



***Female Athletes Getting Kids Moving***

# **BAWSI Play!**

# **Activities**

**For Athletes**



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# **Activities Requiring No Equipment**



## **Shipwreck**

**Equipment:** None

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Use natural markers (like trees, the edge of the blacktop, etc.) to designate boundaries for a rectangular playing area. Name the four sides of your playing area based on what the boundary is (for example: trees, blacktop, fence, and school).
2. Tell the children that you're the "Captain" of the boat and will be yelling out commands for them, the "Crew", to follow.
3. Explain the following commands:
  - a. **"Roll Call"**: All children line up in the middle of the playing area, salute the Captain, and say, "Aye, aye, Captain".
  - b. **Call one of the sides of the playing area**: All children run to that side of the playing area (for example, to the side with trees when you yell, "Trees!"). They stop when they get there or when you call the next command.
  - c. **"Man and Woman Overboard"**: The children pair up in twos. One child goes down on hands and knees. The other child puts one foot lightly on the first child's back, puts one hand on their hip, and the other hand over their eyes as though looking out over the water for the man and woman overboard. If there are an odd number of children, you join in.
  - d. **"Rowboat"**: The children form groups of 4 and sit down one behind another as if in a boat. They make paddling motions and sing "Row, row, row your boat". If there are an uneven number of children, you join in.
  - e. **"Crow's Nest"**: Children stop and act as if they're climbing up the ladder to get to the crow's nest, the look-out-point on a ship.
  - f. **"Lighthouse"**: The children form groups of 3. One child stands in the middle and the other two join hands around the first and raise their hands up as if forming a bridge or, in this case, a lighthouse. The child in the middle raises their arms over their head and turns in a circle, acting as the light turning in the lighthouse. If there are an uneven number of children, you join in.
  - g. **Variation**: Make up and add your own commands!
4. Call commands quickly to keep the game moving. Play as long as it remains fun!



## **Follow the Leader**

**Equipment:** None

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Pick one child to be the leader.
2. Everyone lines up on one side of the field (or blacktop or gym, whatever space is available) while the leader stands at the other end of the playing field, approximately 20 yards away.
3. When the leader calls out commands (for example: "Hop on one foot," "Crab crawl," or "Skip") the children must do what the leader says. If the leader says, "Freeze!", the children must stop in their tracks and listen for the next command.
4. The first child to get to the leader wins!
5. Alternate leaders every round so all of the children get a chance to be the leader.



## **Human Knot**

**Equipment:** None

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Have the children gather in a circle (or several circles, each with 8 children or less). Then have them each place a hand in the middle of the circle and grasp another hand.
2. Now ask the children to put their other hand in the middle and grasp a different child's hand.
3. Explain to the children that what you'd like them to do is untangle themselves, without letting go of hands, into a circle.
4. Children may change their grip so as to be more comfortable, but they are not to unclasp and re-clasp so as to undo the knot.
5. **Variation:** If more than one group, have a race to see which group untangles first without letting go of hands.



## **The Mascot Game**

**Use your team mascot (Pioneers used as example)**

### **Pioneers, Pioneers, What Time Is It?**

**Equipment:** None

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Pick an existing marker (like the edge of the blacktop or a field line) to be the start line.
2. Line the children up on the start line.
3. Designate one child to be the “Mascot Name” and have them stand 6-10 yards away from the start line with their back to the start line.
4. To begin the game, as a group, the children call out to the Mascot and say “Pioneers Pioneers, What time is it?”
5. The Mascot will respond with a time, such as “5 o’clock”, which means all the children must take 5 steps toward the Mascot.
6. After everyone has moved, the group asks the Mascot again, “Pioneers Pioneers, What time is it?”, and the Mascot will respond with a time so the group moves closer again.
7. At any time after the group asks their question, the Mascot can say “Game Time!” and turn around and chase the children back to the start line.
8. Any children who get tagged join the Mascot on the other end and the game starts again. The winner is the last child left without getting tagged.
9. Play again with a different child as the Mascot to start.
10. **Variation:** The first child to get tagged becomes the Mascot so there is a new Mascot after every time “Game Time!” is called.



## **Team Stretching**

**Equipment:** None

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Explain to the children how individual athletes and sports teams have warm-up and stretching routines that they do before they start practice or a game.
2. Tell the children it is important to warm-up before stretching and warm-up by together by jogging in place for 60 seconds.
3. DEMONSTRATE each stretch you do (slowly, gently, and without bouncing) to teach proper technique.
4. Go through several standard stretches that you and your teammates do. Incorporate some movement and fun into the stretching routine by including some or all of the Dynamic Stretches from the list below (see Diagram on next page as well). Repeat each 10 times:
  - a. Half-squats (chair sits without the chair)
  - b. Ankle bounces
  - c. Hip circles (hula-hoop without the hula hoop)
  - d. Frankenstein walk
  - e. Monster walk
  - f. Scorpion kicks
  - g. Arm circles (forward and backward)
  - h. Arm swings
5. Encourage the children to count out loud with you.
6. **Variations:**
  - a. The second time through your routine, ask one of the children to help you lead the routine.
  - b. Ask each child to lead a different stretch they have done before.



### Diagram for Team Stretching, Dynamic Stretches:

#### Half-squat



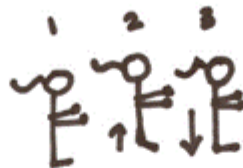
Stand tall with good posture holding your hands out in front of you for balance, bending at the knees until your thighs are parallel with the floor, look straight ahead, make sure that your knees always point in the same direction as your toes.

