

Tag Games

Turtle Tag ([Lesson Plan Link](#)) ([Video Link](#))

Taggers have a noodle.

If you get tagged you lay on your back like its a shell.

People who are not tagged reach their hands out to pick up the turtles who are on their shells.

If you squat into a ball when a tagger is about to tag you then you are safe.

The tagger has to pick someone new to try and get.

Dont stay in the shell for more than a second.

Chain Tag ([Lesson Plan Link](#)) ([Video Link](#))

Start off with 3-4 sets of at least 2-4 people interlocking arms.

These people are safe and work together how they move

If they tag someone they add on to the chain

The chain gets bigger and bigger and uses intelligent safe movement to trap people.

Big Boom Tag ([Lesson Plan Link](#)) ([Video Link](#))

A giant Omnikin ball can be rolled around to tag people.

You can have multiple people roll the ball.

If the ball touches you and youre not a tagger you owe 10 jumping jacks.

Coaches (Or designated students.) can be taggers and we only tag the people hiding in corners.

They will owe 25 Jumping Jacks.

Elimination Tag ([Lesson Plan Link](#)) ([Video Link](#))

You call students into the middle by asking them questions like "If youre a big brother come to the middle, if youre favorite color is green come to the middle, if you have a dog come to the middle"

The people who dont come to the middle walk the outside of the gym and wait their turn

The people in the middle you call out about 3-4 of them to be taggers and you play until all but one person is tagged.

Octopus Tag ([Lesson Plan Link](#))**(Video Link)**

Tape noodles onto hula hoops.

The taggers run around with the hula hoop having noodles attached to it.

If the tagger tags you then you have 10 jumping jacks.

Coaches (Or designated students.) can be taggers and we only tag the people hiding in corners.

They will owe 25 Jumping Jacks.

Bean Bag Tag ([Lesson Plan Link](#))**(Video Link)**

Everyone gets a beanbag.

IF you say yellow bean bags are it then the people with yellow bean bags slide the bag on the floor. If you get tagged in the foot by a bean bag of the color that is it then you're stuck.

If you're stuck then you will spread your legs farther apart so people can save you.

You get saved by people who are not it sliding their bean bags through your legs.

The focus is to save people.

All color bean bags can be it and you can say boys it, girls it, certain classes are it at then end for more chaos.

Shoe Tag ([Lesson Plan Link](#))**(Video Link)**

Students line up across from each other.

They take turns throwing one shoe in the air like a coin

Whoever it points at is the tagger.

They try to run and tag their partner.

The partner turns around and touches a line behind them.

All students would need to be lined up in the middle of the class so they don't crash.

RPS TAG ([Lesson Plan Link](#))**(Video Link)**

Students line up across from each other.

They play RPS

Whoever wins is it.

They try to run and tag their partner.

The partner turns around and touches a line behind them.

All students would need to be lined up in the middle of the class so they don't crash.

Streets & Alleys ([Lesson Plan Link](#)) (Video Link)

The whole class lines up side by side at arms length with about 8-12 people per row.
When you say streets they face the front of the room with arms out
When you say alleys they face the side of the room with arms out.
Students cannot run through arms. The arms are like the walls of streets and alleys.
Pick a cat and a mouse.
The cat chases the mouse.
You are saying streets and alleys and they have to run through the crowd without running through arms to tag the mouse.

Star Wars Tag ([Lesson Plan Link](#)) (Video Link)

Students get in teams of 4
We have all the teams of 4 make a circle in the middle of the gym.
The front of the line gets a noodle.
When you says go they aim waist and below
If you get hit by a noodle you're out and you bring the noodle to the next person in line.

Secret Agent Tag ([Lesson Plan Link](#)) (Video Link)

Students lay on the ground with their eyes closed.
Kick about 3 people in the feet multiple times.
These people are it and nobody else knows they are the secret agent.
Then pick 3 taggers.
When you say go the taggers do 5 jumping jacks and then start tagging.
If a tagger tags you you sit down.
The secret agents can touch people on the shoulder
If you get tapped on the shoulder you're saved by the secret agent and play again.
If secret agents stay alive for 3 minutes they win. If the taggers get the secret agents they win.

Infection ([Lesson Plan Link](#)) (Video Link)

Everyone starts with a flag belt (Or Scarf)
One person starts without a flag belt.
They are infected and basically the tagger.

If your belt gets pulled off you're now it too.
Play until last survivor.

Bean Bag Games

Bean Bag Balance ([Lesson Plan Link](#))

([Video Link](#))

Students balance the bean bag on a lot of different body parts.
If it falls off they are stuck and wave their hands for help.
The other people who are still balancing bean bags reach down and grab the bean bag.
Focus is on being a class that helps each other.

Bean Bag Robot ([Lesson Plan Link](#))

([Video Link](#))

(Doesn't need bean bags)

Get partners
You can play this game with tapping shoulders instead of bean bags if needed.
One person is the robot, the other is the guide.
The robot must act like a robot and can only go one direction until their user taps their shoulder.
If you tap the right shoulder they turn to the right
If you tap the left shoulder, turn to the left.
Let them take turns.
Pair the partners with another group of partners.
They can then chase or run away from the other robots still moving the same way.

Push up Hockey ([Lesson Plan Link](#))

([Video Link](#))

Get partners
Students get in push up position on their knees.
Their hands in push up position are now soccer goals.
They try to slide the bean bag through their partners hands.
Round 2 they get off their knees.
Round 3 they stay in push up position on one hand.

Bean Bag Grab ([Lesson Plan Link](#))

([Video Link](#))

Get a partner
Bean bag in the middle
Say things like head shoulder knees toes, when you say BEAN BAG they have to grab it.
After each round they can shake hand and say GG
Winner can run a victory lap and loser does 10 Jumping Jacks

Bean Bag Grab with Music ([Lesson Plan Link](#))**([Video Link](#))**

Bean bag or 3 bean bags in the middle of students and their partner.
When music is playing tell them to put their hands somewhere
When music goes off grab the bean bag.

Popcorn ([Lesson Plan Link](#))**([Video Link](#))**

Get partners
Throw bean bag in air clap 1 time.
If you catch it do it again but this time 2 times.
When you fail switch with partner.
You can also throw to partner who has to clap 1 time
They throw to you and you clap 2 times
When you fail start over.
Is try to get the most claps you can.

Bean Bag Tag ([Lesson Plan Link](#))**([Video Link](#))****Already Listed**

Everyone gets a beanbag.
IF you say yellow bean bags are it then the people with yellow bean bags slide the bag on the floor. If you get tagged in the foot by a bean bag of the color that is it then you're stuck.
If you're stuck then you will spread your legs farther apart so people can save you.
You get saved by people who are not it sliding their bean bags through your legs.
The focus is to save people.
All color bean bags can be it and you can say boys it, girls it, certain classes are it at then end for more chaos.

