**The games you see here are not my original ideas a few came from Youtube, Todd Junker, and Chad D. Triolet www.PErocks.com © 2014**

**HORNET TAG**
For this tag game, the instructor will choose 4 – 6 participants to be a “hornet”. Each “hornet” will have a stinger (a noodle piece). The “hornets” will attempt to tag others using their stinger. Once the “hornet” tags another person, they lose their stinger (just like a real hornet). The person tagged must leave the playing area and perform a fitness activity designated by the instructor. When the task is complete, they may re-enter the game. Once the stinger is dropped, any player not tagged may pick it up and then becomes the new “hornet”.

**NOODLE SOUP**
Split the class into 4 equal teams. The students may line up behind the cones facing the center of the game area. Two players will be picked to be the “crazy chefs”. The “crazy chefs” will attempt to protect their noodle soup (small noodle pieces) from the hungry students by hitting them with their spoons (longer noodle pieces). Each team will have two players at a time attempt to collect the food in the middle (they may only take one noodle piece at a time). The players who are attempting to collect food will be holding flags in their hands. If the “crazy chef” hits a hungry student, the student must go back to their team without some food and let another player go. After a few minutes, pick two new “crazy chefs” and continue the game. See how many pieces of soup each team can collect.

**4-Down Touchdown** -

This is a small sided activity that requires teamwork and cooperation. Students will review the names of football positions (i.e. – center, quarterback, receiver). Students will also have multiple opportunities to practice throwing and catching throughout the activity.

The teacher will have the students get into small groups of twos or threes for this activity. Each team will have one polyspot and one football. The teacher will set up boundaries for the game. The players will always start at one end of the field and travel toward the “endzone”. Students will attempt to complete as many touchdowns possible in 4 or fewer passes.

If playing with groups of twos. Partner A will be the center to start and will stand near the polyspot with the ball.

Partner B will stand behind Partner A and will be the quarterback. When Partner B says “hike”, the center (Partner B)

will hike the ball either through their legs or using a side hike (depending on the directions from the instructor) to the

quarterback (Partner B). Afterward, the center (Partner A) will turn into the receiver and go out for a pass. When the

quarterback tells the receiver to stop, he/she will turn around and try to catch the ball thrown by the quarterback. If

successful, the team will move the polyspot to the location where the ball was caught and the partners will switch jobs.

If the ball is dropped, the receiver will bring the ball back and the partners will switch jobs.

\* If playing with three partners, Partner A will be the center, Partner B will be the quarterback, and Partner C will be the

receiver. The rotation will be center to quarterback to receiver, etc.

ADAPTATIONS:

1) To help motivate your students provide incentives for scoring “touchdowns”. If the students can make a

“touchdown”, they can collect some “Bling” (rubber bracelets, wrist bands, plastic rings, pretend money, etc.). If the

team can score the “touchdown” in four or fewer throws, they can collect more of the designated item (2, 3, or 4).

2) For more advanced groups, give them a selection of patterns that the quarterback can choose for the receiver to run

(example pattern cards are attached below).

3) To extend the activity, add defense to the game. The team on offense will work together to try and make successful

throws and catches. The defense will try to block or intercept passes. If a ball is intercepted or the defense cannot

reach the “endzone” in the required number of plays, the defense goes back to the start line and becomes the offense.

Any time a score takes place, the offense and defense switch jobs

**Who let the Dogs Out**-2 students are the dog catchers (taggers) Use beanbags to identify the taggers.  DON’T let students throw them at others.  You need to make a location for the dog pound.  I like to use poly spots in an outline of a square.  If you get tagged you must go inside the dog pound and perform a task (given by the teacher ahead of time) *EX: 10 successful jump rope turns with jumps.* Then you are back in the game.  Change taggers often and use music cues to start and stop games.

**Diagonal Run**- walk the baseline to the corner, then run diagonal to the other end. Walk the baseline, then run to the diagonal end and start over.

**Card Swap-** Kids swap cards with each other until the music stops, when the music stops they must perform an exercise directed by the teacher according to the face amount on their card.

**Tabata**- **Tabata training is a High Intensity Interval Training (H.I.I.T) workout that lasts four minutes. each workout lasted four minutes and 20 seconds (with 10 seconds of rest in between each set).**

**Tail Tag**-Every student has one flag tucked into pocket or waistband. The objective of the game is to get three flags into your hand by taking it from other students. Once you have 3 flags you must guard your own and not go after anyone else’s flag. If your flag has been taken, you are NOT out, you try and steal one from another player. Game continues until teacher says reset.

**Go Noodle- FREE!!!** All you need is a computer, internet, and a screen the whole class can see. You don’t even have to upload student data. Go to gonoodle.com to set up your account. Tons of content like Run, jump, stretch, dance to get your students active, or calm them down with deep breathing exercises.

Noodle Run- Groups of three try to move one “runner” across the play area by placing a noodle to jump onto. If they touch the ground, they must start over. One student is the runner the other two are the helpers.