#### Hip circles (hula hoop hips)



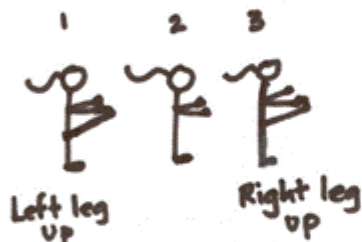
Slow, big circles with hips one direction/reverse direction.

#### Ankle bounce



Standing tall with arms straight out front, raise and lower both heels rapidly (bounce).

#### Frankenstein walk



Standing tall with arms straight out front shoulder height, lift one leg at a time, touching the toe to the hand without bending over while walking or standing in place.  
Variation – touch toe to alternate hand

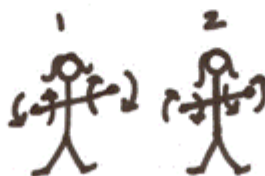
#### Monster walk



Standing tall with hands locked behind the head, bring knee up to elbow to the side of the body; Left knee to left elbow, then right knee to right elbow walking or standing in place..

Variation – cross knee in front of body to opposite elbow

#### Arm circles



Forward/Backwards  
Stand tall with arms straight out to the sides and make big circles.

#### Scorpion Kicks



(from the back)

Standing tall, reach behind body with right hand to touch the left heel of the foot. Alternate with left hand to right heel.

#### Arm Swings



Stand tall and hold arms out to your side. Slowly swing your arms back and forth across the front of your body.



## **Yoga**





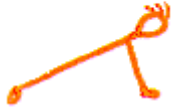

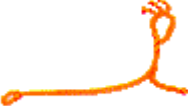





**Equipment:** None

**Space:** Outside / Inside, Blacktop / Grass (preferred)

**Directions:**

1. Have the children form a circle.
2. DEMONSTRATE each position of the Sun Salutation (see Diagram on next page).
3. A single round of the Sun Salutation consists of two complete sequences: one for the right side of the body and the other for the left.
4. **Variations:**
  - a. The second time through both sequences, challenge the children by holding the positions longer than the time before.
  - b. Lead a different pose or sequence you have done before.
  - c. Ask the children to volunteer to lead a pose they have done before.

### Diagram for Yoga, Sun Salutation:

<p><b>1. Mountain</b></p>  <p>Begin by standing in Mountain pose, feet about hip width apart, hands either by your sides or in prayer position. Take several deep breaths.</p>	<p><b>2. Hands up</b></p>  <p>On your next inhale, in one sweeping movement, raise your arms up overhead and gently arch back as far as feels comfortable and safe.</p>	<p><b>3. Head to knees</b></p>  <p>As you exhale, bend forward, bending the knees if necessary, and bring your hands to rest beside your feet.</p>
<p><b>4. Lunge</b></p>  <p>Inhale and step the right leg back</p>	<p><b>5. Plank</b></p>  <p>Exhale and step the left leg back into plank position. Hold the position and inhale.</p>	<p><b>6. Stick</b></p>  <p>Exhale and lower yourself as if coming down from a pushup. Only your hands and feet should touch the floor.</p>
<p><b>7. Upward Dog</b></p>  <p>Inhale and stretch forward and up, bending at the waist. Use your arms to lift your torso, but only bend back as far as feels comfortable and safe. Lift your legs up so that only the tops of your feet and your hands touch the floor. It's okay to keep your arms bent at the elbow.</p>	<p><b>8. Downward dog</b></p>  <p>Exhale, lift from the hips and push back and up.</p>	<p><b>9. Lunge</b></p>  <p>Inhale and step the right foot forward.</p>
<p><b>10. Head to knees</b></p>  <p>Exhale, bring the left foot forward and step into head-to-knee position.</p>	<p><b>11. Hands up</b></p>  <p>Inhale and rise slowly while keeping arms extended.</p>	<p><b>12. Mountain</b></p>  <p>Exhale, and in a slow, sweeping motion, lower your arms to the sides. End by bringing your hands up into prayer position. Repeat the sequence, stepping with the left leg.</p>



## **Train Relay**

**Equipment:** None (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Designate a start line and turn-around line with cones or by using field lines or natural markers (like trees, the edge of the blacktop, etc.).
2. Separate children into teams of 5 or 6.
3. The 1<sup>st</sup> child on each team must run around the far cone and return back to the start line. There, the 1<sup>st</sup> child picks up the 2<sup>nd</sup> child in line by the hand. Together holding hands, they must run around the cone and return to the start line to pick up the 3<sup>rd</sup> child by the hand. Continue until all children in line are attached. DEMONSTRATE.
4. Have teams sit down when done. The first team to be seated wins.



## **Girl and Boy in the Moon Relay**

**Equipment:** None (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Designate a start line and turn-around points with cones or by using field lines or natural markers (like trees, the edge of the blacktop, etc.).
2. Separate children into teams of 5 or 6.
3. Teams join hands in a circle behind their start cone with one child on the team (the Girl or Boy in the Moon) standing in the middle of the circle.
4. Teams run as a circle, with their Girl or Boy in the Moon running in the center of the circle, around the far cone and back to the start.  
DEMONSTRATE.
5. After each completed turn, a new child must enter the middle to become the new Girl or Boy in the Moon. Repeat until all children have had a chance to be in the middle.
6. Have teams sit down when done. The first team to be seated wins.



## **Tunnel Relay**

**Equipment:** None (optional: cones for boundary markers)

**Space:** Outside / Inside, Grass

**Directions:**

1. Designate a start line and turn-around points about 10 yards away with cones or by using field lines or natural markers (like trees, the edge of the blacktop, etc.).
2. Divide the children into two teams.
3. Have teams stand in a row, all facing the same way with feet apart.
4. Starting with the last child in line, each child must crawl under the legs of their teammates, run to the turn-around point, do 5 jumping jacks, and run back to join the front of the line.
5. When the first child has joined the front of the line, the child now at the back of the line begins and does the same thing.
6. Repeat until all children have gone.
7. Have teams sit down when done. The first team to be seated wins.
8. **Variation:** Use other activities (star jumps, hops on one foot, turns in a circle, etc.) at the cone to vary the relay.



