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# Performing intensive PE classes to learn new skills

## PROJECT JoyMVPA

***Joy through play is a human right.***

*Project JoyMVPA provides adults with a research-based program to promote this basic human right. Project JoyMVPA is a free physical activity program based on enjoyment and appropriate intensity levels.*



It is true that physical activity is good for the body and mind. However, many of the physical and mental benefits require at least moderate intensity physical activity, such as a brisk walk. Overweight and obesity are great concerns all over the world. Though physical activity in itself does not cure weight gain, as with proper eating habits, physical activity interventions should start at an early age. Reaching many children at once is vital for physical activity intervention. Therefore, schools and sport clubs are great environments for physical activity interventions. JoyMVPA provides teachers, coaches, and youth activators a wide variety of games and activities.

To build JoyMVPA, teams of researchers in four countries have collected the games, which were tested for intensity and enjoyment. The results are in the form of free and instructions in written and video formats. All the materials will be available publicly free of charge in five languages. They will be introduced in each partner-country and spread across Europe. The partners of the project are

University of Tartu, Vilnius University, Vytautas Magnus University, University of Ljubljana and Likes, University of Applied Sciences from Finland. The European Commission through Erasmus+ Strategic Partnership Programme funded this project.

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# INTRODUCTION

The materials support physical education (PE) teachers in elementary and secondary schools with a research-based collection of games and activities. Furthermore, this material aims to support individuals like coaches in the sport clubs and teachers assigned to playground or recess duties, in acquiring and developing basic skills and key competences and strengthening the profiles of the teaching professions. The further aim of the material is to enable practitioners to develop different skills through play, exercises, and games at sufficient intensity. It is also aiming to encourage maximum enjoyment of the process.

## Key Definitions/Terms

Below is a list of key definitions and terms used throughout these materials.

- **Moderate-to-vigorous physical activity or MVPA** - a category of physical activity intensity that reduces the risk of many chronic disease states. MVPA causes an increase in heart rate, breathing, and body temperature.
- **Physical activity** - any bodily movement produced by skeletal muscles that requires energy expenditure.
- **Endurance** - is the ability of a human to exert itself and remain active for a long period of time
- **Aerobic exercise** - any type of cardiovascular conditioning. It can include activities like brisk walking, swimming, running, or cycling. Breathing and heart rate will increase during aerobic activities.
- **Strength** - the ability to do things that demand physical effort, or the degree to which something is strong or powerful
- **Speed** - the ability to move quickly across the ground or move limbs rapidly to grab or throw
- **Balance** - the ability to move or to remain in a position without losing control or falling
- **Flexibility** - anatomical range of movement in a joint or series of joints, and length of muscles that cross the joints to induce a bending movement or motion.
- **Precision** - the level of agreement of the task with itself or specified target when repeated
- **Agility** - an ability to change the body's position efficiently and requires the integration of isolated movement skills using a combination of balance, coordination, speed, strength, and endurance



## Quiz!

What are the health enhancing benefits of physical activity? Below are 10 true or false questions to test your knowledge on the benefits of physical activity from childhood to adulthood.

### **True or False**

1. Physically active children score better on class tests.
2. Physically active girls are less likely to get pregnant as a teen.
3. Physically active children are less likely to be obese as adults.
4. Physically active children are less likely to smoke cigarettes.
5. Physically active children earn about 7-8% more in earnings in adulthood.
6. Physically active children are  $\frac{1}{3}$  less likely to become disabled in adulthood.
7. Physically active children are more likely to attend college.
8. Physically active children influence lower health costs.
9. Physically active children are more productive in work in adulthood.
10. Children with active moms are 2X more likely to be active.



**Answers:** The exciting news is that all the statements are true. An active childhood leads to many benefits in adulthood. Once children get to middle school, they have formed many physical activity preferences and habits.

Research indicates that unfortunately by 3rd and 4th grade children decide to be active or to slide towards less active free time activities. This does not mean we should give up, as research does show that more adults than teenagers engage in physical activity. We still have time to positively influence school-aged students.

# PHYSICAL ACTIVITY

## Physical activity guidelines

The World Health Organization (WHO) recommends the following guidelines for physical activity in children and adolescents:

- Children and adolescents should do at least an average of 60 minutes per day of moderate- to vigorous-intensity, mostly aerobic, physical activity, across the week.
- Vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone, should be incorporated at least 3 days a week.
- Children and adolescents should limit the amount of time spent being sedentary, particularly the amount of recreational screen time.

## Benefits of physical activity in childhood

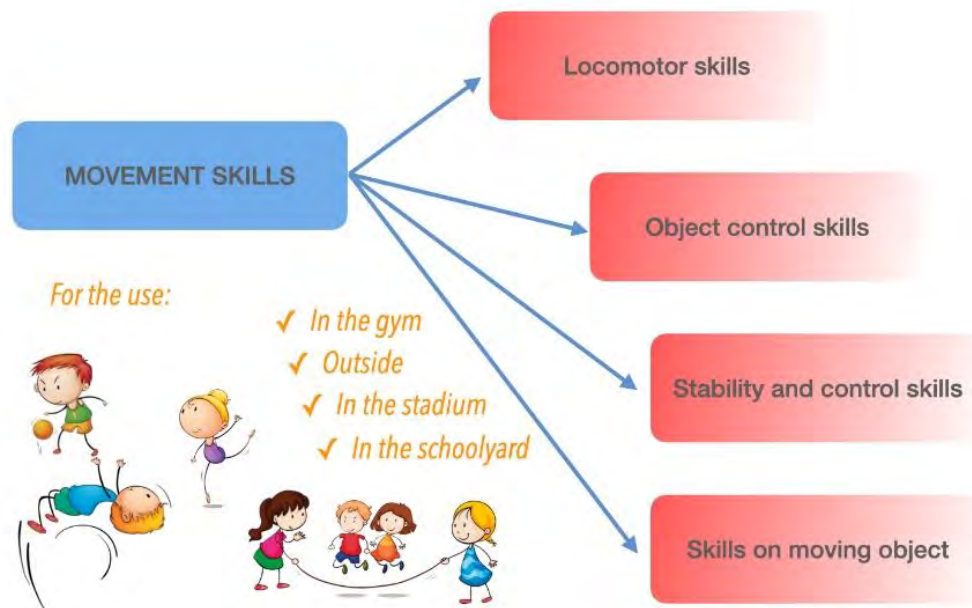
- Prevents the development of obesity, type 2 diabetes, several metabolic diseases, cancer, and is a significant contributor to overall health.
- Physical activity has a considerable role in developing the brain and supporting essential mental functions, like stronger attention skills, improved learning and problem-solving.
- Helps to maintain mental well-being by releasing endorphins (good feeling chemicals) and thereby improves mood, energy levels and sleep. This further can improve self-confidence and resilience.
- Physical activity has shown to reduce the anxiety levels of the children who have high anxiety levels.
- Physical activity, especially weight-bearing physical activity or jumping and running, improves the bone health by stimulating bone mineral accrual and the development of stronger bones.
- Through better body image and higher physical literacy, the child has higher self-esteem and self-confidence. Thus, the child is more likely to continue with different physical activity disciplines and therefore is more likely to continue enjoying an active lifestyle through the entire life.

## Different types of movement skills

Movement skills are the basis of the wide range of different locomotor skills, manipulative skills, object locomotor skills, stability, and body control skills etc (Figure 1).

- **Locomotor skills** involve the body moving in different directions from one point to another. Locomotor skills include walking, running, dodging, jumping, hopping, crawling, and skipping, etc.
- **Stability skills** involve the body balancing either static conditions (in one place) or dynamic (during movement). Stability skills specific include landing, balance (static and dynamic) and keeping body stability in different positions (balancing).
- **Object control** involve handling and controlling objects with a hand, foot or with a bat, stick, or racquet. Manipulatives include throwing and catching, striking with the hands or feet (e.g., kicking, volleying, batting and dribbling).
- **Skills on moving objects** (cycling, skateboarding etc.).

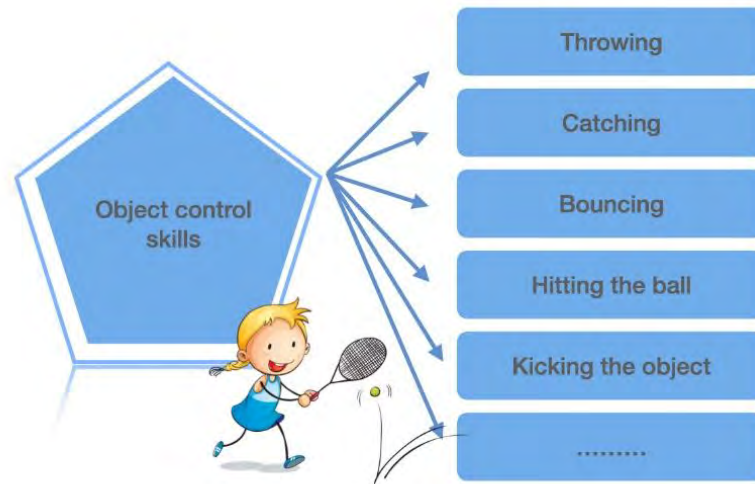




**Figure 1.** Different groups of movement skills and their optional use in different land-based activities

Those different types of skills further consist of different individual skills, also called fundamental movement skills, that can be performed and learned in different environments either isolated or as part of different games, movement drills or as sport disciplines (Figure 2). Those skills include running, skipping, striking, throwing, catching etc, that are further refined during the middle-school years. These fundamental skills transfer to specialised contexts (i.e., as part of different sport disciplines or discipline related exercises).

Development of motor skills should be emphasised in early age groups. Specific types of activity according to the needs of the age group should be addressed: aerobic, strength, weight-bearing, balance, flexibility and motor development.



**Figure 2.** Fundamental movement as subtypes of Object control skills

Mastering fundamental movement skills establishes a foundation to facilitate continued motor skill acquisition. As mastery occurs, students gain the capacity for successful performance in all activity contexts, thus furthering likelihood of daily exercise participation. A positive relationship exists between teen skill level and adult activity levels, as well as between participation in team sports as pre-teens and adult activity levels.

