

A: If You Are Wearing

Ages 4-7

Equipment: Poly spots, one per child

Set-up	Spots in a circle, 12 - 18 inches apart.
Trans-in	Children stand on spots.
Intro Qs	What color spot are you standing on? What colors are the spots next to you? Who is standing next to you? Where is the outside of our circle? Is everyone wearing the same clothes and shoes today?
Explain the game: When I say GO!	When I call out a color, check your clothes and shoes. If you are wearing that color, run around the outside of the circle one time and return to your spot. Run around the circle in the same direction so no one gets hurt.
Trans-out	Children pick up their spots, balance them on their heads, and return them to the teacher, using their hands to make a pancake stack.
Change Up	Other cues: patterns, letters on their clothes, types of shoes, having long or short hair, wearing a dress, pants, etc.

B: Color Run

Ages 3-10

Equipment: Different colored poly spots, one per

Set-up	Children each have a poly spot.
Trans-in	Children gather in Starting Position. If there is a large group, split it in half, with 2 groups standing on opposite sides of the room facing each other.
Intro Qs	What color poly spot you are holding?
Explain the game: When I say GO!	The teacher calls out a color. If you are holding that color spot, run to the opposite side of the room. Each time the teacher calls a color they are holding, they must run to the opposite side. Remind the children that many children will be running at the same time. They must be careful and watch where they are going.
Trans-out	Ask the children to carry their spots to the Starting Position where they will wait for directions to Bridge Building.
Change Up	For older children, use two or more spots per child, use letters and numbers or numbers only for addition practice

C: Bridge Building

Ages 4-7

Equipment: Poly spots, two different colored per

Set-up	Children are holding 1 spot each, spread rest on the floor
Trans-in	Children gather in starting position and choose a second spot that is a different color from the first
Intro Qs	If we pretend the floor is a river and we don't want our feet to get wet, what do we need to get across? (A bridge)
Explain the game: When I say GO!	Children use spots to build a bridge from Starting Position. They must keep their feet on the spots. How to build a bridge with Spot 1 and Spot 2: Place Spot 1 on the floor and stand on it. Place Spot 2 in front of Spot 1 then step on Spot 2. Pull Spot 1 in front of Spot 2 and step on Spot 1. Repeat: Reach around, place, step.
Trans-out	Children pick up their spots, balance them on their heads and walk to you to make a pancake stack of spots in your hands.

D: Brown Bear

Ages 2-6

Equipment: None

Set-up	Ideas for animals and movements in your mind: bears, horses, giraffes, elephants, birds, etc.
Trans-in	Children gather in Starting Position.
Intro Qs	Have you ever read the book Brown Bear, Brown Bear, What Do You See? Do all animals move in the same way?
Explain the game: When I say GO!	Children ask: "Brown Bear Brown Bear, What Do You See?" Coach responds: "I see a bird flying past me!" Children move around the space like birds, careful not to fly into their friends or objects in the room. Repeat with other animals.
Trans-out	Return to Starting Position.
Change Up	Children supply the animal movement. Coach says, "I see a bird going past me." Children decide how to move.

E: Frog Pond

Ages 3-8

Equipment: 12-25 Poly spots

Set-up	Place the spots on the floor in front of the Starting Position, 4 in one row, 3 in the next, 4 in the next then three, etc.
Trans-in	Children gather in Starting Position.
Intro Qs	If you are green and you live beside a pond, what would you be? (Frog) If you were a frog, how do you move? (Hop) If you were a frog, what would you sit on in the middle of the pond? (Lily pad)
Explain the game: When I say GO!	The spots are lily pads in the pond. Each child will take a turn hopping across the pond from spot to spot, two feet glued together, to the other side. They will then take turns hopping back across the pond.
Trans-out	Children pick up their spots, balance them on their heads and walk to you to make a pancake stack of spots in your hands.
Change Up	For older children, add a challenge. Frog-eating spiders are on all the green spots, so they must avoid the green spots. Then add spiders to yellow spots. Then add spiders to red spots.

F: Number Turnover

Ages 3-7

Equipment: Two-sided cards with a different number/color combination on each side

Set-up	Place two-sided cards all over the floor, with one color/number side up.
Trans-in	Children gather in Starting Position.
Intro Qs	(For cards with number 5 on one side and 2 on the other.) What number do you see on the floor? (Showing children one of the cards) What number is on this side? What number is on this side? How can I change every 5 into a 2?
Explain the game: When I say GO!	Children will flip all the cards, from first side to second side, staying on their feet, not on their knees. Return to the Starting Position. Repeat.
Trans-out	Children pick up all the cards and make a pancake stack in the Coach's hands.
Change Up	For younger children, use colors as a cue instead of numbers. For older children, divide the group in half. Mix up the cards on the floor so half are showing 5 and half are showing 2. Half of the children are responsible for making all the cards become 5's while the other half are responsible for making all the cards 2's. Have children flip cards while bear crawling.