

● **You'll need:** tagging tool, foam blocks, polypots, bean bags, cones

● **You can play:** outside, in the gym, on the blacktop, field

Game 1

eLIMBination Tag

Everybody's it and is trying to tag other players on one of their 4 limbs. If tagged, players lose that limb (if tagged in leg players must now hop) If tagged in the arm, can no longer use that arm. Once players have lost all limbs, they lay on their back with one foot in the air waiting for a leader to come save them. Once saved, players can rejoin with all new limbs. If you lose both legs you must sit down and cannot move but can still tag. If you lose both arms, you can no longer tag and can only run away.

- ▲ Decrease the size of the playing area to make the game faster paced
- ▼ Increase the size of the playing area to slow the game down.

Game 2

Jumping Equipment Relay

Begin with miscellaneous equipment scattered on one end of the play area. Divide the group into 5 teams lined up behind their hoop on the other end of the area. Players take turns running to the equipment to collect as much as they can for their team and put it in their hoop. To bring the item back they must jump with it between their knees or feet. If the item falls the whole team does 5 squat jumps.

- ▲ Increase distance between the equipment and team lines. Add a bean bag in between players knees so they must keep feet together.
- ▼ Decrease the distance between equipment piles and team lines. Use small easy to carry equipment.

Game 3

Hurdle for Gold

Designate a team to each of the 4 corners of the play area. Set up 3 hurdles from each corner leading to the centre of the play area. A hula hoop is placed behind each team line. At the center are placed several bean bags or similar equipment. In turn each student jumps over the hurdles to the center where they grab one bean bag and hurdle back to the line where they place the object inside the hoop. Once the bag is placed in the hoop, the next player goes.

- ▲ Add hurdles made of foam blocks or foam noodles. Adjust height as necessary
- ▼ Use polypots only and ensure they are close together.

Mindfulness



Stretch of the Day