Hot Potato ([Lesson Plan Link](#))**([Video Link](#))**

Get groups of 5ish
Play music
If you have the bean bag when the music is over take a lap
Play again.
You can also do this elimination style.
If you lose, walk around the gym.
Merge the groups as they get smaller.

Bean Bag Bridge[\(Lesson Plan Link\)](#)

(Video Link)

Groups of 3

Have them make multiple circles in the gym with all other groups

Put some bean bags in the middle.

Everyone gets a number 1-2-3

When their number is called they run around the circle.

The other two partners make a bridge with hands.

They run under the hands and grab a bean bag that's in the middle.

Some people get bean bags some don't.

If you get one that's a point

Put bean bags back in the middle

Do it again and call a new number.

Team Building Games

Indiana Jones ([Lesson Plan Link](#))

([Video Link](#))

Get partners

One partner makes a circle

The other partner sits facing their partner after they make the circle

Use a giant omnikin ball or exercise ball to have the kids practice rolling it around as a team

When they are good at it put someone in the middle to be chased.

Take turns and enjoy.

Balloon in the Bucket ([Lesson Plan Link](#))

([Video Link](#))

Get groups of 5

They have to hold hands

They hit a balloon into a bucket/hula hoop/something of that sort

Streets & Alleys ([Lesson Plan Link](#))

([Video Link](#))

The whole class lines up side by side at arms length with about 8-12 people per row.

When you say streets they face the front of the room with arms out

When you say alleys they face the side of the room with arms out.

Students cannot run through arms. The arms are like the walls of streets and alleys.

Pick a cat and a mouse.

The cat chases the mouse.

You are saying streets and alleys and they have to run through the crowd without running through arms to tag the mouse.

3 Toss ([Lesson Plan Link](#))

([Video Link](#))

Get out all sorts of equipment you can throw.

If you have a ball find someone to throw it to and say "Hey, Im (Insert Name)"

They throw it back and say "Hi _____ I am (Insert Name)"

Then they throw the ball back and say bye using the persons name

Once they pass it back they find someone new.

Magic Mirror ([Lesson Plan Link](#))**(Video Link)**

Get partners.

One partner goes to the middle and makes a circle with all the other people.

Then the other partners go and sit in front of their partner.

The inner circle faces the outer circle.

The outer circle faces the inside.

You pick people to go inside the circle to dance.

The outer circle copies them and then inner circle copies the outer like a mirror

Take turns and play some good dance jams.

Obstacle Madness ([Lesson Plan Link](#))**(Video Link)**

Get in groups of 4 and have them sit on the outside of the gym.

Spread equipment all over the gym covering it all over.

Blind fold the first person in line and the people on his team have to stay where they start and try to guide him to the middle without him stepping on something.

When they step on something they need go to their group and switch places.

At the end talk about how you couldn't hear anyone because it was so loud.

This is what it can be like if you're talking while the teachers talking.

If everyone is giving directions then you can't hear the coaches guidance.

Hula Hoop Drop ([Lesson Plan Link](#))**(Video Link)**

Get in groups of 4

Each group gets 1 hula hoop

Students put their fingers under the hula hoop

The group tries to lay the hula hoop on the ground without anyone's finger coming off the hula hoop.

If your finger comes off then you need to start over.

Human Knot ([Lesson Plan Link](#))**(Video Link)**

Get in groups of 4

You are going to grab hands with your group.

You cannot grab the same person's hand twice

And you cannot grab anyone's hand next to you it has to be across from you.

Untangle yourselves until you're in a circle.

Architect and Builder ([Lesson Plan Link](#))

([Video Link](#))

Set up and hide together about 6 different hula hoops with all the same equipment

You are going to make a picture or pattern inside the hula hoop.

Then get the class in groups of 3-4

These groups will all need the same exact equipment the hula hoops are using.

You have to use the same equipment in each picture.

The architect runs to where the hula hoops are hidden

They look at the first picture and run back to their group

Architects cannot touch the equipment and they have to tell the builder where to place the items

When they think they got it they would raise their hand.

The teacher checks their work and tells them if they can move on to the second hula hoop.

Once they finish all of them they are done.

Warm Ups/Faster Games

3 Toss ([Lesson Plan Link](#))

([Video Link](#))

Get out all sorts of equipment you can throw.

If you have a ball find someone to throw it to and say "Hey, Im (Insert Name)"

They throw it back and say "Hi _____ I am (Insert Name)"

Then they throw the ball back and say bye using the persons name

Once they pass it back they find someone new.

RPS Four Corners ([Lesson Plan Link](#))

([Video Link](#))

Put a cone in your 4 corners.

Students pick a cone to sit at

When you say go they play RPS

If they win they go to next cone

If they lose they play until they win.

Human RPS ([Lesson Plan Link](#))

([Video Link](#))

Teach kids how to make Rock Paper and Scissors with their body.

Have them jump on ROCK PAPER SCISSORS

Then when you say SHOW they reveal their body choice.

If they lose to you they sit down

Play until 1 remaining.

The last person plays you head to head if they win the coach owes 10 JJ they lose the class owes 10 JJ's

Tetherball Jump ([Lesson Plan Link](#))

([Video Link](#))

Get the kids in a circle or circles if you trust the kiddos.

Person in the middle (Coach First)

You grab the string of a tether ball rope and go in circles spinning the rope.

The student have to jump over it everytime it comes to them.

Popcorn ([Lesson Plan Link](#))**([Video Link](#))**

Listed above

Get partners

Throw bean bag in air clap 1 time.

If you catch it do it again but this time 2 times.

When you fail switch with partner.

You can also throw to partner who has to clap 1 time

They throw to you and you clap 2 times

When you fail start over.

Is try to get the most claps you can.

Creative Exercises ([Lesson Plan Link](#))**([Video Link](#))**

Students come to the front of the class and lead everyone in their own creative exercise.

Tell the students by the end of the year everyone will come up here once.

It can be an exercise or a stretch.

This is great for leadership and unique ability.

Keep it Up ([Lesson Plan Link](#))**([Video Link](#))**

Get into groups of about 5.

Each group gets a balloon or volleyball or something similar.

They hit it in the air and count how many times they can keep it up without touching the ground.

Color Body Part ([Lesson Plan Link](#))**([Video Link](#))**

Spread colorful equipment all around the gym.

Tell the kids a body part and a color and they run and touch that and go back to their squad spots.

Then you can make a game where they have to beat their previous time in order to keep going

If they dont beat their previous time the games over.

Push up Hockey ([Lesson Plan Link](#))**([Video Link](#))**

Get partners

Students get in push up position on their knees.

Their hands in push up position are now soccer goals.

They try to slide the bean bag through their partners hands.

Round 2 they get off their knees.

Round 3 they stay in push up position on one hand.

Bean Bag Grab ([Lesson Plan Link](#))**([Video Link](#))**

Get a partner

Bean bag in the middle

Say things like head shoulder knees toes, when you say BEAN BAG they have to grab it.

