



You'll need: Scarves, Decks of cards, pop-up/soccer nets, pinnies, soccer balls

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

Energizer



Scarf It Up

Make groups of 3-4 with one scarf per group. Have groups line up on one side of the gym. The challenge is to see how many throws it takes to pass the scarf down the gym. The group starts in a vertical line, the person at the front throws the scarf and the person at the back runs forward to catch it. If they do not catch the scarf, you can provide them the challenge of restarting or have them proceed from the place it was dropped.



Ace Masters



Skill Practice

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 reveal their cards. 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, they must return to their "Ace Master" and get a new card (the player with 2 cards trades them in for one new card). If a player has an ace, they must try to make it to the other teams Ace master without being tagged. If successful, they receive half of the opposing teams' Ace Master's deck to bring back to their Ace master. First team to get all the cards wins.

Group Activity



4 Corner Soccer

Four teams are assigned different coloured pinnies and begin in the corners of the play area. Use soccer nets or flipped benches as goals; only 1 goalie is allowed. 2 balls are used, and all 4 teams begin playing against each other. When a team scores on another teams, that team gets a point. When a team is scored on, that entire team sits at their net and waits for another team to get scored on to rejoin the game.

Progressions and Modifications

Scarf It Up

- Use a different object, like a foam ball, which will fall faster than the scarf
- Instruct the students to move in different ways (hopping only, jumping only, etc.)
- If the object falls to the ground, the group has to start at the beginning again
- Increase the distance that the teams must travel (i.e., across the play area and back)
 - Set a checkpoint midway so if the object hits the ground teams don't have to begin at the start again

Ace Masters

- Have the players move in different ways (jumping, hopping, etc.)
- Allow the ace master player to move and run from potential taggers
- When players show their cards, the player who has the lowest number must complete a task (i.e., 5 jumping jacks) before receiving a new card from their ace master
 - have both players complete the task
- Decrease the size of the playing area to create more interactions between players

4 Corner Soccer

- When scored on, teams stay out and continue playing
- Use smaller nets/benches
- Introduce more soccer balls into the game (3 or 4)
- Set a rule that teams can't score on the same team twice in a row
- Decrease the size of the playing area to create more interactions between players