

● **You'll need:** Rope, bean bags, balls, hoops, cones

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

Warm Up

Can You?

This is a great game to get to know your participants and their abilities. Tell them you're going to say 'Can you....?' and if they can do it they need to show you. Can you: touch your toes, reach the sky, spin around, balance on one foot, skip, run on the spot etc.

▲ Add in more challenging movements as you go such as gallop, jump etc.

▼ Start with simple calls that participants can copy from your demonstration

Game 2

Up Down Stop Go!

The leader explains the actions ahead of time demonstrating each one: Up = Jump up to the sky
Down = Lie on your tummy Stop = Stand on one leg Go = Run! Change the order of the instructions and repeat. This game can be tiring so make sure to keep it short!

▲ Call the different commands more frequently to increase movement

▼ Use both visual and auditory cues each time you call a command.

Game 3

Garbage Collector

Create a mess of equipment all over the play space with all the equipment you can find. Use a rope in a large circle as the garbage can. Participants run around to collect "garbage" (beanbags, blocks, etc.) to put back in garbage bin (rope circle). Only one item can be brought back at a time.

▲ Have the leader remove pieces of equipment from the garbage bin as they bring it in to continue the game longer

▼ Give verbal and auditory cues about bringing the equipment to the garbage

Game 4

Jump on an Island!

Participants begin moving around the playing area (aka "ocean") in different ways. Example sea horse, jellyfish, dolphin, shark, fast minnow, swimmer, etc. When the leader yells "jump on an island" children must run to a hoop and jump into the hoop. Hoops can be shared.

▲ Use less hoops to introduce sharing space within the hoop

▼ Visually demonstrate how each animal moves