After each round they can shake hand and say GG

Winner can run a victory lap and loser does 10 Jumping Jacks

1-2-3 ([Lesson Plan Link](#))**([Video Link](#))**

Get a partner

One partner says 1 the other says 2 then 3 and then you go back to 1

It messes with your brain.

Then you add that you clap on two and have them play again

Then you add jumping on 3 and still clapping on 2 and saying 2.

Then you have to pick a student to choose something we do on 1.

The last round is they play walking in a circle and doing all the taks they just learned still saying

1 -2 -3 1 -2 -3 -1 -2 -3

Human Knot ([Lesson Plan Link](#))**([Video Link](#))****Listed Above**

Get in groups of 4

You are going to grab hands with your group.

You cannot grab the same persons had twice

And you cannot grab anyones hand next to you it has to be across from you.

Untangle yourselves until your in a circle.

I Spy ([Lesson Plan Link](#))**([Video Link](#))**

Teacher picks an item in the room and keeps it a secret but telling the class the color

The teacher chooses a student to guess their item

If they guess wrong the whole class does 1 jumping jack at the same time

Then pick someone else and if they get wrong they do 2 Jumping Jacks etc...

At 5 you can give a hint

At 10 you can give another hint if still struggling.

Teacher Revenge ([Lesson Plan Link](#))**([Video Link](#))**

Teachers get a bag of dodgeballs

They chase the kids

If a ball hits a kid they owe 10 Jumping Jacks.

Student cannot touch the balls at all.

Dice Dice Baby ([Lesson Plan Link](#))

([Video Link](#))

Get in groups of about 4
In front of the groups is 6 bowling pins
Bowling pins start down
1 teammate races to where the pins are
They roll the dice
If it is a 1 they raise up the bowling pin
Next person goes and if they go again and roll a 1 they put the first pin back down
You play until all pins are up.
Dice correlates 1 2 3 4 5 6 to the first second third fourth fifth and sixth bowling pin.

Get Fit ([Lesson Plan Link](#))

([Video Link](#))

There are 3 roles
Taggers are “Personal Trainers” If they tag you they get to tell you an exercise to do 10 times.
“Couch Potatoes” are people in Hula hoops (Hula Hoops people can't be tagged)
Best Friends are people who love working out and want to help their friends.
The best friends can go up to couch potatoes and say “GET FIT” if you're in a hula hoop and someone says that you have to run a lap around the gym.

Scramble ([Lesson Plan Link](#))

([Video Link](#))

This game is best in a four square box but you can set cones up.
There is one person in every corner of the box
Then someone steps in the middle and says “SCRAMBLE”
Everyone has to run to a new corner and the person in the middle picks a corner to run to
No sliding/pushing
If a tie play RPS

Builders and Bulldozers ([Lesson Plan Link](#))

([Video Link](#))

Spread cones all over the floor some up some down.
Girls vs Boys
One team puts the cones up (Builders)
One knocks them down (Bulldozers)
It's easier to knock down so you make the body part they have to use harder
For instance, Bulldozers knock cones down with their knee Builders can put them up with their hand.

Musical Hoops ([Lesson Plan Link](#))

([Video Link](#))

4 people are allowed in a hula hoop
Put out about 12 Hula Hoops

Play music and when the music stops you pick a hula hoop to walk safely and get into
If you dont find a hoop youre out and walk around the gym

Large Portion of Class Games

Sink the Boat ([Lesson Plan Link](#))

([Video Link](#))

Put out Mats (If you dont have mats use 8 Hula Hoops pressed together to make a boat)

The students have to keep one foot on the boat

In front of the boat there are 4 pins

You try to throw gator skin balls to knock down all the pins of other boats

If the pins all fall down your ship drowns

You have one pirate on the scooter rolling around and picking up balls to give back to the crew

People on the scooter cannot throw gator skin balls at the pins.

4 Square with one hula hoop ([Lesson Plan Link](#))

([Video Link](#))

You can play with 2-4 people.

Put a hula hoop in the middle

Establish and order

If the ball hits inside the hula hoop its the next persons turn

If they are unsuccessful at hitting in the hoop they take a lap

BattleShip ([Lesson Plan Link](#))

([Video Link](#))

Create a blockade in the middle of the gym with mats or tables or racks SOMETHING

Students have 2 teams.

Each team has 18 Hula Hoops

It takes 6 hula hoops to make a hula hut.

Make the hula huts and those are your ships

Throw gator skin balls over the blockade to try and knock down the huts.

Once all knocked down start over again.

Fire and Ice ([Lesson Plan Link](#))

([Video Link](#))

2-4 Red Gator Skin Balls and 2-4 Blue Gator Skin Balls are distributed.

The Blue Ball will freeze you

The Red Ball Unfreezes

Captains Coming ([Lesson Plan Link](#))**(Video Link)**

If the coach says captains coming you stay in salute position and CANNOT MOVE until "At ease" is said. If "At Ease" is said they put their arms on their side and get ready for commands

Hit the deck - Lay on your belly

Ships- Run to right

Sailors- Run to left

Shark attack- tagger chase and tag people out

Titanic- get a partner and do titanic pose

in a boat- sit in a line and row with correct number of people

people eating- sit in a group of the correct amount and eat like you're super hungry.

Seasick- throw up over the line and run back to sit in squad spot

X marks the spot dig for gold in your squad spot

Alamo ([Lesson Plan Link](#))**(Video Link)**

Give a history lesson on the alamo

Create a structure in the middle of the gym.

Students can hide in this structure (We did mats velcroed together)

Then line up all the other students in rows

They all get a gator skin ball and fire them at the structure

If the people inside the structure get hit they come out until none left.

The other students take one step closer every round until they have them surrounded. And inevitably win.

Oscar The Grouch ([Lesson Plan Link](#))**(Video Link)**

Use a structure in the middle similar to the alamo

Let kids go in the middle of the "Trash Can" like oscar the grouch.

They throw gator skin balls out

Everyone else has boundaries and they throw gator skin balls in the structure.

Take turns every 3 mins or so to let other kids be in the structure

Prison Ball ([Lesson Plan Link](#))**(Video Link)**

Split the class into two teams.

Put Gator skin balls in the middle of the gym

Students crab walk or bear crawl something funny to get the ball

They cannot throw the ball at the other team until they run back to where they started

When throwing aim waist and below

If hit in head your not out. Anywhere else you are out.

If you get tagged go to the other teams jail behind their playing area.
Your teammates can throw the ball into the jail for you
If you catch it you're back in the game.

Power Ball ([Lesson Plan Link](#))

([Video Link](#))

This is free for all dodgeball.

Aim waist in below

If you get out you sit down

If you sit down you can still throw the balls as long as it rolls to you.