# JOYFUL AND MOVEMENT FILLED PHYSICAL EDUCATION

## Physical activity and sport program consist of the following components:

- **Skill development.** The development of different motor skills that allow for safe, successful and satisfying participation in various modes of physical activity.
- **Improved physical fitness.** The improvement of cardiovascular endurance, muscle strength, flexibility, muscle endurance, speed and agility, and body composition.
- **Safety.** Self-discipline and physical competence facilitate the development of responsibility for personal health safety.
- **Stress reduction.** Physical activity serves as a mechanism for releasing tension and anxiety and facilitates emotional stability and resilience.
- **Self-confidence and self-esteem enhancement.** A stronger sense of self-worth in young people based on their mastery of skills and concepts in physical activity and become more confident, assertive, independent and self-controlled.
- **Awareness of overuse injuries.** Too much physical activity or too intense for some children may lead to injuries. Be sure your activities are appropriate for all children.

## Successful PE Class Tips

### When selecting the exercises/activities in the class, keep in mind that:

- Organize target physical activities according to the aim of certain class (e.g., the goal is to develop cardiorespiratory endurance, ensure an intensity to develop cardiorespiratory endurance).
- Help to develop physical fitness and skills in a positive and supportive environment
- Make physical activity fun and provide children adequate opportunities to play.



- Children will be active if they are motivated and interested. Therefore, be sure to consider their physical, social and cognitive skill levels when selecting the activity
- Provide opportunities for unstructured play, so that children can learn to read and react in a wider range of movements
- Children learn and develop different skills in different ways and at different speed depending on their age and experience
- Learning new skills will be easier if done in a progressive order. From simple to complex, from easy to hard. Simple skills should be taught before more difficult or complex ones.
- Ensure a variety of activities in different environments

## Tips for increasing intensity of the PE class

- Avoid exercises where children need to stand to wait for their turn. Have them complete a little challenge/task during this moment
- Intensity is higher if teams or groups during the class will be divided smaller. Be ready to make more groups or teams to keep the children involved and the intensity up.
- Intensity means moving. Keep your eye on the game and cheer it up, or increase the tempo of the game by calling out students quicker
- Exercise and rest have to be in balance. Give the children a period of rest between the exercises to be ready for activities during the exercises.
- Children will perform better if they know the game and the rules. Leave some time to practice the game, before expecting higher involvement and intensity.
- Provide children positive feedback and use autonomy-supportive language.



## USING THIS RESOURCE

The aim of this resource is to provide PE teachers and sport clubs different games and exercises that can be used to develop a specific skill. You can choose a target skill to build up a set of exercises based on the conditions you have.

### The Games

We have performed a comprehensive search of different databases for MVPA exercises and games that will fit the European model of PE and traditional sports (e.g., football, basketball). The main selection and development criteria for the games has been their potential to provide MVPA minutes, while being fun and enjoyable. PE teachers from the partner countries have also contributed to game development and have given their feedback for MVPA and enjoyment potential. The whole set consists of 100 games.

### Testing for Enjoyment and MVPA

The research team tested the games in regular PE classes with 4-6 grade children. In most cases, most classes included boys and girls. The research team tested all games in 10-minute blocks, and used Polar heart rate sensors to measure physical activity. The research-based cut-off point for MVPA intensity was heart rate above 140 beats/minute. Immediately after each tested game, children rated their enjoyment rating on 5-point scale. Based on the MVPA testing, all games were characterized on the MVPA potential, expressed by the percentage of time children spent at least moderate intensity during the game.



The measured game-time in moderate to vigorous intensity is 60-75%



The measured game-time in moderate to vigorous intensity is 75-90%



The measured game-time in moderate to vigorous intensity is over 90%

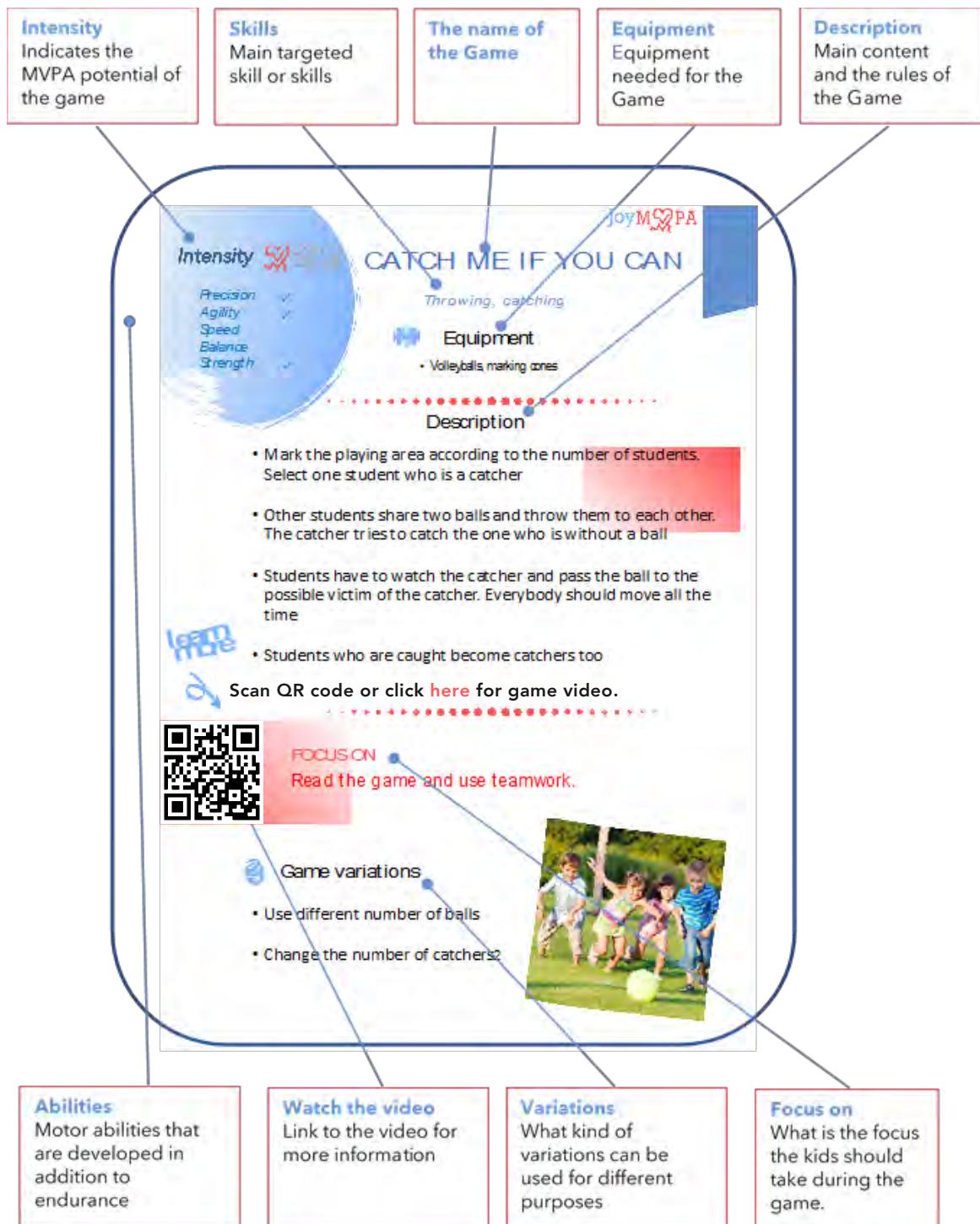
	20 TOTAL PLAYERS	83 AVERAGE (%)	97 MAXIMUM (%)	144 CALORIES (KCAL)
	4129 180	90	102	170
	3725 81	90	102	168
	8025 82	82	91	126
	7426 61	86	98	154
	7128 84	83	95	117
	8726 85	85	96	128

### Instructions

You will see the tested games on film with the descriptive and audio materials for a clear overview of the game. You will find the video link on the Game Cards.

## How to read the Game Card?

Each game appears on the single page with the main parameters of the games clearly described. The following sections describe the information available on the Game Card.



## Using the Search for specific games

The Search engine has been developed to search the games that match the specific criteria according to the needs and lesson target. The criteria that can be used is related to five different parameters, but the main criteria would be the skill.

- 1) **Skills** - the targeted skills that the game develops: Running, throwing, catching, bouncing, and dribbling.
- 2) **Target Abilities** - the main abilities that will be developed if learning the skill. Note that each game is suitable for endurance, but in addition the options are the following: Precision, Strength, Balance, Agility, Speed.
- 3) **Equipment** - you can choose whether additional equipment is needed or not.
- 4) **Environment** - you can choose where you want to use the game, outside in a park, in the hall, or during recess. Note that each game can be used in a gym.
- 5) **Life Application** - choose whether you intend to use games that develop also Cooperative skills to

You can use different filters simultaneously or just some of them. For the result the number of the matched games is indicated. If the match is 0, you end up to the combination of categories that do not have the match. In this case remove some of the filters. Each matched game has the link to written instructions and to the video. All videos can also be found in YouTube, channel JOYMVPA.

To use the Search Engine, [CLICK HERE](#).

# Acknowledgements

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# Games

# Object Control Skills

## Kicking the Object



Scan QR code or click [here](#) for the Kicking the Object Game YouTube Playlist.

## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance  
 Strength ✓

## ROLL THE BALL

Kicking



Equipment  
 Soccer balls, cones

## Description

- Mark the appropriate distance with two lines according to the student skills, and divide the students into two teams.
- Both team members stand behind the lines, facing the other team, and each one has a ball.
- After the signal, teams try to roll the balls to the part of the area of the opposite team. Only one ball is allowed to roll at a time. No kicking is allowed.
- After one-minute, balls in each part of the hall are counted and the team who has fewer balls at their side is the winner. The game starts over again.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

Focus on the accuracy of the roll and quick run to bring the ball for the next kick.