## **Triangle Tag**

**Equipment:** None (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Use cones or natural markers (like trees, the edge of the blacktop, etc.) to designate boundaries for a rectangular playing area.
2. Divide children into teams of 4. (If group not divisible by 4, some teams can be teams of 5).
3. Three children from each team join hands to form a triangle.
4. The 4<sup>th</sup> player stands outside the triangle and is "It".
5. The 4<sup>th</sup> player designates which child in the triangle they are going to try to tag on the back.
6. The children in the triangle move and adjust their triangle to keep the designated "tag" child on the far side, thus, protecting them from being tagged.
7. Once the tag child is tagged, choose a different child to be It, giving each child a turn to be It.



## **Melting Tag**

**Equipment:** None (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Use cones or natural markers (like trees, the edge of the blacktop, etc.) to designate boundaries for a rectangular playing area.
2. Pick one child to be "It". That player runs around and tries to tag the other players.
3. When a child is tagged, they starts to melt, counting s-l-o-w-l-y out loud to 10 as they melt.
4. Someone who is not It has to tag the melting child again before they melts all the way down to the ground. Once tagged, the child who was melting is back in the game and can run around again.
5. If a child melts all the way to the ground, that round is over, and that child is now It.





## **Blob Tag**

**Equipment:** None (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Use cones or natural markers (like trees, the edge of the blacktop, etc.) to designate a rectangular playing area.
2. Choose two children to hold hands and be "It". They are known as the Blob.
3. The Blob chases all other children.
4. Once a child is tagged, they must join hands with someone in the Blob.
5. Only the children on the ends of the Blob can tag other children. The Blob must keep stay joined at all times.
6. Once the Blob grows to 4 children, it splits into 2 Blobs of 2 children each.
7. A child that runs out of bounds to avoid a Blob must join that Blob.
8. Keep playing until all or nearly all children are caught then start again.



## **Rock-Paper-Scissors Tag**

**Equipment:** None (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Basketball Court / Grass

**Directions:**

1. Use cones or natural markers (like trees, the edge of the blacktop, etc.) to designate a rectangular playing area. A basketball court also works well.
2. Divide the children into two equal teams; you join a team as well.
3. Each end line is one team's safe zone. Once a member of the team crosses their end line, they are safe.
4. To begin, each team quietly decides as a group what symbol they want to be (rock, paper, or scissors).
5. Once both teams have decided, they meet in the middle of the field/court and at the same time do "Rock, paper, scissors" and show the other team what they chose.
6. The team that wins (Rock beats Scissors, Scissors beats Paper, and Paper beats Rock) chases the other team back to their side trying to tag as many players as possible before they reach their safe zone.
7. If tagged, that child joins the opposite team; the first team to get everybody on their side wins.
8. If there is a tie when they display their symbols, both teams run back to their safe zones, choose what symbol they want to be again, and then run back to the center to try again.



## **True-False Tag**

**Equipment:** None (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Basketball Court / Grass

**Directions:**

1. Use cones or natural markers (like trees, the edge of the blacktop, etc.) to designate a rectangular playing area. A basketball court also works well.
2. Divide the children into two equal teams.
3. Each end line is one team's safe zone. Once a member of the team crosses their end line, they are safe.
4. Designate one team as the True side and the other team as the False side.
5. The two teams meet in the middle, and you say a statement that may be true or false.
6. If it is true, the True team chases the False team back to their side trying to tag as many players as possible.
7. If the statement is false, the False team chases the True team back to their side trying to tag as many players as possible.
8. If tagged, that child joins the opposite team; the first team to get everybody on their side wins.

**Examples of statements:**

1. There are 60 states in America. (false)
2. The sky is green. (false)
3. You should take 10,000 steps a day. (true)
4. My teammates and I play \_\_\_\_\_. (add the sport to be true or false)
5. Make up your own!



## **Sharks and Minnows**

**Equipment:** None (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Basketball Court / Grass

**Directions:**

1. Use cones or natural markers (like trees, the edge of the blacktop, etc.) to designate a rectangular playing area. A basketball court also works (though sometimes it's a bit small for this game).
2. Designate one child as the "Shark"; the rest are "Minnows".
3. Arrange the Minnows in a straight line at one end of the field, all facing the opposite side. The Shark stands in the middle of the field.
4. The Shark calls out, "Minnows run to me!".
5. All the Minnows try to run to the other end of the field without being tagged by the Shark.
6. The Shark attempts to tag as many Minnows as possible. If they get to the other side of the field without being tagged, they are safe.
7. Each child that is tagged becomes a Shark.
8. When all untagged Minnows are on the other side of the field, play starts again. All of the Sharks call out, "Minnows run to me!".
9. Continue running back and forth until all Minnows have been converted to Sharks.
10. Encourage the Sharks to work together as a team, not individually, to tag the rest of the Minnows.
11. **Variation:** When a child is tagged, instead of becoming a Shark, they become "Seaweed" and cannot move from the spot they were tagged. As Seaweed, they can pivot around one foot to try to tag remaining Minnows.