Color Cones ([Lesson Plan Link](#))

([Video Link](#))

Put 6 different colors cones all around the gym

Then in a bucket have 6 bean bags or fluff balls or something all the same colors as the cones

Pick a student who is going to pull out of this bucket.

Everyone else does a certain locomotor skill while you're playing music

Maybe skipping, hopping, galloping, bear crawl, running, walking with hands on head etc...

If they don't do it then they're out and when music is off they follow your expectations to the cone

If they don't they are out.

Then you tell the person pulling the colors to pick 1 2 3 however many you want and that group is out.

You can change it up and say whoever they pick this time stays in too.

Hot Potato ([Lesson Plan Link](#))

([Video Link](#))

Already Listed

Get groups of 5ish

Play music

If you have the bean bag when the music is over take a lap

Play again.

You can also do this elimination style.

If you lose, walk around the gym.

Merge the groups as they get smaller.

Bean Bag Tag ([Lesson Plan Link](#))

([Video Link](#))

Already Listed

Everyone gets a beanbag.

If you say yellow bean bags are it then the people with yellow bean bags slide the bag on the floor. If you get tagged in the foot by a bean bag of the color that is it then you're stuck.

If you're stuck then you will spread your legs farther apart so people can save you.

You get saved by people who are not it sliding their bean bags through your legs.

The focus is to save people.

All color bean bags can be it and you can say boys it, girls it, certain classes are it at then end for more chaos.

CTF ([Lesson Plan Link](#))

([Video Link](#))

Split the class into two teams.

Set up 3 hula hoops at the teams base

Put something in the hula hoop

Have the students wear belts if possible or scarves

If your belt gets pulled by the other team you have to grab your belt and go touch somewhere designated by the coach before you can get back in the game.

If you get all the items in the hula hoop back to your base without the other team stopping you then you win.

If you have the item and they pull your belt you have to return it.

Hoop Tag ([Lesson Plan Link](#))

([Video Link](#))

Get in groups of about 4

Each group has a hula hoop

One person at a time goes out from the group

You kick the hoop like a ball

If the hoop tags you in the foot your out

Pick up the hoop with your hands and take it back to your group

Switch places and go again.

You can also make this an elimination game where when you're out you sit down and don't come back in. last team standing wins.

Scavenger Hunt ([Lesson Plan Link](#))

([Video Link](#))

Have them in teams of any size as (8 is the max size I do)

When they are in a team they will chain together by interlocking arms.

1-2 people have a paper in the group

There are tasks to accomplish on the paper

examples - Touch a pole, do the alphabet around a tree, create a race and race each other, tell the group a joke... etc...

When they finish the paper they turn into you or try again.

Thunderball ([Lesson Plan Link](#))

([Video Link](#))

Split Students into 4 sides of the gym team A B C and D

Put a GIANT ball in the middle. Students throw gator skin balls at it

If the giant ball rolls across your boundary your team gets a point and you don't want points

Ants and Rain ([Lesson Plan Link](#))**(Video Link)**

Dump out all your bean bags in the middle of the gym
Have student sin teams of 3 around the gym
They crab walk (Ant walk) to the bean bags its their food.
They grab the bean bag and crab walk with it back to their team
Meanwhile you pick students to throw gator skin balls up very high like rain drops
If the raindrops fall on you then you have to stand up and run back to your team.
Team with most bean bags wins.

Pacman ([Lesson Plan Link](#))**(Video Link)**

Use Every line in the gym. (Put painters tape down if needed)
You walk on them as your way of travel
You cannot cut in front of anyone else
Choose a Pacman. They are the tagger They can move around people if they tag them.
Once tagged people sit down and become a road block.
IF you are trapped by two road blocks you just sit down because there is nowhere to go.

Bean Bag Grab ([Lesson Plan Link](#))**(Video Link)**

Get a partner
Bean bag in the middle
Say things like head shoulder knees toes, when you say BEAN BAG they have to grab it.
After each round they can shake hand and say GG
Winner can run a victory lap and loser does 10 Jumping Jacks

Dude Perfect Trick Shot ([Lesson Plan Link](#))**(Video Link)**

Set up a basketball station
Bean Bag Toss Station
Hockey Shot Station
Putt Putt Station
Ping Pong Station
Soccer Station
Whatever else you can think of and tell kids its time to be like dude perfect and do trick shots
Work on try to make the most ridiculous shots possible.
Rotate through the stations.

Zombie Apocalypse ([Lesson Plan Link](#))**(Video Link)**

Split the gym into 4 different areas.
A Swamp in order to leave to next area you must do 20 High Knees
A River Set up 6 rows of 6 poly spots where you hold a classmates hand and jump the poly spots together to reach the other side
A Mountain in order to leave to next area you must do 20 Mountain Climbers
A Forrest in order to leave to next area you must do 20 Tree Climbs

Meanwhile in the blue penny you have a zombie moving in slow motion walking like a zombie
If they tag you then you have to go find the pennies and become a zombie too.
Zombies have to walk in slow motion for this to work.
Play until 1 survivor.

Bean Bag Bridge ([Lesson Plan Link](#))

([Video Link](#))

Listed Above

Groups of 3
Have them make multiple circles in the gym with all other groups
Put some bean bags in the middle.
Everyone gets a number 1-2-3
When their number is called they run around the circle.
The other two partners make a bridge with hands.
They run under the hands and grab a bean bag that's in the middle.
Some people get bean bags some don't.
If you get one that's a point
Put bean bags back in the middle
Do it again and call a new number.

Dress the Pose ([Lesson Plan Link](#))

([Video Link](#))

Get in teams of 3-4
Take turns with one teammate going to middle of the gym and striking a pose
Next to all the people making the pose are all sorts of equipment spread out to dress the pose
The team races to place items on the person in a pose
If it falls down leave it
One person allowed there at a time
Team pose that holds the most items wins the round

Giant 4 Square ([Lesson Plan Link](#))

([Video Link](#))

Use a big Omnikin type ball.
Set up 4 poles to split class into 4 corners
If it lands on your side your out!
Rotate the correct way and play again.

Mushroom Ball ([Lesson Plan Link](#))

([Video Link](#))

Throw out 6 gator skin balls
When you say go the students can grab the ball and throw them

If you get hit you become a mushroom and sit down.
You can play where the mushrooms stay mushrooms the whole time or they can grab a ball if it comes to them and throw to get back in the game.
No matter what the mushrooms can throw the balls.
Them getting back in the game is dependent upon you.

Sports Games

Foosball ([Lesson Plan Link](#)) (Video Link)

Students are stuck in their squad spots.
They kick a soft soccerball like a giant game of foosball.
If the ball goes past the goalline the team gets a point.
Throw the ball back in the middle and start again.

Nuke Em ([Lesson Plan Link](#)) (Video Link)

Same rules as volleyball but you can catch the ball.
We play cant hold the ball longer than 3 seconds
You cant make more than 3 passes.
You can throw it over on the serve or throw to a friend to help.
Stay on your side of the net.
You cannot touch the net.