## Game variations

- The time of the game could be prolonged up to 2 or 3 minutes.
- Use only non-dominant leg.
- Increase the playing area.



## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

# VOLLEYBALL WITH BASKETBALL IN HANDS

*Kicking the object*



## Equipment

Volleyball net, one volleyball, basketballs

## Description

- Children are allocated into two teams using a volleyball net or a rope at appropriate height.
- Instead of a regular volleyball pass with hands, each player keeps basketball in his/her hands.
- Players follow the volleyball rules. Basketball is used for hitting the volleyball.
- The winner is the team which scores more points.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Be ready to move quickly to kick the ball and watch the positions of other players!**



## Game variations

- Allow more than 3 hits to get the ball over the net.
- One touch of the ball to the ground is allowed before kick.



## Intensity



Precision

Agility ✓

Speed

Balance ✓

Strength

## FOOTBALL WITH THE SHOE IN THE HAND

*Dribbling, kicking*

## Equipment

Football, goals

## Description

- Two football goals are put on an opposite side of the playing space.
- Children are allocated into two teams and play football in accordance with the football rules, but the ball is forwarded or kicked with the touch of the shoe, which is in the hand of the player instead of touching it by foot.
- The game lasts 10 minutes, the score is counted, and the winner is announced.

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moreScan QR code or click [here](#) for game video.

## FOCUS ON

**Teamwork and moving around the playing area.**

## Game variations

- Change the area of the playing field.
- Define the number of touches before passing the ball to the other team member.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

# TEAM CONTESTS (WITH A BALL)

*Dribbling, volleying*



## Equipment

Cones, sport balls

## Description

- Divide the class into groups of 3-4. Each team is together in space surrounded by cones. There is a middle section designated with cones.
- The aim is to improve object controlling skills. The game starts with a teacher calling out a sport skill with a ball. One student per team sprints to the middle area while performing the skill and then back to the team. Each skill ends when all teams complete it.
- Score by the number of teams. For example, if there are 6 teams, the team that wins a specific athletic skill gets 6 points, the second-place team get 5 points, and so on.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the game moving by encouraging students to get to and from the middle quickly!**



## Game variations

- Have themes for racing out to the middle, such as animals - bunny hops, frog jumps.
- Ask students for ideas to increase engagement.





## Intensity



- Precision ✓
- Agility ✓
- Speed ✓
- Balance
- Strength ✓

## TOUCH THE LEG

*Rolling the ball, jumping*



## Equipment

Any kind of balls equal to the number of players, cones

## Description

- Mark the game area according to the number of students and divide them into two teams.
- One team is spread across the playing area. The second team members are spread outside.
- Students outside the area must hit the legs of the team in the playing area by rolling the balls across the area: from one side to the other. Balls from the space between sidelines are returned to the sidelines as fast as possible.
- After 2 minutes, the number of successful attempts is counted. Then teams change their roles and the game starts again.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Do not kick but roll the ball!**



## Game variations

- Play the game in a smaller space.
- You can play the game by rolling the ball either with leg or hand.
- To increase intensity, play the game in smaller groups.



# Basketball Dribbling



Scan QR code or click [here](#) for the Basketball Dribbling YouTube Game Playlist.

## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance ✓  
 Strength

# BASKETBALL DRIBBLE KNOCKOUT

*Basketball dribbling*



## Equipment

Basketballs

## Description

- Set up an open game area according to the number of students.
- The aim is to improve student dribbling skills. Divide the class into two teams. The game starts with all students dribbling.
- Students try to tag other students on the other team. Students must keep dribbling while tagged.
- Other children can free the ones who have been tagged by touching them, or the game can be played to the end and the last one not tagged is the winner.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Be sure students waiting are dribbling at all times!**



## Game variations

- To increase competitiveness and excitement, break the class into 3 or 4 teams.
- To improve skill, have students dribble only with one hand, then switch hands for the next game.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

# RED ROVER (BASKETBALL)

Basketball dribbling



## Equipment

Basketballs, cones



## Description

- Mark the game according to the number of students marked areas at each end.
- The aim is to improve student dribbling skills within the Red Rover rules. The game starts with one to a few students start in the middle of the activity space. All other students are dribbling back and forth the width of one end zone.
- The teacher calls out a few names - Red Rover, Red Rover, bring Marc and Jane right over! Those students attempt to dribble to the other side without being tagged. Wait a few seconds and call out more names.
- Tagged students go back to dribbling with other students. Students, who make it to the other side, stay there dribbling. Change the middle students every 1 minute. Play Red Rover in 1-minute blocks with new students in the middle (game starts, game ends).

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the game moving by calling out names!**



## Game variations

- Make game area smaller or bigger.
- Have students dribbling with one hand.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

# FIND THE MONEY! (BASKETBALL)

Basketball dribbling



## Equipment

Cones, coins, basketballs (one per team)



## Description

- Have an end zone area for students. Place many cones in the open space. Hide some but not all coins under the cones. Use not the real coins, but printed money of different values. Count them at the end of the game.
- The aim is to improve student dribbling skills within the Find the Money rules. Divide the class into many teams. For example, 30 students = 6 teams of 5 students.
- The game starts with all students in their line doing jumping jacks. The students dribble (one student per team) to find hidden money. Students get one look per attempt. Student dribble back to line and next student dribbles to find money.
- Play five, 2-minute games. Score is the amount of money found. Most money found wins.

Scan QR code or click [here](#) for game video.



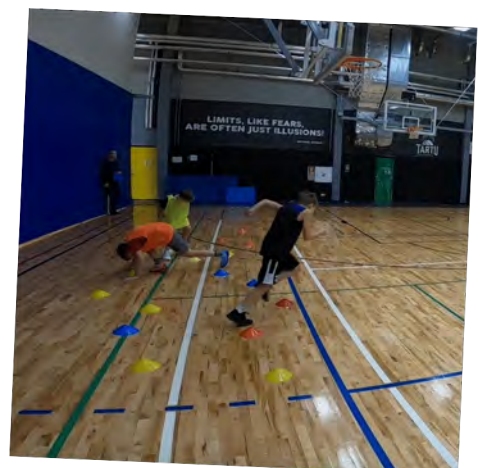
## FOCUS ON

**Keep the game moving by constantly hiding money!**



## Game variations

- To improve skill, have students dribble only with one hand, then switch hands for the next game.
- Be sure to have plenty of coins to increase game excitement.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

# SHARKS AND MINNOWS (BASKETBALL)

Basketball dribbling



Equipment

Basketballs

## Description

- An open space such as a gym or outdoor area is required with marked areas at each end. The aim is to improve student dribbling skills within Sharks and Minnow rules.
- Game starts with one to a few students start in the middle of the activity space as sharks. All other students are dribbling in one end zone.
- The teacher calls out GO! The students attempt to dribble to the other side without being tagged by the sharks. Sharks should be dribbling too.
- Tagged students go back to the starting end. Students who make it to the other side can try to come back. Change the sharks every 1 minute. Sharks keep their points as to the number of classmates tagged. The shark who tags the most minnows, wins.

Scan QR code or click [here](#) for game video.

## FOCUS ON

**Keep the game moving by encouraging minnows to keep trying to get past the sharks!**

## Game variations

- Change the size of the area where tagging is allowed.
- To improve skill, have students dribble only with one hand, then switch hands the next game.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## MR. OR MRS. WOLF

Basketball dribbling



Equipment

Basketballs, cones

## Description

- Mark the area squared area as the forest edge. The aim is to improve basketball dribbling within Mr. Wolf rules.
- Game starts with one or two students in the forest as Mr. Wolf. All other students are on the forest edge, dribbling.
- Teacher calls out a number. Students must take that number of steps into the forest and then continue dribbling. Teacher does this a few times. Suddenly, teacher yells Wolf! Mr. Wolf then tries to tag students.
- Tagged students become wolves. Student places basketball down in the forest edge. Start over every 2 minutes. Students keep own score of number of times tagged. Lowest score wins.

Scan QR code or click [here](#) for game video.



## FOCUS ON

Keep the game moving by calling out Wolf!



## Game variations

- Have Mr. Wolf close eyes until Wolf is yelled out.
- When students in forest edge, have them work on dribbling skill like the crossover or dribbling with their non-dominant hand.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

# PIRATE'S TREASURE (BASKETBALL)

Basketball dribbling



## Equipment

Basketballs

## Description

- An open space such as a gym or outdoor area is required with marked areas at each end.
- The aim is to improve student dribbling skills within Pirate Treasure rules.
- Game starts with one to a few students start in the middle of the activity space as pirates (no basketballs). All other students are dribbling in one end zone. The teacher calls out GO! Students attempt to dribble to the other side, while the pirates try to steal a basketball.
- Students who make it to the other side can try to come back. Pirates give back the stolen basketballs. Change the pirates every 1 minute. Pirates keep their points as to the number of balls stolen. The pirate who steals the most basketball wins.

Scan QR code or click [here](#) for game video.



### FOCUS ON

**Keep the game moving by encouraging students to keep trying to get past the pirates!**



### Game variations

- To improve skill, have students dribble only with one hand, then switch hands for the next game.
- Allow different size area for pirates.



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more

## Intensity



Precision

Agility ✓

Speed

Balance

Strength

# FOOSBALL (WITH BASKETBALL)

Basketball dribbling



## Equipment

Basketballs, cones



## Description

- Mark the area adjusted for the number of students. Mark three lines to divide the area into 4.
- The aim is to improve student dribbling skill playing foosball. Divide the class into many teams based on the space available. A small space allows for 2 students defending per line. Larger spaces like a football pitch allow for many more.
- One team is on defense. Each line, like a foosball table, has the defenders. The other team are the foosballs. They must get to the end zone without having their ball deflected.
- If a foosball scores by getting to the end zone, then that student runs back to the starting area to try again within the time limit. Play, 2-minute games alternating team as defenders and foosballs. Score is the number of students reaching the end zone in each 2-minute game. The team with most points wins.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the game moving by encouraging foosballs to try hard while always dribbling to score!**



## Game variations

- When outside, make many teams for a tournament environment.
- Allow dribbling with one hand only.



