



Hosting a KM Club or Run Like Lightning Program is easy with our cooperative games!

WARM UP GAMES

Getting to Know You

Equipment Required: None

Location: Outdoors/Indoors

Duration: 5 – 10 minutes

Rules of Play:

1. Instruct students to line up in a horizontal row on a start line facing a finish line that is about 100m away.
2. The leader (teacher) yells out something like “I like cats” OR “I have blue eyes”. Students with a cat or blue eyes race to the finish line and back to start.
3. Repeat calling out different phrases 10 – 20 times.

Variation: Instead of the leader yelling out the phrases, have each student take a turn.

Suggestions for phrases:

- I like dogs
 - I love math (this usually illicit laughter from the group)
 - I have a brother
 - I have a sister
 - I walk to school
 - I am in grade ____
 - I have blonde hair
 - I love vegetables
 - Summer is my favourite time of year
 - I love school
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Circle Round-Up

Equipment Required: None

Location: Outdoors/Indoors

Duration: 5 – 10 minutes

Rules of Play:

1. Instruct students to pair up. Each student faces each other and then each proceed to go around in a circle (similar to what we see Sumo wrestlers doing), with hands behind their back.
2. While moving around the circle each takes a turn in saying:
Student #1: “Ready”
Student #2: “Set”
Student #1: “Go”
3. And as they say “go” each student shows their hand of rock, paper, or scissors. The loser runs to a designated point and back. Game resumes.

Variations:

1. Instead of rock, paper, scissors, each student displays a random number of fingers. The students then have to quickly add up the total number of fingers shown, and the first to yell out the correct answer wins. The other student then runs to the designated spot and back again. Game resumes.
2. Instigate a partner switch about 5 minutes into the game.

TAG GAMES

Clothespin Tag

Equipment Required: One bag of clothespins (we have found the plastic ones work best and are more durable)

Location: Outdoors

Duration: 10 minutes

Rules of Play:

1. All students begin the game with one clothespin attached to the back of their shirt. The clothespins cannot be concealed.
2. Children then run around grabbing clothespins from each other’s shirts. Once a clothespin is grabbed, the player then attaches to the back of their own t-shirt.
3. While securing the clothespins on their own shirt, the player is considered safe (meaning no one can come by and take their clothespins).
4. After 3 – 5 minutes, stop to see who has the most clothespins, and if time allows, resume game.

Tail-End Tag

Equipment Required: Socks

Location: Outdoors

Duration: 10 minutes

Rules of Play:

1. All students begin the game with one sock tucked into the back of their shorts or pants. The socks cannot be concealed.
2. Children then run around grabbing socks from each other. Once a sock is grabbed, the player then tucks it in to the back of their own shorts or pants.
3. While securing the socks, the player is considered safe (meaning no one can come by and take their socks).
4. After 3 – 5 minutes, stop to see who has the most socks, and if time allows, resume game.

Crackers and Crumbs

Equipment Required: None

Location: Outdoors

Duration: Until all members of one team have been tagged

Rules of Play:

1. The students sit or squat in two lines, backs facing about one meter apart. One line is called “Crackers” the other line is called “Crumbs.”
2. Designate two “Run-To” points, one for each team.
3. Call out a team name (i.e. Crackers). This team jumps up and runs in the direction it is facing, away from the other team. The other team also jumps up and chases to try and tag the other team running away from them.
4. Anyone who is tagged before reaching their safe zone (which is designated ahead of time), now changes sides!

TEAM GAMES

Fitness Poker

Equipment Required: Deck of cards, posters to describe fitness stations

Location: Gym or outdoors

Duration: 10 – 15 minutes

Rules of Play:

1. Set up activity stations with specific activities noted on a piece of paper or Bristol board.
2. Place a summary of all activities similar to the list below next to the dealer.
3. Activities are not limited, but could include the following:

<u>Card</u>	<u>Activity</u>
Ace	Smile
2	Run two lengths of the gym or playing field
3	Crab-walk or army-crawl one length of the gym or playing field
4	Complete 4 burpees
5	Complete 5 pushups
6	Run grapevine-style for two lengths of the gym or playing field
7	Wall-sit for 20 seconds
8	Complete 8 crunches
9	Complete 9 bench steps
10	Complete 10 high-knee marches
Jack	Complete 10 jumping jacks
Queen	Travel two lengths of the gym or playing field with a bean bag on their head
King	Hold the plank position for 20 seconds

4. Separate children into teams of 3, 4 or 5. Each team will be responsible for selecting a card from the “dealer” (teacher) and each card will correspond to a specific activity. All members of the team have to do the activity outlined by the card at a predetermined station in the gym or park setting.
5. Once the teams complete a specific activity they return to the dealer for another card, and keep the cards they have already been dealt. When all of the cards have been dealt, teams stop and see who has the best poker hand!
6. Separate children into teams of 3, 4 or 5. Each team will be responsible for selecting a card from the “dealer” (teacher) and each card will correspond to a specific activity. All members of the team have to do the activity outlined by the card at a predetermined station in the gym or park setting.
7. Once the teams complete a specific activity they return to the dealer for another card, and keep the cards they have already been dealt. When all of the cards have been dealt, teams stop and see who has the best poker hand!