Ultimate Football/Frisbee ([Lesson Plan Link](#)) (Video Link)

Play with a football or a frisbee
Create even teams.
Create an endzone
The person with the ball can take 3 steps
The person with the ball can hold the ball for 3 seconds
If the ball hits the ground the ball changes possession
If you score then the other team gets the ball and starts either at midfield or their endzone.

Four-Square ([Lesson Plan Link](#)) (Video Link)

There are 4 squares.
4th square can be considered the "King"
They start the game by serving a FAIR SERVE from their back corner.
They have to serve to the second square.
The 2nd square cannot pass it back to the king ON THE SERVE ONLY

If the ball hits the line your out.

-You can play underhand only if you want to work on underhand

-You can play inside line out and outside line in if it doesn't confuse your kiddos.

Crab Soccer ([Lesson Plan Link](#))

(Video Link)

Split the class into 4 teams that make a giant rectangle.

Call out different things like "If you love pizza" "If youre a car rider" "If youre a boy"

Those people crab walk out and try to kick a giant omnikin ball over the other teams line

The people who did not crab walk out are the goalies and they use their feet to kick the ball.

Dribble Tag ([Lesson Plan Link](#))

(Video Link)

Everyone gets a basketball

Set a boundary line

Students have to keep their dribble alive.

They are allowed to knock other peoples ball away as long as they keep their dribble.

Make the boundaries smaller and smaller until you have a winner

When the people get out you can have them sit down and practice dribbling in their lap machine gun dribbles.

You could also set a section aside where they can practice passing or shooting or dribbling where they don't attack each other anymore

Poly Spot Shot ([Lesson Plan Link](#))

(Video Link)

Throw out a bunch of poly spots

Have them all around the basketball goal

Put the kids in teams of 2-4

When they have their turn they pick a spot to shoot on

If they make it they take the poly spot back

If they miss they leave the poly spot and go give the ball to their teammate

The team with the most spots wins.

Knockout ([Lesson Plan Link](#))

(Video Link)

First person and second person in line have a ball.

You take your first shot from the free throw line.

If the person BEHIND you makes it BEFORE you then youre OUT

Otherwise you shoot until you miss.

Play until there is a winner.

Soccer Infection Tag ([Lesson Plan Link](#))

(Video Link)

There are two ways to play.

My favorite is the tagger starts with a ball.

If the tagger kicks the ball and it hits your foot then youre out.

If you get out you grab a ball and become it.

You can also play where the tagger start without a ball and everyone else a ball

You create a boundary and if they kick it out the boundary they are out and they grab there ball to put up

Then they become a tagger and kick other peoples ball away.

You have to work very hard on kicking low and using the inside of your foot for this to work safely.

Soccer Dribble Mania ([Lesson Plan Link](#))

([Video Link](#))

Put every soccerball in the middle of the gym

Get the kids in teams of 4ish and then when you say go they run to middle and dribble the ball to their team.

Have a hula hoop there where they can trap the ball in and then the next person goes.

Team with the most wins.

Put the balls back in the middle and play again.

You can add that when all the balls from the middle are gone then they can steal from hoops on the other side.

Competition Games

JJ Competition ([Lesson Plan Link](#))

([Video Link](#))

Create a criteria for a proper jumping jack.

Say go and see who does the most jumping jacks.

(Have a counter up)

When students give up have something else for them to do.

Jump the Creek([Lesson Plan Link](#))

([Video Link](#))

Tie together long jump ropes enough to cover your gym.

You need two of these types of jump rope

Put the students in teams of 4 behind the rope

Let the kids run and jump over both ropes

The first rope is where they start

The second rope is where they end

Make the second rope farther and farther away as more kids get out.

When kids are out they sit ont he other side of the gym in their same team.

RPS Games

Human RPS([Lesson Plan Link](#))

([Video Link](#))

Listed Above

RPS Champion(Lesson Plan Link)

(Video Link)

RPS Level Up(Lesson Plan Link)

(Video Link)

Set up as many levels of RPS as you would like. Students start in level 1. They play RPS in that level until they win. If they lose they go back to level 1 and start again. I try to have about 7 levels and whoever is in the last level is the king or queen until beat.

RPS 4 corners(Lesson Plan Link)

(Video Link)

Listed Above

RPS TAG(Lesson Plan Link)

(Video Link)

Listed Above

Hula hoop goes over the cones game.(Lesson Plan Link)

(Video Link)

Students get into teams of 2-4

You spread out all your cones, bowling pins, pins, everywhere.

Each group gets one hula hoop to roll out

You roll it from behind a line and gather any cones that are in your hula hoop when it falls

When they gather the cones I have them put them in a staging area to help with cleaning

They remember their points and count every pin taken to staging area.

Dice (Odd/Even) (Lesson Plan Link)

(Video Link)

You Get a dice

Students do jumping jacks if they pick odd

Students do Mountain Climbers if they pick Even

If they guess right on the roll they take a victory lap

If they guess wrong they keep doing their exercise until the victory laps are done

You can create taggers for the victory lap people that are walking

If they get tagged they owe you some Jumping Jacks

Hot Dog Tag (Lesson Plan Link)

(Video Link)

Pick some taggers

If you get tagged you lay down on your back

To get un frozen people have to lay next you and be the buns to your hot dog

Coaches can be the extra taggers for people outside the boundaries

Students tagged by coaches owe Jumping Jacks

Race Games

Put Cone into hula hoop with feet race (Lesson Plan Link)

(Video Link)

Students hold hands, wrists, or shirt sleeves and stay connected somehow

First person starts with a hula hoop and steps through it with their whole body without disconnecting

Make it to the end of your line and back

When your team is finished they sit down in a straight line with the first person holding the hula hoop up high above their head.

Steal the Bacon (Lesson Plan Link)

(Video Link)

Put a number of bean bags less than the number of racers.

Create multiple lines and number them off 1 through whatever you would like

Once you call their number they race around 4 cones you have set up as the track

When they get back to their starting cone they run to the middle to try and grab a bean bag

If they get a bean bag their team gets a point

Shoe Relay (Lesson Plan Link)

(Video Link)

Have the students get in teams of 4

Have all the students take off their shoes and put them in the middle of the gym.

If they don't want to take their shoes off then you can have them hop across the gym on their turn.

Students race to the middle and must put on their shoes completely before racing back to their line

When they make it back the next person can go.

4 of a kind with cards (Lesson Plan Link)

(Video Link)

Get in teams of 4

Assign each group a single card Ace-King

Spread out multiple decks of cards across the middle of the gym face down

Students race to the middle grab a card and bring it back to their group

If it matches the card number assigned to them they keep it

If not the next person takes it back and places it face down while grabbing the next card.

