

- **You'll need:** Rope, bean bags, balls, hoops, cones
- **You can play:** outside, in the gym, blacktop, field

Warm Up

Animal Junction

Children line up at one end of playing area. 1 leader shows picture of animal to children, and they must move like that animal to the other leader (at the other end). Leader #2 must "guess" what kind of animal the children were pretending to be

- ▲ Add in more challenging movements as you go such as gallop, jump etc.
- ▼ Start with simple animals that are quite obvious like crab/t-rex etc

Game 2

Elevator Game

The leader guides children through different "floors" by bending down into a squat at various levels (level 1 = bum to floor; level 10 = standing straight up on tip toes). This is verbal queuing for jumping later on. TIP: Tell a story if they do not understand the levels. Ex. We are having a party on the top floor and we keep forgetting things. We need to go back down... then all the way back up with the cake, etc.

- ▲ Hold the squat position for a few seconds to build leg strength
- ▼ Use both visual and auditory cues each time you call a command.

Game 3

Cheetahs to Frogs

Kids run when they are cheetahs and jump like frogs when they are frogs. When the leader shouts 'abracadabra!' they change into the other animal.

- ▲ Try a new round with different jumping animals, like t-rex to bunnies
- ▼ Give verbal and auditory cues for the frog jumps each round

Game 4

Jumping over Snakes

Tie skipping ropes to the fence or a post low to the ground and children must jump over them (first hold still then wiggle); try to jump over 10 "snakes". The faster you wiggle the snakes the more difficult the jump will be.

- ▲ Try raising the height of the 'snakes' for an added challenge
- ▼ Keep the snake still on the ground and practice jumping with two feet over the snake