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more

## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance  
 Strength

# BASKETBALL FOR THREE TEAMS

*Basketball dribbling, throwing, catching*



## Equipment

Basketball, basket

## Description

- Children are allocated into three teams, with only one basket provided.
- Three teams are struggling to throw the ball into the basket.
- Players follow the regular basketball rules when played on one court side.
- The team who gets the highest score in allocated time wins.

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more

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Try to think on the best game tactics and passing!**



## Game variations

- Use 4 teams.
- Do not allow scoring from the distance.



## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance ✓  
 Strength

# BASKETBALL PLAYED IN PAIRS (2 FOR 1)

*Basketball dribbling, throwing*



Equipment  
 Basketball, baskets

## Description

- Divide children into two teams using basketball field. Paired number of children is required.
- Within each team, two players clutch their hands (one player's left, another player's right). Other two hands of a pair are used for dribbling, throwing a ball etc.
- Players follow the general basketball rules.
- Wins the team, who gets the highest score in allocated time.

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Scan QR code or click [here](#) for game video.



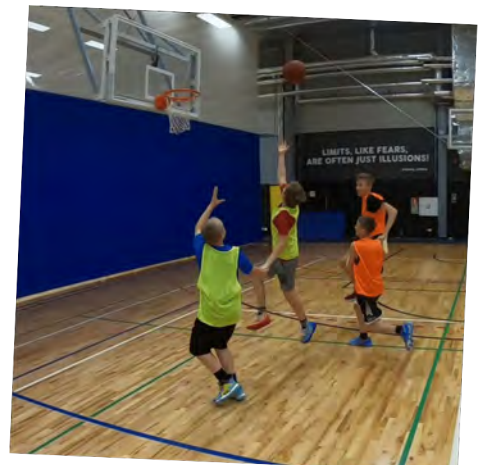
**FOCUS ON**

**Teamwork with your pair.**



### Game variations

- Clutching by the elbows.
- Change the players' position in the pair.





## Intensity



Precision

Agility ✓

Speed

Balance

Strength

# BASKETBALL PLAYED IN PAIRS 1 AGAINST 1

Basketball dribbling



## Equipment

Basketballs, baskets



## Description

- Children are allocated into two teams. Even number of players is required.
- Children stand in front of each other at both sides of midcourt line. The game is played 1 against 1. Each pair has one basketball.
- After the signal, each pair plays according to basketball rules, one against another. Players of one team throw the ball into the basket of the other team.
- Once the ball is thrown to the basket, the score is counted. Individual scores are also counted and wins, the team which had more throws into basket made by its members.

learn  
more

Scan QR code or click [here](#) for game video.



### FOCUS ON

**Focus on the play of your own pair, follow the other for safety!**



### Game variations

- Play with the dominant hand only.
- Play with the non-dominant hand only.





## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

# MOVE THE MARKERS (DRIBBLING)

*Dribbling*



## Equipment

Cones, training marker cones, basketballs or footballs

## Description

- Set out cones in lines with training marker cones on top.
- The aim is to improve dribbling skills. Divide the class into groups based on the number of cones available. While dribbling, students race to move marker cones one at a time to the next cone. And then move them back to the starting cone.
- Teacher says GO! Student races first cone and moves marker to the next cone and goes back to team. Next student goes. Each skill ends when all teams complete it.
- Score by the number of teams. For example, if there are 6 teams, the team in the race gets 6 points, the second-place team get 5 points, and so on.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the game moving by encouraging students to race!**



## Game variations

- Have students waiting doing jumping jacks.
- Make more teams and play two rounds in a row.



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# Soccer Dribbling



Scan QR code or click [here](#) for the Soccer Dribbling YouTube Game Playlist.

## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

## SOCCER PIN KNOCKDOWN

Football dribbling



## Equipment

Pins, footballs, coloured shirts



## Description

- An equal number of pins are placed in each corner of the activity space.
- The students are divided into four equal teams. Each team has a football. At the beginning of the game, members of each team are placed on their respective corner of the activity space.
- The aim of the students is to dribble and knock down pins of the opposing teams by kicking the football. If the student manages to knock down a pin, he or she may take it and add it to the pins of his or her team.
- The team wins that has the most pins up after the prearranged time limits.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the tempo and keep dribbling!**



## Game variations

- Increase or decrease the activity space.
- Increase or decrease the number of pins in corners.
- Change the rules by indicating areas where students may not go closer to knock down the pins.



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## Intensity



Precision

Agility ✓

Speed

Balance ✓

Strength

FOOTBALL DRIBBLE  
KNOCKOUT

Football dribbling



## Equipment

Footballs

## Description

- Set up an open game area according to the number of students.
- The aim is to improve student dribbling skills. Divide the class into two teams. The game starts with all students dribbling.
- Students try to tag other students on the other team. Students must keep dribbling after getting tagged.
- Other children can free the ones who have been tagged by touching them, or you can play to the end and the last one not tagged is the winner.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

Keep the game moving by encouraging students to tag the other team!



## Game variations

- To increase competitiveness and excitement, break the class into 3 or 4 teams.
- To improve skill, have students dribble only with one foot, then switch the foot for the next game.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

# RED ROVER (FOOTBALL)

*Football dribbling*



## Equipment

Footballs, cones

## Description

- Mark the game according to the number of students marked areas at each end.
- The aim is to improve student dribbling skills within the Red Rover rules. Game starts with one to a few students start in the middle of the activity space. All other students are dribbling back and forth the width of one end zone.
- The teacher calls out a few names - Red Rover, Red Rover, bring Marc and Ausra right over! Those students attempt to dribble to the other side without being tagged. Wait a few seconds and call out more names.
- Tagged students go back to dribbling with other students. Students, who make it to the other side, stay there dribbling. Change the middle students every 1 minute. Play Red Rover in 1-minute blocks with new students in the middle (game starts, game ends).

Scan QR code or click [here](#) for game video.

## FOCUS ON

**Keep the game moving by calling out names!**

## Game variations

- Make game area smaller or bigger.
- Have students dribble with only one foot.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

# SHARKS AND MINNOWS (DRIBBLING)

Football dribbling



## Equipment

Footballs



## Description

- Adjust the game according to the number of students, with marked areas at each end.
- The aim is to improve student dribbling skills within Sharks and Minnow rules. The game starts with one to a few students start in the middle of the activity space as sharks. All other students are dribbling in one end zone.
- The teacher calls out GO! The students attempt to dribble to the other side without being tagged by the sharks. Sharks should be dribbling too. To improve skill, have students dribble only with a certain part of the foot.
- Tagged students go back to the starting end. Students who make it to the other side can try to come back. Change the sharks every 1 minute. Sharks keep their points as to the number of classmates tagged. The shark who tags the most minnows, wins.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the game moving by encouraging minnows to keep trying to get past the sharks!**

## Game variations

- To improve skill, have students dribble only with one foot, then switch the foot the next game.
- Change the number of sharks.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

# FIND THE MONEY! (FOOTBALL)

*Football dribbling*



## Equipment

Cones, coins, footballs (one per team)



## Description

- Have an end zone area for students. Place many cones in the open space. Hide some but not all coins under the cones. Use not the real coins, but printed money of different values. Count them at the end of the game.
- The aim is to improve student dribbling skills within the Find the Money rules. Divide the class into many teams. For example, 30 students = 6 teams of 5 students.
- The game starts with all students in their line doing jumping jacks. The students dribble (one student per team) to find hidden money. Students get one look per attempt. Student dribble back to line and next student dribbles to find money.
- Play five, 2-minute games. Score is the amount of money found. Most money found wins.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the game moving by constantly hiding money!**



## Game variations

- To improve skill, have students dribble only with one foot, then switch legs the next game.
- Be sure to have plenty of coins to increase game excitement.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

# PIRATE'S TREASURE (FOOTBALL)

Football dribbling



## Equipment

Footballs



## Description

- An open space such as a gym or outdoor area is required with marked areas at each end.
- The aim is to improve student dribbling skills within Pirate Treasure rules.
- Game starts with one to a few students start in the middle of the activity space as pirates (no footballs). All other students are dribbling in one end zone. The teacher calls out GO! Students attempt to dribble to the other side, while the pirates try to steal a football.
- Students who make it to the other side can try to come back. Pirates give back the stolen footballs. Change the pirates every 1 minute. Pirates keep their points as to the number of balls stolen. The pirate who steals the most balls, wins.

Scan QR code or click [here](#) for game video.



### FOCUS ON

**Keep the game moving by encouraging students to keep trying to get past the pirates!**

### Game variations

- To improve skill, have students dribble only with one foot, then switch foot the next game.
- Allow different size area for pirates.



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## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

# STICK IN THE MUD FOOTBALL

*Football dribbling*



## Equipment

Footballs, coloured shirts

## Description

- Each student has a football. Select 1-3 students who are Taggers.
- On GO, the aim of all students is to dribble footballs within the activity space. The aim of Taggers is to tag the other students while also dribble with football. The Taggers can only tag if they have the ball under control.
- If tagged, the student picks up the ball and holds it above the head with legs spread apart shoulder width. A student can also be caught by losing control of the ball out of the activity space.
- To be freed, another student must pass the ball through the tagged student legs. The game ends if all students are tagged.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Be sure that students are attempting to save the tagged students!**



## Game variations

- No balls for taggers. Just tagging.
- Pass and return pass to get freed.



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## Intensity



Precision ✓  
Agility ✓  
Speed  
Balance  
Strength

# MOVING GOAL GAME

*Football dribbling*



## Equipment

Footballs, coloured shirts

## Description

- The students are divided into two equal teams.
- Two students are selected to be a “moving goal”. These students hold the ends of a gym pole, jumping rope, etc. and stretch it out as they move around the activity space. Other students are divided into two teams.
- The aim of the students is to play a football as usual, but to score in the “moving goal”.
- The team wins that has scored more goals after the prearranged time limits.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Be sure that all students are active!**



## Game variations

- Add more balls to the game.
- Add the second „moving goal“.
- Change also the height of the “upper bar” of the “moving goal”.