## **Numbers Game**

**Equipment:** None (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Basketball Court / Grass

**Directions:**

1. Use cones or natural markers (like trees, the edge of the blacktop, etc.) to designate a rectangular playing area. A basketball court also works.
2. Have the children spread out and start running around.
3. Explain that when you call a number, they must do the corresponding activity:
  - 1- Stand like a flamingo.
  - 2- Pair up and each put one hand on the other's shoulder.
  - 3- Group together in threes and put three feet together on the ground to form a star.
  - 4- Four children sitting in a line on the ground pretending to row a boat.
4. The last child to do the activity must spin around three times.
5. Make sure the children are running around in between each number you call!
6. **Variation:** Instead of spinning around three times, have the last child do 3 jumping jacks, hop 3 times, etc.



## **Steal the Bacon**

**Equipment:** Something to be the bacon (a water bottle, pinnie, ball, Frisbee, etc.) (optional: cones as boundary markers)

**Space:** Outside / Inside, Blacktop / Grass (preferred)

**Directions:**

1. Create two start lines, facing one another, about 6 yards apart. Use cones or natural markers (like trees, the edge of the blacktop, etc.) or, if available, use a basketball court, though grass is best. Place the “bacon” in the middle, between the two start lines.
2. Divide children into two teams. Each team goes to one of the start lines and lines up shoulder to shoulder.
3. Each child on each team gets a number (1, 2, 3... ) so that there’s one child on each team with each number. (If the teams are uneven, join in or assign children two numbers.)
4. You call out a number. The child from each team with that number runs out and tries to pick up the bacon before the child from the other team is able to.
5. Once one child has the bacon, they try to run back to their start line without being tagged by the child who did not get the bacon.
6. If the child with the bacon makes it back to their start line without being tagged, their team gets a point. If the child with the bacon is tagged before making it back to their start line, no one gets a point.
7. Repeat, calling different numbers.
8. **Variation:** Call two numbers at once.



## **Land Sea Air**

**Equipment:** None (optional: 2 jump ropes for making 2 lines if needed)

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Find two lines on the ground or use natural markers (like the field markings, the four-square box, etc.) or use two jump ropes to create the lines.
2. Have all the children line up behind the line, not touching the line.
3. Explain that there are 3 commands:
  - a. **“Land”**: Children go behind the line (they jump over line to get there if they’re in front of it or stand still if already there).
  - b. **“Sea”**: Children go in front of the line (they jump over line to get there if they’re behind it or stand still if already there).
  - c. **“Air”**: Children jump straight up and down once.
4. You call out commands of “Land”, “Sea”, and “Air”. If a child does the wrong command (for example, you call “Sea” and they are already in Sea but a child jumps to Land), they move to the second line and continue playing there.
5. Call commands quickly so that the children are not standing still too long.
6. Continue calling commands until only one child is left on the first line. That child wins! Bring everyone back to the first line and start again.
7. **Variation:** Add commands like
  - a. **“Tornado”**: Children spin once in place.
  - b. **“Captain on Deck”**: Children salute and say “Aye, aye, Captain”.
  - c. **“Chicken”**: Children flap arms like a chicken.
  - d. **“Surf”**: Children straddle the line with their feet and pretend to surf.
  - e. **“Earthquake”**: Children jump over the line and back twice.
  - f. **“Bunny”**: Children hop like bunnies over the line and back.
  - g. **“Leap Frog”**: Children frog-jump over the line and back and say “ribbit”.
  - h. Make up your own or ask the children to make up and add their own!



# **Activities Requiring Hula Hoops**





## **Pass the Hula Hoop**

**Equipment:** 1-3 hula hoops

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Have the children form a circle joining hands with a hula hoop hanging from one child's arm.
2. When play begins, the child with the hoop must step through it and pass it to a neighboring child without letting go of their teammates' hands.
3. The goal is to pass the hula hoop all the way around the circle without anyone letting go of their teammates' hands.
4. **Variations:**
  - a. Add multiple hula hoops to the circle.
  - b. If the group is large, divide into multiple circles and make it a race to see which group can pass the hula hoop all the way around the circle first.