First team with 4 of a kind wins

Relays

Allies & Enemies (Lesson Plan Link)

(Video Link)

Put kids in groups of about 8

Tell each kid in their mind to pick one allie and one enemy

Their job is to try and keep their allie in the middle of them and their enemy the entire round.

With everyone picking different people and nobody knowing who this game gets some unexpected great movement.

Tron (Lesson Plan Link)

(Video Link)

You get a partner.

One partner flees and the other chases

The person fleeing turns to the right 90 degrees

The person chasing turns to the left 90 degrees
They are like robots and they can only make 90 degree turns
IF you catch your partner you switch roles
We play power walking only.

Magic Marker Color Run ([Lesson Plan Link](#))

([Video Link](#))

Hide about 12 Colors around the gym
You can also hide one immunity idol for the end of the game
Create teams of about 4
Assign each group a Color and give them an index card
Students must move by being linked by the arms together.
Put out all your cones and some cones have a marker and some dont
If you find the marker of the color youre looking for you make a neat streak on your paper.
Then you find a coach and show them the color you found
The coach looks at their color sheet and tells them which one to find next.
Students must put the marker right back after marking and never leave the cone area with it.
Make sure students are putting the cones back upright.
Once they have found all the colors they can attempt to look for an immunity idol hidden not under a cone but somewhere in the gym to win the game.

Snake ([Lesson Plan Link](#))

([Video Link](#))

Students get in groups of 6-10
They wall around in a line together
There is equipment spread around the gym
The leader can pick up equipment and put it over their head
Everyone then one at a time put sit over their head until it gets to the last person
The last person puts the item in the bucket and the group with the most items wins the round.

Bump Tag ([Lesson Plan Link](#))

([Video Link](#))

Everyone sits in pairs
Select a few taggers
Select two of the pairs to start standing up
When you say go the pairs standing up run and sit behind another pair making a group of 3
If that happens it bumps the first person up who now has to run and not be tagged

If a tagger tags a runner they drop the noodle and become a runner
They must run and try to sit behind a pair to bump someone who is first into being a runner.

Group #'s (Lesson Plan Link)

(Video Link)

You call out a number and they must make a group this size in a certain amount of time
If unsuccessful they perform an exercise to help their strength.
If successful they perform a celebration move.

Partner Walk (Lesson Plan Link)

(Video Link)

Get in groups of 2-4
Create a walking area
Give the students a piece of equipment that joins them together at the hip or the head or shoulders, or elbows.
They put the equipment in between these body parts and walk to a destination together and back.
Then you can switch the area they put the equipment.

Dribble past the hula hoops (Lesson Plan Link)

(Video Link)

Give the students partners
Put the partners behind a line
Set another line to be the destination.
Put hula hoops in between the destination and the starting line.
One partner in a hula hoop, the other with a basketball
When you say go the partner with the ball tries to dribble past the hula hoops and make it to the other side
After making it to the other side they try to go back
They do this continuously for rounds until you want them to switch.

Poly spot shot (Lesson Plan Link)

(Video Link)

Get the students into partners
Get all your Poly spots or bean bags something you can mark on the floor.
Spread these all over the gym at a good range for a basketball shot.
You can play with buckets or basketball goals.
If the student shoots it they pick up the poly spot and get to take it back to their partner.
You are only allowed one shot.
The team with the most poly spots wins.

Gaga Ball (Lesson Plan Link)**(Video Link)**

There is a structure built with walls about 3 feet high.

The students start with their hand on the wall

Someone throws the ball up and the kids say GA on the first bounce GA on the second bounce and BALL on the last bounce.

Once they say ball you can take your hand off the wall and play

You can hit the ball one hit at a time.

If the ball hits you knee and below you're out.

Or if you hit it out of the pit you're out.

If you hit it two times in a row you're out.

You play until a certain number of people.

Students can get back into the game if they are outside the structure and they hit the ball and get someone out.

Beat the Card (Lesson Plan Link)**(Video Link)**

Put the students in groups of 2-4

Spread out a bunch of decks of cards in the middle of the gym face down

You the teacher draw a card from your own deck

The students have to try to tie or beat the card the teacher pulls

You set a timer for 1 minute

If you get a card that beats the coach the next person runs to get a new card to try and win again

If you lose you select an exercise or stretch for the round that the students perform as a team.

Sometimes the rounds can be very little/easy exercising others it is harder rounds to spice it up.

Find The Squirrel (Lesson Plan Link)**(Video Link)**

Everybody lays face down

3-5 people are given a bean bag

Then 3-5 taggers are given a noddle

They tag people appropriately

Everyone runs around silly like a squirrel to make it harder to tell who has a bean bag

If the squirrels survive 2 minutes they win.

Hula Hoop Race (Lesson Plan Link)**(Video Link)**

The classic get the kids in a line

Give them a stack of hula hoops

And race to see who can get them all to the end of the line

The trick is everyone has to be holding hands somehow and step through with their body.

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Pizza Tag (Lesson Plan Link)

(Video Link)

Students get a partner and line up around the gym

1 Student at a time uses pizza boxes or paper plates.

They hold it up like a waiter carrying a tray of food inside the play area

They try to knock off others pizza box and keep their pizza box balanced

If they drop it they switch out with their partner.

Dribble Obstacle

Students get a partner.

You spread hula hoops all over the play area.

One partner is in the hula hoop the other has a basketball behind a start line

When the coach says go you try to dribble through all the people in hula hoops

If you make it to the other side you go again and again on a timed turn

When the turns switch you give your partner the ball and take their place in the hoop.

Hot Shot (Lesson Plan Link)

(Video Link)

Students get a partner and sit around the gym area.

Poly spots are put down all around basketball goals or buckets.

Students shoot a basketball in the goal or bean bag in the bucket

Each poly spot is worth a different amount of points that is written on the poly spot

At the end students add up their total with their team.

3 point contest (Lesson Plan Link)

(Video Link)

Set up 10 stations around your 3 point distance of choice.

Two in both of the corners two on both of the diagonals spots and two head on to the basket.

We use ball racks or steps with ring toss rings to hold the basketballs.

You have 2 kids start in opposite corners.

They have 60 seconds.

Rotate with a limited amount of people waiting and a majority of the people waiting rebounding.

The people rebounding have to stay out of the way and reset up the drill as the shooters move to the next station.

Dunk contest (Lesson Plan Link)

(Video Link)

Lower your basketball goal.

Bring a couple plastic basketball goals.

Give the kids a stack of numbers 1-5

Students who want to participate in the dunk contest can make a dunk

Then the students hold up their numbers and you make the final call on the total score.

Get to a final 3ish people and have them face off in the finals.

Skills Challenge (Lesson Plan Link)

(Video Link)

Set up an obstacle course where 2 kids start at once.

They shoot a lay up then they dribble between chairs

Then they have to bounce pass through a hula hoop that standing up on a holder

Then they run to the next area and do 5 chest passes to people waiting
After that they shoot a three and if they miss they do a layup to finish their time.
The fastest time wins.