# Throwing and Catching



Scan QR code or click [here](#) for the Throwing and Catching Games YouTube Playlist.

## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

## ANGRY BIRDS TAG

*Running, throwing*



## Equipment

Balls, mattresses

## Description

- Place large objects, like mats or chairs, on the edges of the round playing area for the players to hide behind. Mark the small middle area. Choose 2-3 students as throwers and provide lots of small soft throwable objects.
- Throwers try to tag the players with soft balls from the middle of the circle. The others try to get around the circle without getting tagged.
- When a player gets tagged, he/she switches roles with the thrower. The throwers may collect more balls from anywhere, but can throw only from the middle area.
- A variation: divide the players to two teams that try to score as many points (hits) as possible. Have the teams take turns as throwers and as runners.

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Scan QR code or click [here](#) for game video.



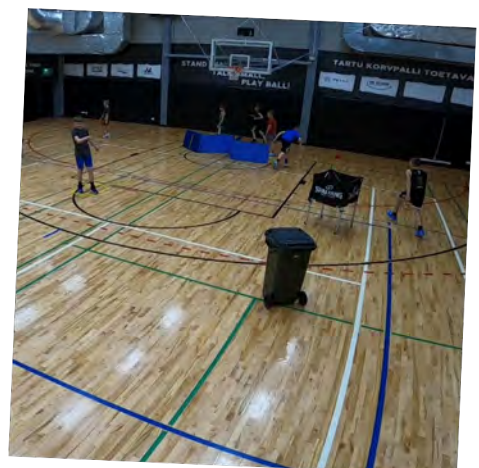
## FOCUS ON

**Keep moving from object to object! Do not stand!**



## Game variations

- If the runner catches the ball, he or she gets extra point.
- Children may throw using only predetermined way (e.g., using only right hand; left hand; overhead with two hand etc.)





## Intensity



- Precision ✓
- Agility ✓
- Speed ✓
- Balance ✓
- Strength ✓

## STREET COMBAT

*Running, throwing*



## Equipment

Mattresses, many soft balls for throwing, a flag or like for the home base

## Description

- Divide the students into two teams. Place mattresses etc. on the play area for hiding behind. Give each team several soft balls. Each team has a home base with a flag at opposing ends of the gym.
- The aim of the game is to capture the flag. The team that can bring the opposing team's flag to their side of the court first without getting hit, wins.
- You can tag opponents by hitting them with soft balls. After getting hit, the player must exit the game. 10 push-ups or other exercises gets the player back in the game.

learn  
more

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Make sure the balls are light enough not to cause injuries.**



## Game variations

- Divide the teams to attackers (that try to steal the flag) and defenders (that try to protect the flag by tagging the attackers from the opposite team).



## Intensity



Precision ✓  
 Agility  
 Speed ✓  
 Balance  
 Strength

# STEAL FROM THE OTHERS

*Throwing, running*



## Equipment

Basketballs, baskets

## Description

- Divide the children into two teams and use free throw lines and regular baskets.
- Two teams share the determined places near their free throw line and put there their belongings (e.g., backpacks, item of clothes, etc.).
- Teams stand up to the free-throw lane in a line. After the throw, the first thing to do is to pass the ball back to the next team member. If a team member succeeds to throw the ball into the basket, he runs to the opposite team's and takes one of their belongings. Then runs back and puts the belonging on their place and joins the end of the team for next throw.
- If the throw is missed, joins the back of the row immediately. While waiting for their turn, children can do some exercises (e.g., jump or bends). After the determined time, the teams count belongings of the opposite team that they collected. Wins the one which get more of offensive team's belongings.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Focus on the throw, do not hurry!**



## Game variations

- Use more teams for free throws.
- Let each student have a ball to throw.



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## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

# CATCH ME IF YOU CAN

*Throwing, catching*



## Equipment

Volleyballs, marking cones



## Description

- Mark the playing area according to the number of students. Select one student who is a catcher.
- Other students share two balls and throw them to each other. The catcher tries to catch the one who is without a ball.
- Students must watch the catcher and pass the ball to the possible victim of the catcher. Everybody should move all the time.
- Students who are caught become catchers too.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Read the game and use teamwork!**



## Game variations

- Use the different number of balls.
- Change the number of catchers.



## Intensity



Precision ✓  
 Agility  
 Speed  
 Balance  
 Strength ✓

# THROW THE MEDICINE BALL

Throwing



## Equipment

One medicine ball (1 or 2 kg). Regular balls for each child, cones

## Description

- Mark three lines approximately 5 m apart and divide children into two teams standing behind the outside lines with each having a ball.
- The medicine ball is placed at the centre of the middle line and players must throw their own ball and hit the medicine ball with it to push it to the other team side.
- After the signal, by throwing the balls, players must push away a medicine ball to the part of the hall of the other team. No one should cross over the midcourt line.
- Students are allowed to throw the ball only from behind their line, and collect as quickly as they can the balls for their next hit only from their side of the playing area. After 2 minutes, the location of medicine ball is identified and one of the team gets one score point. The game starts over again.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Focus on the accuracy of the throw and quick run to bring the ball for the next throw!**



## Game variations

- Use different variations of moving to bring the ball back.
- Throw with only dominant hand.
- Throw with only non-dominant hand.



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## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance  
 Strength

## HULA HUT BATTLE

Throwing, running



## Equipment

Hula-Hoops, balls, cones

## Description

- It is a game of aiming with the goal of knocking down the enemy's fortresses.
- Set the game area according to number of students. Every team (4, 6 or 8 teams) needs 6 hoops and 4 balls.
- Every player (3-5 members) defends the fortress built from 6 hoops and attacks the enemy fortress by throwing the ball.
- Make sure to run after the balls quickly to make the next attack. Play until all the fortresses are knocked down.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**It is not just hitting the other fortress, but also defending your own.**



## Game variations

- Players cannot move while holding the ball.
- Change the way how players can move.





## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

# JUMPY BALLS

Throwing



## Equipment

Tennis balls, plastic boxes

## Description

- Jumpy Balls is a game where players try to throw tennis balls into the (plastic) box. Mark the line from the box for each team (4-6 members) where they start throwing.
- The goal is to throw tennis balls into the box. If the ball jumps out, students must run, pick up the ball and try again.
- The team that puts most balls in the box in a set period (of time) or runs out of balls, wins.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Focus on throwing accuracy, not the speed of the throwing attempt!**



## Game variations

- Make throwing distance bigger.
- The ball must do one bounce before landing into the box.
- Change throwing distance.





## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## TOUCH RUGBY

*Throwing, catching*

## Equipment

Cones for playing area, one ball



## Description

- Adjust the playing area based on the number of the players.
- The goal of the game is to bring a ball (or any object) to the opponent's area. Each team starts the game on their side of the playing field. The player with the ball must not take any steps.
- All physical contact with the opponent team is prohibited, but you can catch the player with the ball. The player with the ball must pass the ball to a teammate before opposing team players catch him/her. If the player is caught, the ball is put on the floor and the other team starts their attack.
- If the ball is taken to the opposite team back line, the team gets a point. Play different length periods and count the final score for the teams.

Scan QR code or click [here](#) for game video.

## FOCUS ON

**Teamwork is the key, passing and moving along the playing area.**



## Game variations

- Bring the second ball into the game.
- Determine the number of the steps a player can make with the ball.

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## Intensity



Precision

Agility ✓

Speed ✓

Balance ✓

Strength

## HIT ME

Throwing, catching



## Equipment

Soft ball, markers for playing area

## Description

- The goal of the game is to hit other players with the ball. Adjust the pitch according to the number of players with markers.
- One player is thrower, while others trying to catch or dodge the ball, they can move in marked area.
- Player (with the ball) can make a limited number of steps before throwing the ball. Other players try to catch or dodge the ball. Anybody who catches the ball may hit other players with it.
- Players who are hit, exit the area, perform the predetermined exercise and return to the game. If a player catches the ball thrown at him, he is not considered hit, same goes if the ball hits the ground before hitting a player.

Scan QR code or click [here](#) for game video.



## FOCUS ON

Analyse whether to escape a ball or to go after it!



## Game variations

- Allow different number of steps.
- Use a different number of game balls



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## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

# SWEEPING OF THE SPACE

*Throwing, catching*



## Equipment

Markers for playing area, soft balls or volleyballs

## Description

- Mark the playing area (cones) depending on the number of students and use at least 1 soft ball for every 5 students. Balls can be assigned randomly.
- The main purpose of the game is throwing a ball and trying to hit another student, while they are trying to escape. If a student gets hit, he/she needs to do two laps recovery run around the field before he can get back in the game.
- To keep the tempo of the game, use several balls that can be quickly taken on the lines of the playing area. Students on recovery laps can bring the balls back to the lines.
- Teacher should assign the ball to other students every two minutes or when all the players were hit and are out of field running (at the same time), whatever happens first.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Watch out for the rest for safety while keeping moving!**



## Game variations

- Only non-dominant hand is used for throwing.
- Only overhead throw is allowed for throwing.
- To increase the intensity of the game, divide the group into smaller teams.



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## Intensity



Precision ✓  
 Agility  
 Speed ✓  
 Balance  
 Strength

## BULL IN THE MIDDLE

*Throwing, catching*



## Equipment

Basketballs or general-purpose balls

## Description

- Hard surface area with a ring adjusted to class or team size
- The aim is to improve student basketball passing skills. Divide the class into 3 teams with 3 or 4 members.
- Each team will be the bull every third game. Game starts with 1 team as the bull. Students to pass the ball over and around the bull (team) being in the ring. You are not allowed to pass the ball to the team member standing beside you.
- Each time a bull touches the ball, that team scores a point. Play five 2 min games. The game ends with the total score for each team. Highest score wins.

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more

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the game moving by encouraging students to pass quickly, making the bull run.**



## Game variations

- Make the ring bigger or smaller.
- Use a general purpose ball. Allow passers like a soccer ball and a basketball.



## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance  
 Strength

# BASKETBALL – FOOTBALL

*Throwing, catching, kicking*



## Equipment

Basketball, football, goals, baskets

## Description

- Two baskets and football goals are put on opposite sides of the playing space.
- Children are allocated into two teams. One team is given a football, another team a basketball. Teams play against each other both basketball and football simultaneously, depending on which ball a player was passed. Rules of both basketball and football should be followed.
- The points are counted for both: whether the ball is put in the basket or the football ball runs into the goal. After the score is made for basketball or football, the respective ball is passed to the opposite side (the basketball game starts from the back line, the football - from the midline).
- The game lasts 10 minutes, the score is counted, and the winner is announced.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Team work and moving around the playing area.**



## Game variations

- Game can be played using small size balls for basketball and football.
- The scoring rules could be changed, for instance, for passing the ball into football mouth 5 points could be given.





## Intensity



Precision

Agility ✓

Speed

Balance

Strength

# BASKETBALL WITHOUT BOUNCING

*Throwing, catching*



## Equipment

Basketball, baskets

## Description

- Students in teams play basketball by its regular rules.
- The additional rule is added – students cannot bounce the ball.
- Steps rule should be considered – as only three steps with the ball are allowed.

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more

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Teamwork, moving, and passing the ball quickly.**



## Game variations

- Use a different number of steps allowed with the ball.
- Use a different number of passes allowed before scoring.





## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance ✓  
 Strength

# BASKETBALL WITH GLOVES

*Throwing, catching, dribbling*



## Equipment

Basketball, baskets, boxing gloves or usual gloves

## Description

- Children are allocated into two teams on a regular basketball field
- Basketball is played as usual, just with boxing gloves.
- Players follow the regular basketball rules.
- The winner is the team which scores more points.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Catching, bouncing and passing is more complicated.**



## Game variations

- Use tennis balls instead of the basketballs.
- Passes are only allowed for team member on the attack side.



## Intensity



Precision ✓  
 Agility  
 Speed  
 Balance ✓  
 Strength

## SINK THE SHIP

*Throwing, catching*



## Equipment

20 bowling pins, 10 gator skin balls, 4 large mats, 4 scooters,  
 4 pinnies, whistle for teacher.

## Description

- Four mats are set up in a rectangular position on the gym floor. The distance between the mats depends on grade level and ability of students. On the floor in front of each mat, set up five bowling pins. A scooter (lifeboat) and pinnie for the “Captain” is placed by each mat. Gator skin balls are placed in the center of the four mat formations.
- The group is broken into 4 teams. Each team has a designated ship. One player is on the lifeboat and is called the captain. The captain is the only person who can retrieve balls from the sea (gym floor) and bring them back to the ship.
- Players on the mat try to knock down the pins at the other mats by throwing balls using correct overhand technique. At least one foot must be always on their mat. The captain is not allowed to throw balls at the pins. Players on the mat may catch balls or reach for them on the floor, keeping one foot on the mat.
- Players are not allowed to squat and guard the pins. The team with the last pin standing wins.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Proper overhand throwing.**



## Game variations

- Add more mats and teams.
- Add a pirate ship to the game that can move on the floor and join other ships (i.e., they can team up to a one bigger ship that cannot move).
- Add back-up ships for each team.



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## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

## TURKEYS ON THE FENCE

Throwing



## Equipment

Bowling pins, cones, balls for throwing, boxes, hoops

## Description

- Build a fence by using boxes. Add bowling pins (turkeys) on top of the fence. The distance between the cones and the fence depends on the ability of students. On the floor in front of each cone, set up five balls. Behind each cone is a hoop as a farm.
- The group is broken into 4 teams. Each team must use their balls to throw those pins that are placed on the fence (standing near to the cone when throwing).
- If a student hits a bowling pin (a turkey), then this student will go and get this turkey back to the farm (a hoop). In one attempt, a student can use 2 balls. After this, the student will bring his/her balls back for other team members.
- In the end, a team with more turkeys is a winner.

Scan QR code or click [here](#) for game video.



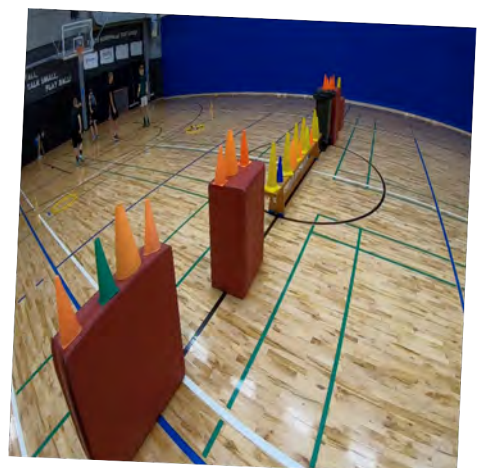
## FOCUS ON

**Proper overhand throwing.**



## Game variations

- Change the distance between the fence and cones.
- Make the fence more attractive.
- Use the bowls of different size.



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more

## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

## SKY BOWLING

Throwing



## Equipment

Hula-hoops, bowling pins, balls, gymnastic benches or  
 volleyball net or mats

## Description

- The playing area is divided into two halves using gymnastics benches, net or mats. An equal number of hoops are randomly placed on each half of the area. A bowling pin is placed within each of the hoop.
- The students are divided into two equal teams. At the beginning of the game, both teams have an equal number of balls.
- The aim of the students is to knock down pins on the opposing playing space by throwing balls.
- The winner is the team that gets all the pins of the opposing team knocked down faster or has knocked down more pins before the prearranged time limit.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

Keep the tempo of the game high.



## Game variations

- Use smaller and bigger balls. Change the style of throwing.
- Move hoops with pins closer / farther from the midline.
- If the student has been hit by the ball and could not catch it, he/she goes to a sideline of an opposing team and may throw pins from there.



## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance  
 Strength

# FASSEN BALL

*Throwing, catching*



## Equipment

Fassen ball, goals

## Description

- The students are divided into two equal teams. In gym, it is played 5 v 5. Replacements are unlimited during any stop in the game. The aim of the students is to score a goal by rolling the ball on the ground by 1 or 2 hands (no knees on the ground).
- An air pass is allowed with one hand. It is forbidden to lift the ball with both hands to make a pass or shoot. If the ball is in the air, it can be put on the ground to dribble or pass it. The ball may be taken from another player only in a 1-on-1 duel. If the ball is blocked more than 4 sec, there will be an aerial gap.
- Any physical contact penalizing the opponent is sanctioned by a free kick or a penalty if the fault was done in the penalty area. It is forbidden to touch intentionally the ball with the feet, except for the goalkeeper in the penalty area to intercept the shots. The goalkeeper cannot use his feet to remove the ball from the hands of the opposing attacker.
- There is a half-moon or rectangle area where the goalkeeper can freeze the ball. All play resumption (touch, goal kick, corner, free kick) are executed with the feet. The penalty is done with the hands by advancing towards the goalkeeper in a face-to-face (shootout) to attempt to score.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Be active and use teamwork!**



## Game variations

- Add the second ball.
- Increase or decrease activity space or the number of players.
- Players may use only one hand.





## Intensity



Precision ✓  
 Agility  
 Speed ✓  
 Balance  
 Strength

## CLOVER

Throwing



Equipment  
 Hula-hoops, sandbags

## Description

- 3 hula-hoops are placed on the ground and are tied together in the central zone. This “clover” is surrounded by a second zone called the neutral zone, which is surrounded by a third called the launch zone.
- Players are separated into two teams. The attacking team is placed in the Launch Zone and players of that team must try to throw balls inside hula-hoops or to 3 of the players positioned inside the tube zone.
- The other team is in defense and is positioned in the Neutral Zone and must try to intercept the sandbags passed from the 2 zones.
- Change attacking and defending team every 3 minutes and count how many sandbags find their way inside hula-hoops or how much time the team takes to throw all balls inside tubes.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**How to protect the ball, so you do not touch the thrower.**



## Game variations

- A player of the defending team is placed inside the tube zone to intercept and push balls away.
- Change the size of the game area.
- Vary the game time.



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## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance  
 Strength

# GOALS ON WALL BASKETBALL

*Throwing, dribbling*



## Equipment

Big and light ball (for example Omnikin ball)



## Description

- Use two teams of 6 to 10 players each. Two lines at the extremities of the gym, about 6 meters from the wall.
- Two players per team will act as keepers and place themselves on their team's line. Players make passes and must dribble to move as in the regular basketball rules, but must either throw or kick the ball on the wall to score.
- The ball must hit the wall under the shoulders of the keeper to count or mark the goal on the wall. Nobody can get into the zones except the keepers.
- The keepers can move wherever they want if they stay in their zone. Keepers change with each point.

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## FOCUS ON

**Safety - the ball must hit the wall under the shoulders of the keeper to count.**



## Game variations

- All the players have to touch the ball before scoring is allowed.
- There are more than 2 keepers, according to level.



## Intensity



Precision  
Agility  
Speed  
Balance  
Strength

## TAG WITH THE BALL

*Throwing, catching*



Equipment  
One regular ball



## Description

- Mark the game area according to the number of students and choose two catchers with the ball.
- Students spread across the hall. The catchers try to catch the players with the ball. The catchers can only move, when they are not holding a ball.
- If catchers tag a player, they will also become catchers.
- The winner is the last one who was not caught.

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more

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Focus on reading the game and teamwork!**



## Game variations

- Add more balls to the game.
- Increase the number of taggers.



## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

KEEP YOUR SIDE  
CLEAN

Throwing



## Equipment

Balls or other throwable objects

## Description

- Divide the gym to two halves, have one team on each side. Divide many balls or other throwable objects evenly to the teams.
- At the end of the game, the team with the least balls in their side of the court wins.
- When the whistle blows, each team tries to throw all the balls to the opponent's side of the gym. One round can last for example 2 minutes. The teacher ends the round with a whistle.
- Can also be used in practicing a sports skill, like badminton, basketball, football etc.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

**Correct and fast throwing!**

## Game variations

- Only throw with your non-dominant hand.
- Move in pairs, holding hands.



## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

## TRASH ULTIMATE

*Throwing, catching*



## Equipment

6 hula-hoops as "trash-cans"

Throwable objects to each hoop



## Description

- Place hula-hoops ("trash-cans") around the gym, different kinds of throwable objects in the hoops. Divide the students into two teams
- The aim of the game is to get close enough to a "trash-can" that you can place the object there without throwing.
- Game: This is a variation of normal ultimate. You can only move without the ball. After each goal, the opposing team starts by selecting a new "trash" from any "can".

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## FOCUS ON

**Teamwork and passing!**



## Game variations

- Change throwing hand.
- Players move in pairs, holding each other by each other's hand.



## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

## FRISBEE

*Running, throwing, catching*



## Equipment

Frisbee disc, playing area markers

## Description

- Frisbee is a dynamic game. The playing field is marked with cones or lines, with the goal area marked at the backline.
- The aim is to come from one side of the playing field to another by throwing and catching Frisbee.
- Players run and try to throw or catch Frisbee. When a player catches a Frisbee, he cannot make any step. Opponent can obstruct the player, but without contact. If the team drops the Frisbee or the Frisbee runs out of the playing area, the other team continues. The team scores if the player caught the Frisbee within the marked area.
- Playing time is limited to 10 minutes. The team that has more points wins.

Scan QR code or click [here](#) for game video.

## FOCUS ON

**Focus on moving and teamwork!**



## Game variations

- Use shorter game time.
- Add another Frisbee disc.
- To increase the intensity of the game, divide the group into smaller teams.



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## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

## JOKER

*Running, throwing, catching*



## Equipment

Volleyball, markers for playing area

## Description

- Players are divided into two teams. Two players from each team are “Jokers”. Mark the squared game area depending on the number of the players.
- Both teams are within the playing area, while Jokers stand outside the area at each corner, with team members set diagonally. Jokers can only move to one half of the other side of the playing area. The purpose of the game is to complete as many passes as possible to their Jokers.
- All team players in the field must make at least one pass, before trying to pass to the Joker. When a team completes a pass to the Joker, the last player who made the pass to the Joker becomes the Joker and the Joker moves in. The opposite team tries to take control of the ball. Once they get the control of the ball, they try to pass it to their own Joker.
- The team that completes more passes to their Jokers wins.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Read the game, follow the teamwork and the placement of your Joker!**



## Game variations

- Limit for a certain steps a player can make with the ball.
- Allow only passes that are low enough to catch.



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## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

## HUNTING SEASON

*Running, throwing, catching*



Equipment  
Balls

## Description

- Name the hunters according to the number of players. Hunters have a ball.
- Everyone moves around. Hunters can move only without the ball, with the ball they cannot. They must pass the ball if they want to move.
- If a hunter touches the player with the ball, then the player becomes a hunter too.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Make sure that everyone moves around!**



## Game variations

- More hunters (4 hunters, for example).
- Use different moving pattern.
- If the hunter catches the player, then they just switch the places.



## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance  
 Strength

## NOODLE TAG

*Catching, throwing*



## Equipment

Pool noodles, volleyballs

## Description

- Hand out volleyballs to half of the students. Also, hand out pool noodles for two students - they are the taggers.
- Taggers must use the pool noodles to tag the children who are not holding the volleyball. Other children must throw volleyballs to those students who are being chased by the taggers. If the student is holding a volleyball, then he/she cannot be tagged.
- If the student is tagged, he/she will become the new tagger.

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more

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## FOCUS ON

**What are the best tactics to use?**



## Game variations

- Use a different number of volleyballs in the play.
- Change the size of the playing area.
- Adding taggers will make the game more challenging.



## Intensity



Precision

Agility ✓

Speed

Balance

Strength ✓

# CATCH THE OMNIKIN BALL

*Throwing, catching*



## Equipment

Omnikin ball

## Description

- Students are divided into equal teams with at least 4 members. Each team has their specific number from that is respective for the number of the teams in play.
- One team is holding the Omnikin ball above their heads and then throws the Omnikin ball high in the air. At the same time, they shout one number that points to another team in the play.
- The team of whose number was called must run and catch the Omnikin ball in the air before it hits the ground. Then they throw it up and shout the number.
- Teams get scored when they do not catch the ball. The team with the lowest score, wins

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## FOCUS ON

**Teamwork and the leader who gives the orders.**



## Game variations

- Change the number of members in the team.
- The team with the ball can make a certain number of steps before the throw.



## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

# THE SWAMP

*Throwing, catching, running*



## Equipment

Soft balls of 3 different colours, 6 mats



## Description

- The playing area (volleyball court) can be used with three mats placed on the backlines. These are the swamps. A restricted zone in front of the mats can be used where the other team members cannot touch the ball.
- Two teams try to hit the other team players with the ball. Balls with three different colours can be used. If the player gets hit, he/she must move to the swamp that is on the side of the opposite team. If the player catches the throw, the thrower goes to the swamp.
- To escape from the swamp, a successful double pass with the teammate must be done. If the double pass is made with a yellow ball, only this student is saved. If the pass is made with the red ball, all the students of your team on the mat are saved. If the pass is made with the gold ball, all the students on mats are saved.
- The team that runs out of the players first on the field loses.

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## FOCUS ON

**Do not try a quick throw, but focus on the accurate one instead!**



## Game variations

- Throw with dominant hand.
- Throw with non-dominant hand.
- Use overhead throw only.



# Locomotor Skills

## Running



Scan QR code or click [here](#) for the Running Games YouTube Playlist.

## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

## UNHANG THE TAIL

Running



## Equipment

Ribbons or balloons in two colours.

## Description

- Divide the students into two teams. Each player has a “tail” - a ribbon, a ball of a single colour.
- The aim is to catch the tails from the opposite team and keep them.
- The student whose tail was removed still can run after the tails of the other team. After 2 minutes, the game stops.
- The winner is the team which members pulled more tails from the other team. They get the score, and the game starts over. After the fifth time, the winner is announced.

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moreScan QR code or click [here](#) for game video.

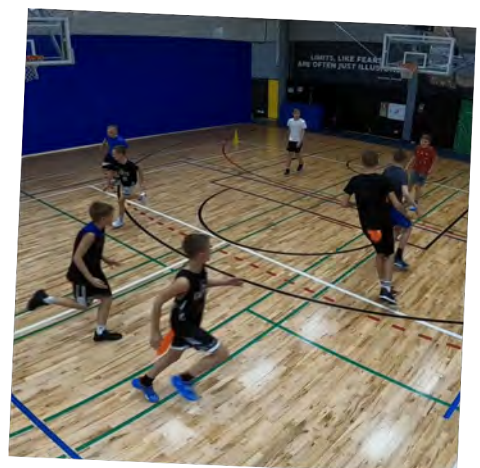
## FOCUS ON

Keep moving and do not forget to focus on your own tail!



## Game variations

- Dribbling a ball while running.
- Make game area smaller or bigger.





## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

# CATCH THE PLAYER WITH THE BALL

*Running, throwing*



## Equipment

Two regular balls, cones

## Description

- Mark the game area according to the number of students and choose two catchers and two players with the ball.
- Students spread across the hall. The catchers try to catch the ones with a ball. The latter could only move while bouncing and pass the ball to other children.
- If a player fails to pass the ball and is caught, let him/her do some task (jumping jacks, pull-ups etc.) to return the game.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Focus on reading the game and teamwork!**



## Game variations

- The player who was caught become a catcher.
- Add more balls or change the players.
- To increase intensity of play in smaller groups.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength ✓

## RESCUE ME

Running



Equipment

Hula-hoops, cones

## Description

- Choose two catchers and the rest of students spread along the playing area. Place some hula-hoops as prisons into the playing area.
- The students must escape from the catcher, but if caught must go into the prison to do some appointed exercise.
- Prisoner could be saved by the touch from the player who has not been caught
- The winner could be the last not caught or instead play for certain time (2 minutes) and then change the catchers.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

Keep the eye not only the catcher, but on the prisoners to free them as well!



## Game variations

- Change the number of the catchers.
- Use bouncing while moving along the playing area.



## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance  
 Strength

## CATCH THE FOX'S TAIL

Running



## Equipment

One ball, cones

## Description

- Mark the game area according to the number of students and divide them into two teams.
- One team, Hunters, stands into an outer circle with one team member holding the ball. Another team, "Fox", stands into a line within the circle, holding each other's waist.
- After the signal, the Hunters must touch the last member (tail of the Fox) by throwing and hitting the fox with a ball. Hunters can pass the ball with their team members to get the best shot on the Fox's tail. The ball should be thrown by both hands, gently, from the below. The task of the Fox is to move in a way that the ball wouldn't touch its tail.
- The number of touches is counted. After the allocated time, teams change their roles.

Scan QR code or click [here](#) for game video.



## FOCUS ON

Pay attention to teamwork in both cases, either being a fox or the hunter!



## Game variations

- Make two foxes.
- Hunters do some extra task (squats) while passing the ball.
- Play with two balls.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength ✓

## SMURFS

Running



Equipment

None

## Description

- Smurfs is a tag game in which Azraels try to catch Smurfs, who turn into Azraels when being caught.
- The Game begins with some students being assigned the role of Azrael and the rest are Smurfs. Azraels and Smurfs can start the game anywhere in the playing area.
- Azraels move on their hands and feet and try to catch Smurfs who are running. A Smurf turns into an Azrael when caught and continues the game attempting to catch the remaining Smurfs.
- Last Smurf in the game wins and starts next game as Azrael.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

What is the best teamwork between the Azarels to catch Smurfs?



## Game variations

- Change the way how Azarels are allowed to move.
- Make the playing area smaller or bigger.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## OASIS

Running



Equipment

Cones, hula-hoops

### Description

- Oasis is a tag game, and oases are safe spots where players cannot be tagged. The number of oases (hula-hoops) should not be more than one for 4 players in the game area (cones).
- There are two types of players in the game, taggers who use noodles to hit and tag the runners. Runners are moving freely and trying to avoid being tagged. If they get tagged, players switch roles by passing a noodle.
- The Game begins with some runners occupying oases and other moving around the field. Taggers can start tagging on the whistle. Runners staying at oases have an assignment like doing squats, steps in place, dance moves, etc. if they are there.
- Freely moving runners can avoid getting tagged by stepping into an oasis, while the other runner in this oasis must leave. The one leaving oasis should not be tagged right away.