## **Space Shuttle Relay**

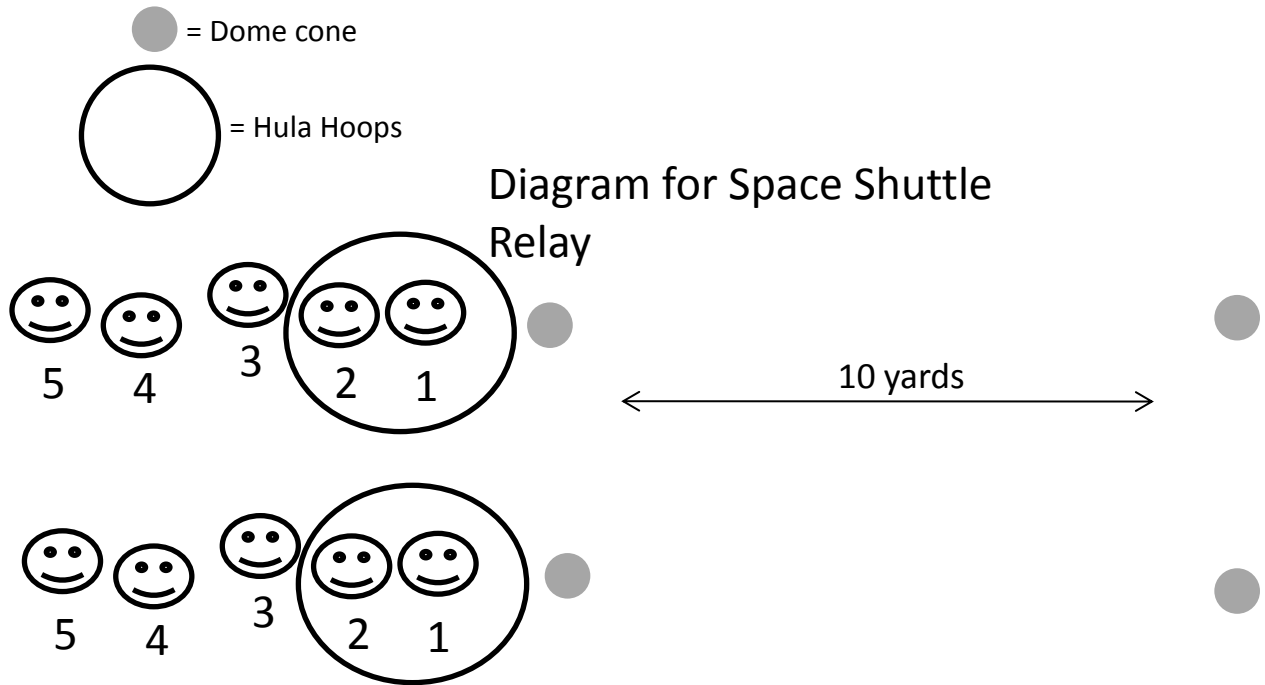
**Equipment:** 2-4 hula hoops (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Use cones, field lines, or natural markers (like trees, the edge of the blacktop, etc.) to designate a start line and turn-around points 10 yards away from the start.
2. Divide the group into 2-4 teams (5-10 children on a team) and have each team line up behind the start line with a hula hoop.
3. On each team, the first two children in line (Child #1 & Child #2) pair up and get inside a hula hoop, holding it around their waists. They are Pair #1. (See Diagram on next page.)
4. Pair #1 runs together inside the hula hoop, goes around the turn-around point/cone, and returns to the start line.
5. Once back at the start line, the Child #1 drops out of the hula hoop and goes to the end of the line.
6. The Child #2 will grab the third child in line (Child #3), and they become Pair #2. Together, they will run out and around the turn-around point/cone and back to the start line, where Child #2 will drop out and Child #3 and the fourth child in line (Child #4) will proceed as Pair #3.
7. The relay continues until everyone on that team has had a chance to do the relay twice with a partner.
8. Have teams sit down when done. The first team to be seated wins.
9. If a team needs an additional player, you join a team for more fun!

**Diagram for Space Shuttle Relay:**





## **Hula Hoop Fun**

**Equipment:** Hula hoops (enough for all children)

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Give each child a hula hoop and DEMONSTRATE how to hula hoop.
2. **Variations:** Try each of these variations for 45 seconds at a time
  - a. Around waist (each direction)
  - b. Around right arm (each direction)
  - c. Around left arm (each direction)
  - d. Around right knee (each direction)
  - e. Around left knee (each direction)
  - f. Around right ankle (each direction)
  - g. Around left ankle (each direction)
  - h. Two hula hoops at a time (each direction)



## **Musical Hoops**

**Equipment:** Hula hoops (enough for all children)

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Count how many children you have in your group. Using one less hula hoop than there are children in your group, make a large circle with 2-3 feet between hoops. (For example, if you have 10 children, use 9 hoops).
2. This game is like Musical Chairs. Start clapping and have the children run around the hoops until you stop.
3. When you stop clapping, each child must get inside a hoop with only one child per hoop.
4. The child that is left without a hoop is out and takes one hoop out of the circle. This child stands outside the circle and hula hoops the rest of the game.
5. The game continues, and each round, the child left with no hoop to stand in takes one out and joins in hula hooping.
6. When only one child remains, they win.
7. **Variation:** Instead of running around the circle of hoops, try skipping, hopping, tip toeing, etc.



# **Activities Requiring Balls**



## **Crazy Kickball**

**Equipment:** 1 kickball

**Space:** Outside, Baseball diamond

**Directions:**

1. Divide children into two equal teams. One team starts as the fielding team; the other as the kicking team.
2. **You are always the pitcher!** (Be sure to roll the ball slowly for the children to kick.)
3. Kickers come up one at a time, kick the ball into the field, and run ALL the way around the bases without stopping.
4. ALL children on the fielding team must EACH TOUCH the ball and throw it back to the pitcher (you) before the kicker gets to home plate. You stay on the mound to wait for the fielding team to throw it to you. (Help the fielding team strategize the fastest way for EVERYONE to touch the ball. Pass the ball around? Everyone run to the ball?)
5. If the ball is back to the pitcher (you) before the kicker touches home, the kicker is out and gets back in line. If the kicker gets home before the ball is back to the pitcher, the kicker scores one point for their team.
6. Should the kicker think they can round the bases more than once, then they should try to score again (2 points for two times around the bases, 3 points for three times, etc.). This encourages the fielding team to get the ball to the pitcher as soon as possible!
7. After everyone has been up to kick once, the teams switch.
8. There is no need to count outs since everyone gets a turn to kick.



## **Sandwich Relay**

**Equipment:** 2 Balls (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Use cones, field lines, or natural markers (like trees, the edge of the blacktop, etc.) to designate a start line and turn-around line.
2. Separate children into two teams, and give each team a ball.
3. Within each team, have the first two children pair up, the next two children pair, up and so on. If there is an odd number of children on one or more teams, join in the game and be someone's partner.
4. The children should sit down, back to back with their partner, and put a ball between their backs. They link arms, stand up, and then race to the end of the playing field and back to the start. They give the ball to the next pair in line to go. DEMONSTRATE.
5. If a pair drops the ball, they have to go back to the start, reset with the ball between their backs, and try again.
6. Have teams sit down when done. The first team to be seated wins.