The people waiting need to be spread out in different areas with roles like chest passing, fixing the hula hoops, a small line waiting their turn.

This game is good for about 40 people.

Flag Football (Lesson Plan Link)

(Video Link)

Route Running

Set up 12 Cones with Routes you want the kids to practice

Have pictures drawn on posters or paper

Place the pictures in the cone and have the kids rotate through each cone

Work on their form and ways of running through the routes.

Create Flag Football Plays (Lesson Plan Link)

(Video Link)

Break students off into teams and let them come up with creative plays for a flag football game
You will need to monitor and work with them.

Create a play with them so they can get the idea of spacing and misdirection.

Have the students practice their play against other teams when 2 teams have a play ready.

Flag Pulling Gauntlet (Lesson Plan Link)

(Video Link)

Get in groups of about 8

Designate two people to have their flags on

The other six people take turns one on one against the person with the flags

They try to pull their flag

And the person with the flag tries to make it to the other side of them.

After going through the line twice change who the people with flags are.

Next Level Sideline Soccer (Lesson Plan Link)

(Video Link)

Get the kids in groups of 6

1st person in line goes to one of the end lines

2nd person goes to the other end line

3rd to the side line

4th the other sideline

5th in the middle on one side

6th in the middle on the other side facing the other team in middle

Endlines are goalies

Sidelines throw the ball in when it goes out of bounds

People in the middle use a soft soccer ball and play soccer

Rotate after a goal or when its been too long.

practice rotations before playing.

Play the game for 2-3 days before its played out.

Soccer Warm Up (Lesson Plan Link)

(Video Link)

Students get into their squad spots

They all have a soccer ball

You lead them in a warm up.

First they do toe taps by tapping the middle of their soccerball

Show them a modified version where they can go super slow or turbo speed fast.

Then you do side taps using the inside of your foot

Then you practice a ball roll

Then make a pattern "Toe tap, toe tap, side tap, side tap, ball roll, trap."

Let the students make their own pattern

Soccer Dribble Warm Up (Lesson Plan Link)

(Video Link)

Let the kids dribble around the whole gym area

Put down hula hoops.

If they get to a hula hoop they try to dribble 360 in control of the soccer ball

Every 30 seconds or so count down 3-2-1 TRAP

If they don't trap their ball in time then they owe 5 jumping jacks.

Then you level up and let them kick each others ball away

ONLY IF THEIR BALL IS CLOSE ENOUGH TO TRAP

Keep counting down 3-2-1 and TRAP

After awhile say "SQUAD SPOTS"

Watch them frantically dribble to their squad spots and try to beat your count down

If they don't beat their count down have them do 5 jumping jacks.

Bean Bag Battle (Lesson Plan Link)

(Video Link)

Get into groups of 6

Have them sit on one side of the gym behind a line

Then split the team in half to go directly across the same team

Now you have a 3v3 bean bag battle

In the middle of each team is 7 hula hoops and a poly spot to the side of the hula hoops.

Each team has one bean bag and they toss it to try and land on the poly spot

If it touches the poly spot in any way they get to move a cone that's in the middle of the hula hoop one space closer to their team.

If they make the cone all the way to the last hula hoop in front of their team and hit a poly spot

Shot then they win the round and you start over.

Keep it up (Lesson Plan Link)

(Video Link)

Students are put into groups of about 6

You can give a balloon to groups who need more practice

Give volleyballs to groups that can be challenged

Have them work as a team to see how many times they can hit the ball or balloon up without it

Hitting the ground.

Home Run Derby (Lesson Plan Link)

(Video Link)

If you have a fence at your school this becomes much more fun

If not use some ball racks or cones feel free to be innovative.

Get the students into groups of about 4

1 person hits

1 person pitches underhand (Or they can use a tee)

The other two people retrieve the balls and put them in the pitcher bucket

Each person gets to swing at 10 balls

Whoever hits the most out of your group goes to the final group

If it's a tie with at least one homerun both can go

In the final round the coach pitches to each individual and the kids shag the balls

Whoever hits the most wins!
Don't forget to play some music and make it a fun event.

Continuous Kickball Overhead Game (Lesson Plan Link)

(Video Link)

One team is the kicking team
The other is the fielding team
One person from the kicking team kicks everyone else runs
However many times the kicker touches home plate after all the bases is how many they score
The other people just walk jog or run for exercise and to encourage their teammate who kicked
The fielding team must sit everyone in a line and pass the kickball over their head with two
Hands all the way to the back. Once everyone touches the ball while seated in a straight line
behind each other then the round is over. You do this for all three outs.
Whoever scores the most runs in the game wins.

Continuous Bucket Kick Ball (Lesson Plan Link)

(Video Link)

Make two teams
The kick team has everyone kick continuously
The Coach has a bucket of 6 kickballs
The defenses job is to keep the bucket full for the pitcher
Everytime the bucket is not full the kicking team gets a point
The turn is over once the kicking team has gone through everyone in line.

Everyone GO Kickball (Lesson Plan Link)

(Video Link)

Two teams... Kicking team and a fielding team
The kicking team makes a giant line in the gym
Their job is to run and touch the opposite line and run back without being tagged
The defense's Job is to catch,peg, or tag as many people out as they possibly can.
You have 3 pitchers that pitch 3 different kick balls all at the same time.
The round is over after everyone makes it back to the original line.
Then you switch places.
Instead of runs the outs are what we keep track of.
The team that gets the most outs wins.

Field Day Games

Tug a war

Dash

Relay Baton Race

Potato Sack

Pizza Box Relay

Egg and Spoon

Gaga Ball

Ball against the wall

Water Balloon Toss – Toss balloons back and forth without popping them.

Obstacle Course – Complete a series of physical challenges.

Sponge Bucket Relay – Soak and transport water with sponges.

Frisbee Toss – Aim for targets or distance throws.

Hula Hoop War – Who can keep the hoop spinning the longest.

Balloon Pop Race – Sit and pop balloons the fastest.

Kickball Game – Classic playground ball game.

Scavenger Hunt – Follow clues and collect specific items.

Parachute Games – Group activity with a giant colorful parachute.

Dizzy Bat Race – Spin around a bat then run (hilarious and chaotic).

Shoe Kick – Kick your shoe the farthest.

Cup Stacking Challenge – Stack and unstack cups in record time.

Tennis Ball Relay – Balance a tennis ball on a racket while racing.

Lawn Bowling – Roll balls to hit a target.

Leapfrog Race – Jump over teammates in a race format.

Human Ring Toss – Toss rings onto teammates or cones.

Puzzle Relay – Complete a puzzle piece by piece with team help.

Bean Bag Toss-

Softball Toss – Measure who can throw a ball the farthest.

Clothes Relay – Put on goofy clothes while racing.