Running Dodge Ball

Equipment Required: 6-8 elephant skin balls

Location: Indoors

Duration: 10 – 15 minutes

Rules of Play:

1. Divide the children into two teams. Use the middle line in the gym as the dividing line. Arrange Team 1 on one side of the line and Team 2 on the other side. Each team must remain on their side for the duration of the game. There is no crossing the line.
2. Equip each team with 3 – 4 balls. The children on each team gently throw/roll the ball across the line towards the other team trying to tag individuals. Tagging with the ball **MUST** be below the waist.
3. When the player is tagged with the ball they must run 3 perimeter laps of the gym before rejoining the game!

Soccer

Equipment Required: Soccer ball

Location: Outdoors

Duration: 15 – 20 minutes

Rules of Play:

1. Divide students into two teams and have each team select a goal keeper. Students should work collaboratively to score on the opposing team's net.
2. In order to create balanced teams, try dividing the children by:
 - Shirt colour (red shirts vs. blue shirts)
 - Hair colour (black vs. other)
 - Gender
 - Grade

Variation:

If you have students who excel at soccer in the group, try making up a small team of 3-4 strong players, and have them play against all the other children.

Capture the Flag

Equipment Required: Material to be used as a flag, pylons

Location: Outdoors

Duration: Until one team wins

Rules of Play:

1. Divide your field into two halves or territories. Within the sidelines of each territory, designate a section for the jail. The jail for each team is opposite their own territory, on the opposing team's side of the field.
2. Instruct players to form two teams, one for each territory. Each side has a flag which is often a piece of fabric although any small object such as a rubber Frisbee would do.
3. Each team places their flag at their end of the field so that it is somewhat visible for the other team to locate. Designate the "middle" line roughly halfway between the two ends of each team's territory.
4. Players try to make their way into the opposing team's territory, grab the flag and return with it to their own territory without being tagged.
5. Players cannot hover over their own flag to protect it.
6. Players are safe within their own territory, meaning that they cannot be tagged by opposing players. Once they cross in to the opposing team's territory, they can be tagged at any time.
7. A player who is tagged goes to jail and must wait for a jailbreak, when a player from their own team runs to the jail and tags them. Once tagged, the player freed from jail will be safe and must return to their home territory before attempting to grab the flag of the opposition. The player that set them free however, is fair game for the opposition.
8. The first team to capture the flag and bring it safely back to their territory wins.

British Bulldog

Equipment Required: None

Location: Outdoor playing field

Duration: Until all players on one team have been captured

Rules of Play:

1. Select one child to be the Bulldog. The Bulldog stands in the middle of the field and the other players line up along one end of the field.
2. When the Bulldog yells "British," the children lined up yell "Bulldog!" and begin to run to the other side of the field. The object of the game is to cross the field without getting caught.
3. The Bulldog tries to catch as many players as possible by tagging them. Those caught stay in the middle and become bulldogs for the next round.
4. The game is played until all but one player is caught.

RELAYS, SHUTTLE RUN AND PARLOFF

Mat Relay

Equipment Required: Gym mats

Location: Indoors

Duration: 10 minutes

Rules of Play:

1. Divide the students into teams of four. Give each team a mat and instruct them to line up with their team at one end of the gym.
2. One player per team sits on the mat, while the other players on the team drag, push, or pull their mat with the player on it to the other end of the gym and back.
3. Repeat for all players on the team. Makes for some interesting team work!

Hula Hoop Relay

Equipment Required: Hula hoops, pylons

Location: Outdoors/Indoors

Grades: 1- 8

Duration: 10 minutes

Rules of Play:

1. Divide the group into teams of at least four.
2. Place the teams in file formation at one end of the gym or field, mark off 100m, and place pylons indicating the ends of the playing area. Place the hoop at the other end of the play area (one per team).
3. The first player of each team runs to their hoop, passes the hoop over the head down to their feet and then runs back to tag the second player, who repeats the actions of the first player, and so on.
4. The first team to have all their players run and go through the hoop wins!

Variations:

1. When each player finishes going through their hoop, they then have to do the hula hoop for 30 seconds prior to running back and tagging next team member.
2. *Tour de Hoop:* The first player runs up and holds out the hoop. Each team then runs up to the hoop being held by their leader, runs through it, and then back to their file formation. The Leader then runs back, with the hoop and hands the hoop to the next person in line who then runs to the other side of the gym and becomes the leader. The team then runs up again and goes through the hoop and runs back. This continues until all students have had a chance to be the leader.

