



● You'll need: scarves, pinnies, cones

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

## Energizer



## Tornado Catching

Each partner has their own scarf. The goal of the game is to catch your partners scarf once it is thrown or dropped. Partners can challenge each other by moving further apart, closing their eyes, or starting on their knees. Extra scarves can also be added to increase difficulty. Creative challenges are encouraged!

## Skill Practice



## Crossover

There are two teams that start on either side of the middle line. Each half of the gym belongs to one team. The goal of the game is to get your entire team to the end of the other side before the other team does. Once you cross over onto the other teams half of the gym you can be tagged. If you are tagged you go down on one knee and must stay on one knee until a teammate frees you by giving you a high five. You then get a free walk back to your side. Once you make it your end zone safely, you can either stay there or help your teammates that are stuck. If you free someone after being in the safe zone, you must go back to your side and try to cross over again.



Use a smaller space to make dodging more difficult or make the "safe zone" smaller (hoops, or a gymnastic mat)



Use a wider area, to allow for more running room or use a larger (endzone style) safe zone.

## Group Activity



## Crossover the Flag

Use the same style set-up as Crossover. However, the goal is not to get every teammate into the safe zone, but to travel to the safe zone without being tagged and grabbing a pinnie. The goal is to return the pinnie to your safe zone without being tagged. In this game, everyone must wear a coloured scarf (in their pocket/waistband). To "tag" someone, you pull their scarf. Once pulled, it is placed on the ground and that is where you must sit to wait to be saved. The game ends when one team as stolen all pinnies, or after a predetermined amount of time.



Use a more narrow playing area, to make dodging opponents more difficult. Allow scarves to be tucked tightly, making grabbing them more difficult. Impose time limit for those in the safe zone stealing beanbags.



Make sure scarves are pulled all the way down to kid's knees, making it easier to grab, use a wider area, with a large "safe zone", no time limit for beanbag stealers.