# **Activities Requiring Poly Spots (Dots)**



## **Poly Spot Pond**

**Equipment:** 24 poly spots (6 colors, 4 of each color)  
(optional: cones for boundary markers)

**Space:** Outside / Inside, Grass

**Directions:**

1. Use cones or natural markers (like trees, the edge of the blacktop, etc.) to designate a rectangular playing area.
2. Divide children into 3 or 4 teams (each with 2-6 children). If teams are not even, you join a team.
3. The object of this game is for each team to gather a full color set of poly spots from the "Pond". There are 6 colors in one set (red, orange, yellow, green, blue, purple). For example, Team 1 will gather 1 red spot, 1 orange spot, 1 yellow spot, 1 green spot, 1 blue spot and 1 purple spot before sitting down to indicate they have finished.
4. To set up this game, spread out all 24 poly spots in the Pond area, roughly 6 yards away from start area. Be sure they are not spread out too far apart to give an unfair advantage to one team over another. (See Diagram on next page.)
5. Teams line up behind the start line. The children go out to the Pond one at a time to retrieve a poly spot.
6. The first child in line runs out to the Pond to get one colored poly spot. They bring it back, high five the next child in line, and then the second child runs out to the Pond to get a different colored poly spot. This continues till all 6 colors have been retrieved from the Pond.
7. When all 6 colored poly spots have been retrieved, the team sits down. The first team seated wins.
8. Repeat with a new child on each team being first in line.
9. **Variation:** Move the Pond farther away from the start area so the children run farther to retrieve the spots



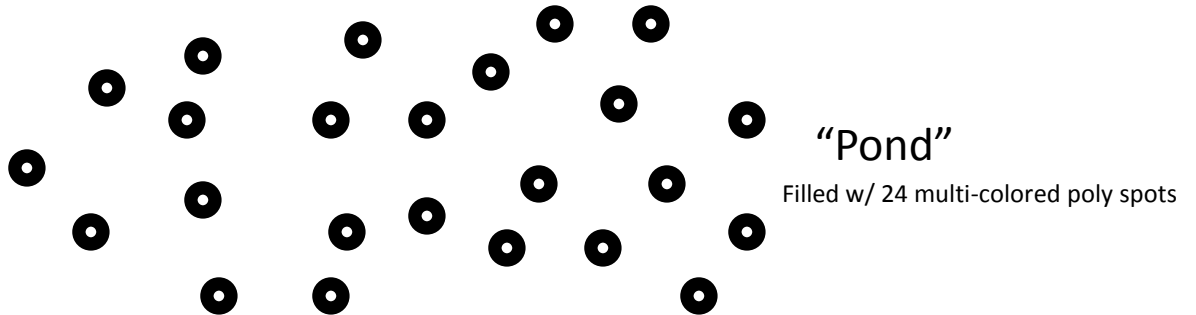
## Female Athletes Getting Kids Moving

### Diagram for Poly Spot Pond:

● = dome cone

● = poly spot

### Poly Spot Pond Diagram



Team 1



Team 2



Team 3



Team 4





## **Cross the River**

**Equipment:** 12-24 poly spots (depending on number of teams)

**Space:** Outside / Inside, Blacktop / Grass (preferred)

**Directions:**

1. Use cones or natural markers (like trees, the edge of the blacktop, etc.) to designate a start line and a finish line about 10 yards apart. These are the two “banks of the river” where teams start and end. The area in between is the “river”. (See Diagram on next page.)
2. Split the children into teams of 3. Each team gets 4 poly spots so they have one more poly spot than players on the team. If there are an uneven number of children, you join a team.
3. The object of the game is to race the other teams to the far bank (finish line). The children can **only** step on the poly spots. If a child steps on the ground (in the river), the whole team must start over.
4. Children must have their whole foot on the poly spot, and poly spots cannot be dragged on the ground.
5. The children should try to figure out the fastest way to get their whole team across the river by only stepping on poly spots.
6. Encourage the children to communicate and work together as a team to move across as quickly as possible.
7. The first team to reach the far bank wins.

