

Everybody's It

Ages 3-9

5

Equipment: None

Set-up	Spots in a circle, 12 - 18 inches apart.
Trans-in	Children are in their Starting Position
Intro Qs	When you play tag, what is the tagger called? How many kids are usually it? When you tag someone, how do you tag them?
Explain the game: When I say GO!	In this game, everybody is It. Because everybody is It, everybody gets to tag. Everybody can get tagged, too. Children must run in the same direction while tagging each other. When a child gets tagged, the tagged child goes to the center of the room and does 3 jumping jacks. Once three jumping jacks have been completed, the child rejoins the game and begins tagging friends again
Trans-out	Children return to the Starting Position
Change Up	Use a different aerobic movement, like hopping in place or ask them to do more than 3 jacks.

Birdsnests Level 1

Ages 3-5

5

Equipment: 10 polyspots, 30 small balls

Set-up	Lay two lines of spots in front of the children on each side of the play space. On the spots furthest away, place balls in piles of about 6.
Trans-in	Children are in their Starting Position
Intro Qs	If all of these spots are nests, what do you think you might be? (Birds) If you are birds, what do you think the balls might be? (Eggs) Are eggs fragile?
Explain the game: When I say GO!	The eggs are in nests that are in trees that are falling apart and not strong enough to hold the nests anymore. The children's job is to save the eggs by moving them to the empty nests. They can only move the eggs one at a time. The eggs can go in any of the empty nests.
Trans-out	Children go back to the Starting Position. Balls can stay where they are. Collect all of the spots.
Change Up	Pretend to fix the first trees. Then, repeat the game by having the children return the eggs to the newly-repaired first trees.

Sorting

Ages 2-5 **5**

Equipment: Assorted small balls of different colors, 5-6/child; buckets that match the colors of the balls

Set-up	If you have just played Birds' Nest, line up the buckets in a row parallel to the children on the side of the room opposite where the sponge balls are at the end of that game. If you haven't just played Birds' Nest, line the buckets up on the side of the room opposite the Starting Position. Put the sponge balls out on the floor between the children and the buckets.
Trans-in	Children are in their Starting Position
Intro Qs	As you place each bucket on the floor, asks the children what color the bucket is.
Explain the game: When I say GO!	The children will be sorting the balls into the buckets based on color. All the red balls will go in the red bucket, all the blue balls in the blue bucket, etc. The children can only carry one ball at a time. They must stay on their feet, not on their knees.
Trans-out	Children return to the Starting Position
Change Up	Older children could be asked to perform this entire game as bears, (bear crawling with straight legs), or kangaroos (hopping on two feet) Sort other items like polypots.

Trash

Ages 3-6 **5**

Equipment: Small balls, about 5-6/child; 10-15 cones

Set-up	Between the children and the opposite side of the room, make a row of cones to divide the space in half.
Trans-in	Divide the class in half and send one half to the opposite side of the room.
Intro Qs	Do we want trash in our backyard? Do we throw trash in our neighbor's yard?
Explain the game: When I say GO!	Explain to the children that they are in their backyards and they must stay in their backyards. The cones are the wall between the two backyards and the wall is so long, they can't go around it, so high they can't go over it and so thick they can't go through it. Pour the sponge balls on the floor, about half on each side of the wall, explain that the balls are trash. The children must clean up their backyards by throwing the trash over the wall into their neighbor's yard until there is no trash left in their yard.
Trans-out	Have all the children pick up the balls, returning them to their storage container, and stack the cones.
Change Up	Explain that they now live in the world of backwards, and they must throw the balls backwards over their shoulders. Demonstrate. Now, they live in the world of upside down and backwards, so they must throw the balls backwards between their legs like a football player. Demonstrate.

Spot Hop, Name Color 5 Ages 3-6

Equipment: Different colored poly spots (about 6-8)

Set-up	Make a line of spots perpendicular to and extending away from the Starting Position.
Trans-in	Children are in their Starting Position
Intro Qs	How does a kangaroo hop? What about a rabbit? (Demonstrate jumping from two feet to two feet)
Explain the game: When I say GO!	<p>The children are going to take turns hopping on spots, two feet glued together like a kangaroo or a rabbit. Each time they land on a spot, they are to name the color of the spot.</p> <p>When they finish, they are to go to the end of the line in the Starting Position.</p>
Trans-out	Ask one of the children to pick up the spots and make a pancake stack.
Change Up	<p>For older children (6-7), the spots could have letters or numbers on them.</p> <p>For younger children use fewer spots, maybe only 4.</p>