



● You'll need: Scarves (or pinnies), cones ● You can play: outside, in the gym, on the blacktop

## Energizer



## Triangle Tag

Three people will "link" by holding onto scarves or pinnies. The fourth person will try to tag one specific person in the "triangle". Members of the triangle will move together to protect that person. Once tagged, they can switch roles, so there is a new tagger. If the tagger cannot tag anyone after a minute or so, switch anyway (it's very tiring). Have groups play in their own open area of the gym.

## Skill Practice



## Ace Masters

This activity is an active version of the card game, "War". Divide participants into 2 teams and choose one "Ace Master" per team (can be kids or teachers/leaders. Players receive one card from their respective "Ace Master". On the signal to go, it becomes an 'Everybody's It' activity where participants attempt to tag other participants from the opposing team. When tagged, both participants perform 3 predetermined fitness activities, such as 3 jumping jacks, 3 squats, 3 star jumps and then they both reveal their cards (can also be done without the activities). Whoever has the largest number gets both cards. You cannot tag anyone if you do not have a card OR if you have 2 cards in your hand. If a participant has zero or two cards in their hand, he/she must return to their "Ace Master" and get a new card (the player with 2 cards trades them in for one new card). First team to get all the cards wins.

## Group Activity



## Equipment Relay

Students break into small teams for 3-4 and start on one side of the gym. On the other side, set up random pieces of equipment (the more the better). One at a time, a member from each team will run to the opposite side and grab one piece of equipment. They must then run back and hand it to the next person on their team. That person must carry the first piece, and grab a second, and so on. If you drop a piece of equipment while you are running or during the hand off, your entire team must restart. The team with the most items by the end of the game (regardless of what they are) wins.



Use larger, heavier items like hockey sticks, basketballs or racquets



Use a smaller space and allow kids to drop equipment during transitions only