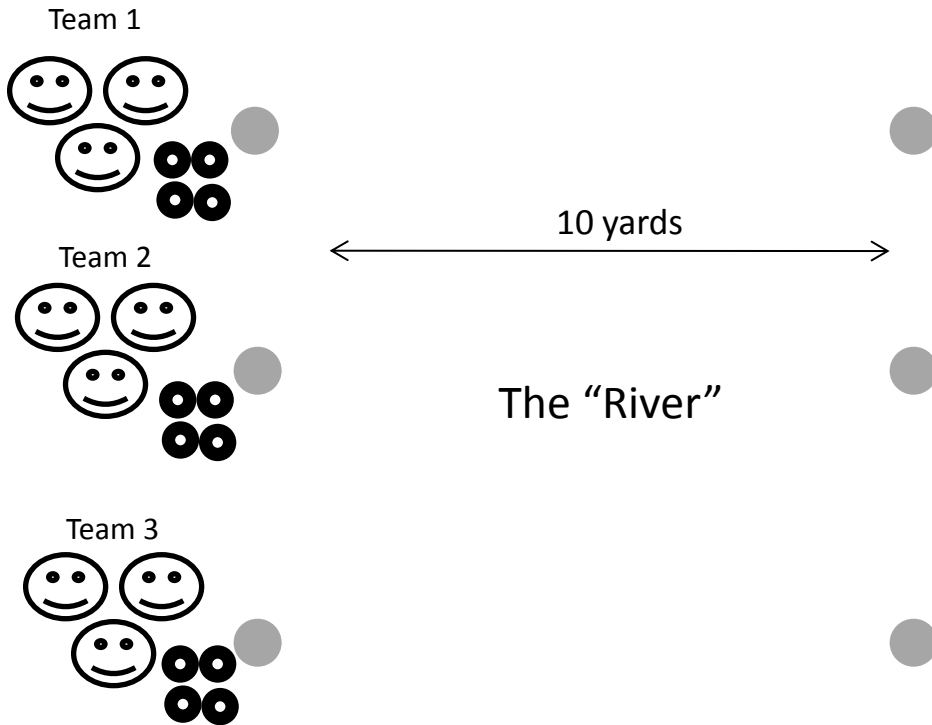


## Female Athletes Getting Kids Moving

### Diagram for Poly Spot Pond:

- = dome cone
- = poly spot

### Diagram for Cross the River





# **Activities Requiring Cones**



## **Subway Tag**

**Equipment:** Cones

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Use cones to designate a rectangular playing area. The size depends on the number of children: the more children, the bigger boundaries. You want the playing area to be crowded.
2. Each child picks a partner. Those two children will be chasing each other. Have each pair decide who will be "It" first. If there is an odd number, create a team of three or you join in.
3. You call out a transportation mode, such as walk, skip, jump, hop, etc.
4. The children try to tag their partner while doing the transportation mode picked.
5. Once a child tags their partner, the partner becomes It.
6. Switch transportation modes every so often to mix things up.
7. If it is too easy to tag the partner, make the boundaries smaller so it is more crowded... like a subway!



## **Mountains and Craters**

**Equipment:** 20 or more Dome Cones

**Space:** Outside / Inside, Grass

**Directions:**

1. Spread the dome cones out on the field with half right side up (“Mountains”) and half upside down (“Craters”).
2. Divide group into two teams: the Mountains and the Craters.
3. The Craters must turn over cones to be upside-down (like craters), and the Mountains must turn over cones to be right-side-up (like mountains).
4. When you say “Go!”, teams have one minute to turn over as many cones as they can to become Mountains or Craters accordingly.
5. When you yell “FREEZE!” all children must freeze and put their hands in the air.
6. Have one child from each team count how many cones the other team has in the Mountain or Crater position. The team with the most wins.
7. Be sure the children keep moving and do not guard cones.
8. Mix up the teams and repeat game.
9. **Variation:** Have teams hop, crab walk, skip, etc. instead of run from cone to cone.





# **Activities Requiring Jump Ropes**



## **Jump Rope Fun**

**Equipment:** Jump Ropes (enough for all children)

**Space:** Outside / Inside, Blacktop

**Directions:**

1. You and each child should have a jump rope.
2. For 30 seconds, count how many jumps you can do.
3. Ask each child to set a personal goal of how many jumps they will do in 30 seconds. Start all together when you say, "Go!"
4. Ask each child if they accomplished their goal; adjust goal up or down for next round. Try same variation one more time.
5. **Variations:**
  - a. Left foot only
  - b. Right foot only
  - c. Backwards
  - d. Backwards; right foot only
  - e. Backwards; left foot only
  - f. Two children, one rope: One child turns rope for the pair
  - g. 2x2: Two children, two ropes. Stand shoulder to shoulder and exchange the inside handles so that their outside hand is holding their own rope, and the inside hand is holding their partner's rope.
  - h. 3x3: Same as 2x2 with three children. Child in the middle ends up holding their outside partners' ropes.



# **Activities Requiring Pinnies**



## **Tail Tag**

**Equipment:** Pinnies (optional: cones for boundary markers)

**Space:** Outside / Inside, Blacktop / Grass

**Directions:**

1. Use cones or natural markers (like trees, the edge of the blacktop, etc.) to designate rectangular playing area.
2. Give one pinnie to each child, but be sure that there are one or two children without a pinnie. Have the children tuck the pinnies into the back of their waistband to form a “tail.”
3. To start, the child(ren) who does not have a pinnie is “It” and must try to steal a pinnie from the other children. Once they retrieve a pinnie, they are no longer It and must quickly tuck the pinnie into their waistband to make a tail. The child should begin moving around quickly to avoid having their tail taken. The child whose pinnie was stolen is now It.
4. Children must stay within designated boundaries. If a child runs out of bounds, they must give their tail to the child who chased them out.
5. You, the coach, can also be It for a turn to add excitement!
6. **Variation:** Remove several pinnies to make more children It. This makes it more challenging.



# **Activities Requiring Multiple Equipment Items**



## **Hole-in-One**

**Equipment:** 6-12 hula hoops, 6 tennis balls (optional: cones for boundary markers)

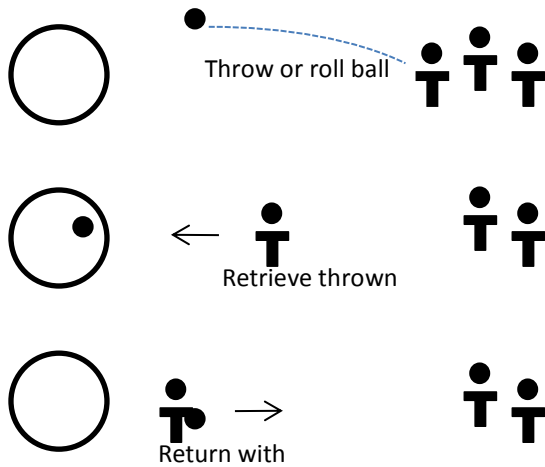
**Space:** Outside, Grass

**Directions:**

1. See Diagram on next page for set up.
2. Have the children break into teams of 2 or 3; maximum 6 teams.
3. Use cones or natural markers (like trees, the edge of the blacktop, etc.) to designate the start line, where each team will stand.
4. Set hula hoops 3-5 yards away from the start line.
5. Give each team 1 tennis ball.
6. Each child takes a turn to throw or roll their tennis ball inside their hula hoop.
7. If a child's tennis ball lands inside the hula hoop, the team gets 1 point.
8. The thrower must quickly run to retrieve the ball after their throw and give it to the next child in line.
9. **Variations:**
  - a. See how many points each team can get in 30 seconds, 45 seconds, 1 minute.
  - b. Move the hula hoops closer or farther away from the start line depending on the success of most of the teams. If the teams are getting several points per round, move the hula hoops farther away. If most of the teams are not getting many points, move the hula hoops closer.
  - c. Add a second hula hoop, placed farther away, and have it be worth 2 points.
  - d. Have the children stand on one foot when throwing the ball.
  - e. Have the children hop on one foot when throwing the ball.