Activity Card Relay

Equipment Required: Activity cards, buckets or something to put the cards into

Location: Outdoors/Indoors

Duration: 10 minutes

Rules of Play:

1. Place the Activity Cards* in a bucket, one bucket for each team. Divide the group into relay teams and place in line formation at one end of the gym or field.
2. Instruct the first player to run one lap of the gym or field, back to their team, high five each of them, run to the opposite end of the gym or field and pick up an Activity Card from the bucket.
3. The player then performs that activity and runs back to their team tagging the next player. The first team to finish wins!

* Activity Cards can include the same activities you would find in Fitness Poker

Shuttle Run

Equipment Required: None

Location: Outdoors

Duration: 10 – 15 minutes

Rules of Play:

1. Divide your group into 4 teams. Team #1 stays where you are. Team #2 is placed in designated area about 100m away from Team #1. Team #3 is placed in their designated area about 100m from Team #1 and Team #2. Team #4 waits in same area as Team #1.
2. Team #1 runs to Team #2, tags them and stops. (While Team #1 is running, Team #4 steps into area where Team #1 started).
3. Team #2 then runs to Team #3, tags them and stops.
4. Team #3 then runs to Team #4, tags them and stops.
5. Team #4 then runs to Team #1, tags them and stops.
6. The cycle repeats again. Do this continuously for 10 – 15 minutes. Teams cannot start running until all team members that are tagging them reached the relay switch point.

Variations:

1. Substitute running with skipping.
2. When teams get to their designated areas and tag next team, instead of just standing and waiting, have them do an activity (use the Activity Cards).

Parloff Relay

Equipment Required: Outdoor track

Location: Outdoors

Duration: 20 minutes

Rules of Play:

1. Divide players into pairs, preferably matched with someone who is of similar ability and speed. Have Partner B go to the backstretch of the track and wait.
2. Partner A starts the relay in the middle of the homestretch of a 400m track. Once partner A runs 200m, they tag Partner B who then runs the next 200m leg of the track.
3. During the rest interval, Partner A jogs across the field back to their starting point in order to meet up and be tagged by Partner B.
4. Repeat the cycle for a predetermined time, the challenge being to get as many 200m repeats in as each person can during the allotted time.

OBSTACLE COURSES AND OTHER GAMES

Obstacle Course

Equipment Required: Depends on what you have available: gym mats, high jump bar, high jump pit, benches, bean bags

Location: Indoors

Grades: 1 – 8

Duration: 15 – 20 minutes

Rules of Play:

Set up the obstacle course in the following five stations:

Station #1 – High Jump Pit

Set up the high jump pit at one end of the gym. Children will, one at a time run towards the pit, and jump in the air, doing a somersault, dive or just throw themselves into it. They get up from the pit and run to the next station.

Station #2 – Limbo

Using the high jump bar, set it up between two poles to create the limbo challenge. Children will need to go under the bar and then run to the next station.

Station #3 - Burpees

Children will run to the mats you have on the floor and do 10 burpees before moving onto the next station.

Station #4 – Balance Beam and Stepper

Set up two benches ensuring some space in between. On the first bench, children will walk on it similar to the balance beam used in gymnastics. They simply go from one end to the other. The children then move

to the second bench, set up in a horizontal way, where they step up to the bench one foot at a time, alternating feet when stepping up. When finished, they run to the next station.

Station #5 – Bean Bag Toss/Back to Start

Children will throw three bean bags with the goal of getting them through a basketball hoop or a bucket (if no hoop is available). From here, they will then make their way back to the start by doing something other than running or walking. We suggest the crab walk, or belly crawl.

Hot Potato Run

Equipment Required: Elephant skin ball or rubber Frisbee, Activity Cards

Location: Outdoors/Indoors

Grades: 1 – 8

Duration: 10 minutes

Rules of Play:

1. If outdoors, designate a playing area, as students will be tossing the potato to each other.
2. Just like the game of hot potato, the students toss the ball or Frisbee to each other, but this is done while running around.
3. When you blow the whistle, the child holding the hot potato is safe, while the others do the activity you call out from the cards you have (i.e. 10 sit ups; 20 jumping jacks).
4. Resume game after each activity is completed.

Soccer Baseball

Equipment Required: Soccer ball, three mats, Activity Cards

Location: Outdoors/Indoors

Grades: 3 – 8

Duration: 20 – 30 minutes

Rules of Play:

1. Using the mats, set up the gym like a baseball diamond.
2. Divide the students into two teams with Team #1 in the outfield.
3. A pitcher from Team #1 rolls the ball towards the first batter on Team # 2, who in turn kicks the ball out into the field and attempts to run around the bases. While each student is waiting for their turn at bat, they must perform what is indicated on their “Activity Card” (i.e. jogging on the spot, one leg hop; wall sit). This keeps things more active.
4. Rather than playing the usual “three out” method, limit each team to three up and play enough innings that each students gets up to bat at least twice or to play for a time limit of 10 minutes.

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