

● **You'll need:** foam balls, cones, beanbags

● **You can play:** outside, in the gym, on the black top

Game 1

Germ Tag

Pick 2-3 players to be it and hold a ball or 'germ' as a tagging tool. On the leader's signal, the germs attempt to tag other players. The newly tagged player then quickly takes the ball and tries to tag another player. Taggers must tag a new player. Players must hold on to the germ while tagging instead of throwing the germ.

▲ Play in a larger space to slow down the game and increase runners success rate

▼ Play in a smaller space to speed up the game and increase taggers success rate

Game 2

Sharks vs. Whales

Divide players into partners and have them stand facing each other on either side of the center line in the gymnasium about 1 meter apart with a foam ball between them at their feet. Designate one side of partners as sharks and the other side as whales. When the leader calls out one of the team names ie. whales, the whales must turn around and run to their end line. Meanwhile the shark standing in front of them must pick up the foam ball and try to tag their partner before they reach the end line. If tagged the player must do 5 squats before setting up for the next round.

▲ Have players start on their bellies or with their backs turned to each other

▼ Remove the aspect of needing to grab the ball

Game 3

4 Corner Rock Paper Scissors

Mark 4 corners as the playing area. Have all players start at corner one and on 'Go!', they must find another player to have a rock-paper-scissors (r-p-s) match with. Whoever wins the match runs to the next corner, where they repeat the process. You must win a game of r-p-s before advancing to the next corner. Leaders or teachers will stand at corner 4. Once players advance to corner 4 they must challenge and win against a leader or teacher. Once they win in corner 4 they can collect a beanbag and restart at corner one. The goal is to complete as many rounds as possible.

▲ If players do not win a game of r-p-s they must go back one corner

▼ Remove the aspect of collecting a beanbag as a point to reduce competition

Mindfulness



Stretch of the Day