## Diagram for Hole-in-One:

What happens in one turn:





## **Agility Ladder Obstacle Course**

**Equipment:** Hula hoops, poly spots, jump ropes, agility ladder

**Space:** Outside / Inside, Blacktop / Grass

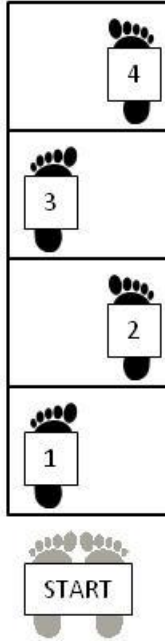
**Directions:**

1. Set up a small obstacle course using the equipment listed above.
2. For example, have the children begin at the agility ladder. After going down the ladder using one of the skills (see Diagram on the next page or make up your own way or have the children make up their own way of going through the ladder).
3. Then have the children jump on randomly placed poly spots.
4. Then have them hula hoop for 10 seconds.
5. Then have them jump rope 10 times.
6. Then have them get back in line at the start of the agility ladder.  
DEMONSTRATE SLOWLY.
7. Encourage the children to keep the line moving by having the next child in line go as soon as the child in front of them has reached the halfway point of the agility ladder.
8. Time the whole team to see how quickly they can accomplish the obstacle course and challenge them to beat that time the next time through. Change it up as needed; be creative! You join the team for more fun!
9. **Variation:** Make up your own obstacle course using any equipment available.



**Diagram for Agility Ladder Obstacle Course:**

Quick Feet Run



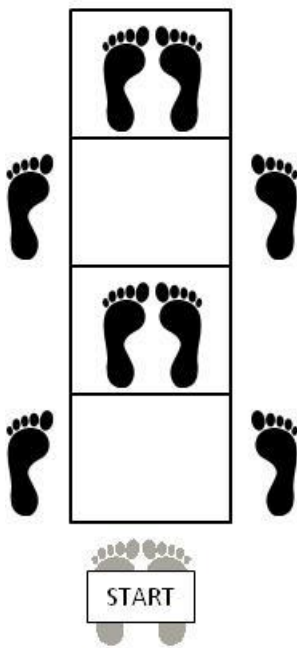
High Knee Run



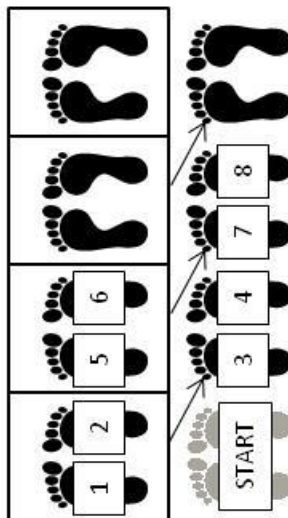
Jump-Hop



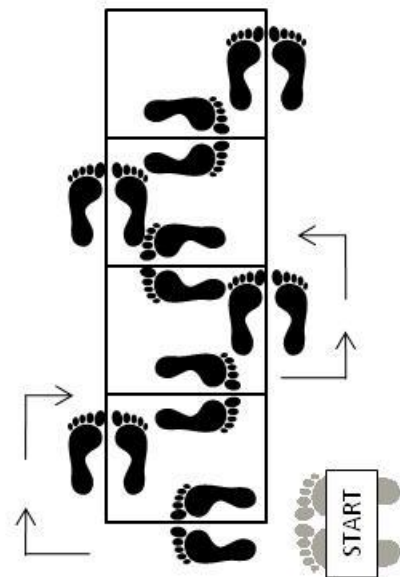
Hop Scotch



Lateral Front-Backs



90° Straddle Jumps





## **Scatterball**

**Equipment:** 3 tennis balls (marked 1, 2, 3), 4 poly spots

**Space:** Outside, Grass or Baseball diamond

**Directions:**

1. To set up the field, create a softball field diamond with three bases and a home plate (no pitcher's mound necessary). Mark each base with a poly spot on the ground. Place bases about 20 feet apart.
2. Divide the group into two equal teams. You play as well!

**Throwing Team (at home plate):**

3. Have one team line up behind the home base poly spot.
4. The first person in line gets the three numbered tennis balls. The thrower stands on home plate and throws the three balls (one immediately after another) as far as they can. Each throw must be forward; if the balls move backwards, re-throw.
5. After the child throws all three balls, they run around ALL of the bases as fast as they can, without stopping (no matter what the fielding team does).
6. After each child has thrown, switch the throwing team and the fielding team. Make sure all of the children get to throw at least once.

**Fielding Team (in the field):**

7. The fielding team spreads out throughout the field. It works best when one person plays each base and the remaining children spread out.
8. Once the balls are thrown, the fielding team fetches them and throws each ball to its corresponding base. For example, the ball with the number 1 on it will go to first base, 2 to second, and 3 to third. The ball must be placed on top of the poly spot at the correct base. When all balls are in their correct position, the outfield team yells "Balls on Bases!".
9. At the point when the outfield team yelled "Balls on Bases!", if the runner was beyond first base, the throwing team gets one point. Beyond second base earns the throwing team two points, and beyond third base earns them three points. If the runner made it all of the way around the bases, the throwing team earns five points. No matter where the runner is when "Balls on Bases!" is called, the runner continues to run home even though they can no longer earn points.