: Each student will have a partner and will stand across from them on either side of a hula hoop. They will roll to find the activity and number of repetitions that will be done in order to receive a point (even= lunges; odd= jumping jacks for cardio and strength). Ex. students who roll a 5 must complete 5 jumping jacks while 2= 2 lunges. After completing the activity, the group may grab a ticket and roll again. Game is complete when the first team reaches a set number of tickets.

### **Card-io & Strength**

Equipment: Deck of cards

Rules: Students may work individually or in pairs. Students will draw a card to match to the poster where each suit represents a different activity. Can be used for assessment of skills.

### **Marshmallow Lake**

Equipment: Poly-spots (one for each person plus one per group); end marker

Rules: Students will be split into teams with the goal of crossing the lake only stepping on the spots. The Catch? Spots must be in use if on the floor. Otherwise, they will be removed to increase challenge.

Modification: Teach students a few signs and require total silence throughout the game. Only mode of communication allowed is sign language/ gestures.

### **Powerball**

Equipment: gator skin balls; even number of baskets; clicker counters

Rules: Students will partner up in two separate teams facing opposing walls. They may use an overhand throw or underhand toss to advance the ball from one end of the gym to the other. Students cannot walk while holding the ball and must make a minimum of 4 throws before scoring. If you drop the ball, pick it up where you were and continue. Once a goal is scored, run to the teacher to add a point to the board, then start from the beginning. No blocking or stealing the other team's balls.

Modification: When choosing partners, girl/boy pairs receive 2 points each time; boy/boy and girl/girl pairs receive one point. If the ball is dropped, start back from the beginning.