Limbo Challenge – How low can you go under the bar?

Captains Coming – Classic follow-the-leader game with a twist.

Capture the Flag – Strategic team game to steal the other team's flag.

GAMES SOON TO COME

Games to add

Countdown

Stand up ?'s

Best foot Forward

Whatchya Doing?

Jump around the World

Steal the Cone circle

CPR Training

Create 15 health related stations

-6 CPR manikins

Fitnessgram Testing for Height, Weight, L/R Flexibility, and Trunk Lift

We make 15 stations.

1 To record the fitnessgram results

1 stretching

3 Exercise

1 Station Basketball shooting

1 Station Balancing a noddle

1 Station Bean Bag Toss

1 Station Hula Hoop

1 Station Jump Rope

1 Station Frisbee Toss

1 Station Step Walking at different heights in a circle

1 Station Juggling Scarves

1 Station The Floor is Lava

3 Team Rotations

Track & Field

Relay Races

Dash

Discus

Long Jump

High JUmP

Shot Put

Hula Hoop & Jump Rope

Jump

Hulahoop War

Meditation list

Frisbee tic tac toe
Pursuit Tag (Lesson Plan Link) (Video Link)

13 Card Exercise

Hula hoop game with corn hole

Hula hoop game slide it and push hula hoop away from you

Hula hoop and gather cone game.

Soccer Throw and GO (Instagram)

Leading Jump Rope Tricks

Gladiators

Scooter Soccer

Steal the Cone circle

PE Mini Olympics

Hungry Hippos

Cone Flip Chaos

Chicken Race

SPIN THE WHEEL

4 Cone Madness

You create a grid of about 15-20

Jump and Place Cone where you landed

Lottery Run

Games to add

Jump and duck the rope(Lesson Plan Link) (Video Link)

You have 2 sets of jump ropes tied together the length of the gym.

You have students or coaches that you trust on the ends of the rope.

You line up all the kids on the baseline.

They are in teams of about 3.

You have the first person try to make it to the other side and the ropes can be high or low.

They either jump the rope or duck the rope to get to the other side.

Video List

Listen & Move

Freeze Dont Move

Ghost Town

Mario Run

Inside Out Olympics

March Madness Basketball Video

Dodge World

Fresh Start Warm Up

River Bank

River Bank Part 2

YMCA

Kung Fu Fighting

Classroom Management Tactics/Videos COMING SOON

Attention Getters

You Say: 1-2-3 Students: Clap

You Say: If I'm talking your? Students Say: Listening

You Say: Mic Check Mic Check Students Say: 1-2...1-2

You Say: Give me 5 Students: Raise their hand

You: Raise your hand Students: Raise their hand

You: Clap a beat Students: Clap the same beat

If attention getters are not working on the first try you do attention getter practice.

Attention Getter Practice:

Everyone Sits in their squad spot

You do an attention getter and you get 100 percent participation.

If 1 person does not participate you practice rotating.

Rotate to the North, West, South, and East of the room.

Students will face their bodies towards the desired direction before starting again.

Once the students have responded 3 times to any attention getter you move to the next step.

The next step is you have a student tell us why we practiced attention getters.

Then you remind them we only practice attention getters if there is a large number of people in the class not responding. Set a good example for the classroom to play more and practice less.

If it's a few individuals acting up we can handle that.

If it becomes a class thing then we will fix it as a class together and go back to the basics.

Key Word

Teacher Says: "Key Word"

Students Say: "Walking"

Teacher Says: Location

Student Arrival Games

Students who arrive **walking** the line around the gym with **their hands to themselves** get rewarded with these different activities in the middle of the gym.

Shoot Basketball Until You Miss

Dribble Basketballs

Play Catch Until You Drop The Football

Dribble The SoccerBall

Play Newcomb

Jump Rope

Hula Hoop

King of the Hill in Football.

Dancing

Play the Coach in Basketball.

Everytime the coach scores the students can add another player to their team.

Student Arrival Accountability

Students having trouble walking with their hands to themselves

Sit in a safe spot in the middle of the gym.

Make it fun when you call them out. (Unless repeated behavior)

Be Playful

-Wipe their spot down. "I made it extra nice for ya."

- "Ohhhhhh no you came off the line!"

- "Uh Oh, you stepped on their shoe."

Student Dismissal Practices

See If we add Attention Getter Practices

10 Second Check

Get Water

Play Dismissal Games

Student Dismissal Games

The Pause

After Attention Getters or if you hear talking ramping up while teaching do The Pause...

Just Pause and listen for 3-5 seconds.

This is a effective move for classes that are still respecting your teaching.

Reminders of what were working for

We work for Choice Day. (Our Fridays)

I remind the kids the more attention getter practices we have the less playtime on Friday.

The more things we have to practice the less play time we have on Friday.

The more Class Lessons we need the less play time on Friday.

Whats Choice Day.

Students are given choices of their favorite sports.

These are sports we cover in our units throughout the year.

Students play Flag Football

Students can play Newcomb

Students can walk and talk on an obstacle course.

Students can run through a challenging speed obstacle course

Students can use the playground

Students can play 4 square

Students can play basketball

Students can play soccer

Students can play Wiffle Ball
Students can play tag
Students can play wall ball
Students can do steps

We select about 6 of those activities and rotate depending on popularity and time of the year.
The students must stay in the activity they choose
This is essential.

It prevents roaming and kids starting unnecessary clicky drama.

The students can change activities if they **ASK A TEACHER**

If students are causing problems and not following rules then...we are allowed to change their choice to a refocus activity.

Before we go outside on choice days we do a meditation.

(We found that this keeps our phone calls home down.)

We go over expectations... The same ones every week.

Expectations:

Teacher Says: "We keep our hands to our?"

Students Say: "Selves"

Teacher Says: "If you don't have the maturity to handle a situation with kindness then come and get a?"

Student Says: "Coach"

Teacher Says: "If we do these 2 things we prevent 99% of drama."

Refocus Activities

Steps

Go to a wall do an exercise of your choice off the paper

Reflection Paper

Walk around the gym

Read a sports book

Meditation On Fridays

Put Down Meditation Links

Practice Day

Points for things wrong on practice day- Points taken off for genuine helpful class behavior/positive redirection.

Give yourself claps

Yes sir or No sir

I am human reminder

Life Lesson Moments

Things We Practice

Entering The Gym Practice

Practice Dismissal

Practice Instructioning

-Redline

-Blackline

-SquadSpots

Practicing Clean Up

If the Majority of the class is doing it wrong... I am doing something wrong.

Accountability Speech

Reflection Worksheet

Post Here

Ideas on Building Relationships First.

Discipline Repeated Behaviors or Extreme Behaviors.

Have a way to keep track of what you said you were going to do and follow through

Be consistent as you can

Explain the rules of a game on a day of practice and when time runs out line up without playing (Needs more explaining)

Voice Level Check.

BG line order check