Scan QR code or click [here](#) for game video.



### FOCUS ON

**Dynamics - player's activity, number of taggers and their efficiency.**



### Game variations

- Be active and keep running.
- Change the number of taggers or runners.
- Joint assignment when changing places at oases, like synchronous jumps.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## ATOMS

Running



## Equipment

Cones for playing area

## Description

- Adjust the playing area based on the number of the players and choose two players as Atoms to allow free running.
- Atoms aim to catch the others - Free Atoms. If someone is caught, they hold hands and try to catch the next.
- After a group of four is made, they split into two pairs and continue catching others. The game goes on until all players are caught.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

Teamwork strategy for catching Free Atoms



## Game variations

- Use different moving pattern (jumping on one leg, hopping etc.).
- Catching atoms form a column instead of a row.



## Intensity



Precision

Agility ✓

Speed

Balance ✓

Strength ✓

## WHERE TO ...

Running



## Equipment

4 mats



## Description

- The aim of the game is for the team members to switch places according to the teacher's rules. Use 4 mats in the corners of, e.g., volleyball court.
- All players have the same role and need to do the task as quickly as possible.
- The team consists of 2 to 6 players. Each team stands on one mat before each start. On GO, teams switch places according to the rules e.g., of instruction: 2 mats right, team 1 and 2 switch, 3 mats counterclockwise.
- You can use different ways of commands: based on direction, movement pattern, coordinated team move etc.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

**Be quick, but watch the others for safety!**

## Game variations

- Children switch places according to the rules.
- Children move from one place to another with or without the mat.
- To increase the intensity of the game, divide the group into smaller teams.



## Intensity



Precision

Agility ✓

Speed ✓

Balance ✓

Strength ✓

## BOX TAG

Running



## Equipment

4 pillars, elastic band, markers for area



## Description

- Box tag is a variation on the classic tag game. 4 pillars and elastic band is needed to create a square "box" The field around the "box" is adjusted according to the number of players.
- The tagger needs to tag the others in the classical way, with the one being tagged becomes the next tagger.
- Children can move around the area, even in the box. If they want to enter the box, they must jump over the elastic band, if they would like to exit the box they have to pass under the elastic band. They are not allowed to touch the elastic with their hands or lift it in any other way.
- If the student touches an elastic band, he/she will also be a tagger. Play for certain time period or until the last is tagged.

Scan QR code or click [here](#) for game video.



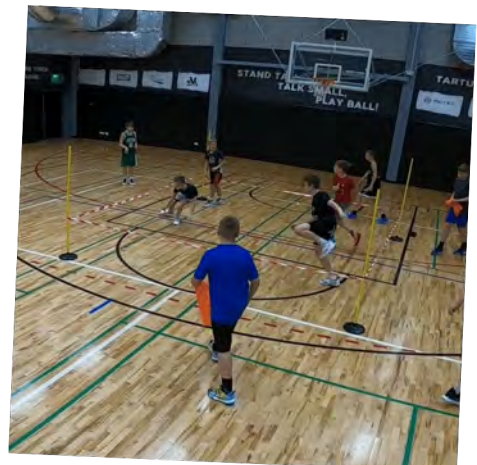
## FOCUS ON

**Be sure of moving around the playing area!**



## Game variations

- Choose different number of taggers.
- Change the area of the box or playing area.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## SNAKE KING

Running



## Equipment

Skipping rope, dice

## Description

- Snake king is a variation on the classic tag game. The field is adjusted according to the number of players. We need only one rope.
- One student becomes the snake king, by holding the rope in his hands.
- Snake king runs around the gym, drags the rope behind him, and wiggles with it. The rest try to step on the rope. Whoever succeeds becomes the new snake king.
- If more than one student steps on the rope simultaneously, the person who is closer to the snake king becomes the snake king.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

**Be active and focus to step on right time on the snake tail!**



## Game variations

- Add more snake kings.
- Playing with hopping on one leg only.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

# MERCHANT PATH AND TAVERNS

Running



## Equipment

4 mats, 4 team skirts, cones



## Description

- Use the four mats in the corners of the playing area as taverns, and mark the bandit cave with the cones in the middle of the playing area.
- 2 bandits (marking shirts) chase the merchants. At the beginning of the game, merchants are safely in a tavern, and they try to run from one tavern to another.
- If the merchants are caught outside the tavern, they go to the bandit cave and become the prisoner. They can be rescued by other merchants. Such merchants must first visit 4 taverns in specific order, then rise the hand and rescue the prisoner. The prisoner is saved if the merchant grab him by the hand and takes him to any tavern.
- Limit the time that the merchants are allowed to spend in the tavern by completing some tasks. If the task is done, the merchant has to move from the tavern and cannot return to the same tavern. Play for certain time limit or if all merchants are in prison.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Find the right moment when to escape from the tavern!**



## Game variations

- Change the number of pirates.
- Merchants can leave the tavern in pairs.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance ✓

Strength

# WITCHES FROM THE FOREST

Running



## Equipment

4 Swedish benches or 8 cones for marking the “tree barks”,  
team vests



## Description

- Witches from the Forest is a tagging game with an element of rescue. Set 4 Swedish benches into playing area (cones) adjusted for number of players.
- 2 witches will be the taggers, while the rest are the dwarves running from the witches. Crossing the benches is not allowed.
- The tagged dwarves go to one tree bark (the Swedish bench). There they wait for the next captured dwarf to hold each other’s hands and lift them up, creating a bridge. They can be rescued when another dwarf passes under their bridge. Together, they make their way to the second bark, where they can be rescued in the same way. They proceed in the same way to the third and fourth barks. The untagged dwarves may only go over the barks when rescuing other dwarves.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep moving quickly, follow the others for safety!**

## Game variations

- Allow dwarves to cross the tree barks at any time.
- Increase or decrease the number of witches.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength ✓

BUILDERS AND  
BULLDOZERS

Running



## Equipment

Numerous cones



## Description

- Builders and bulldozers is a running game. There are two teams of players, divided by marking vests.
- At the beginning, the cones are placed in the ground. Half of them standing and half of them are laying. Players of each team stand on opposite borders of the field.
- Builders have a simple task, to set up cones and bulldozers have to knock down the cones. Everybody can hold only one cone per time and cannot obstruct the opponent.
- Play for 2–3-minute sets. At the end of the set, count the number of cones up or down to give the points to the team, then make the variation and play again. At the end, multiply the points.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Try to be quick with the cones and avoid contact with other players!**


**Game variations**

- Use the regular rules.
- Move in pairs with elbows clutched.
- Move on hands and knees.



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## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

## WOLF'S DEN

Running



Equipment  
Cones

## Description

- Set a middle area that will be the Wolf's den (you can use lines in the gym or cones) and one student as a wolf in it.
- The remaining students will be either side of the den (doesn't matter which side) and they are the rabbits.
- The goal of the game is for the rabbits to go across that den (back and forth) as many times as they can without getting caught by the wolf.
- If a student does get caught, they become a wolf. As students get caught, there will be more and more wolves in the middle until everybody's calling you will start a new round.

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more

Scan QR code or click [here](#) for game video.



## FOCUS ON

**What time is best to go across the wolf's den?**



## Game variations

- Set a middle area (the Wolf's den) wider (or narrower).
- Set a time limit for how long the rabbits can be on the side of the den.



## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

## SECRET AGENT TAG

Running



Equipment  
None



## Description

- The bad guys are the taggers, the secret agents are the free'ers and the citizens are the runners (rest of the players). All players will start in a certain spot, and they will be sitting down on the floor or the field (eyes closed, heads down).
- Teacher goes and taps players on the head to choose what they are (one tap on the head – taggers, two taps on the head – secret agents). Thereafter, everybody can have 5 seconds to find a spot and then get started.
- When somebody gets tagged, they start jumping at one place until a free'er or a secret agent comes along and freezes them (taps on the shoulder) and then they get back running around.
- If all secret agents are tagged, then the round will be over, and everyone will start from the beginning. The goal is for the bad guys to end this game as fast as possible, and for all others, they must keep this game going if possible.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Teamwork. How to identify secret agents and tag all of them as fast as possible?**


**Game variations**

- Add more or less taggers or secret agents.
- Make game area smaller or bigger.
- Add a double-agent to the game who can be either a tagger (when using a left hand) or free'er (when using a right hand).



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## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

# BEACHES, BRIDGES & BOATS

Running



## Equipment

Cones, hula-hoops, flat markers

## Description

- Set the playing area and let the players get into a scattered formation and move around the playing area, trying to avoid contact with other players.
- Inside the playing area, there are 4 cones, and the players will have to stand outside those cones (inside the cones is the ocean). Players must move around in the playing area and make sure they are only staying on the beach (outside the cones) and continuing to avoid contact with other players.
- Teacher will add the bridge that goes across the ocean (students can use it). The teacher will place a couple of hoops inside the ocean that the players can use as boats to across the ocean.
- There is a player who will start off as a tagger, and other players try to avoid the tagger. If the player is tagged, then they go outside the playing area and will do squats or push-ups (rule agreed in advance).

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Which tactic will you focus to avoid being tagged in the game?**



## Game variations

- Make game area smaller or bigger.
- Make ocean smaller or bigger.
- Add more bridges.



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## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## SAVE THE TURKEY TAG

Running



## Equipment

Cones, hoops, stripes of cloth



## Description

- The two students are taggers (Farmers) who start in the middle of the activity space. The rest of the students are Turkey Savers and start on one end of the activity space.
- On the other end of the activity space there is the cone fence, behind which are strips of cloth (Feathers). The Farmer cannot enter this area. The farmer also cannot tag students with Feather. Hoops (Turkeys) are placed on both sides of the activity space.
- On go, Turkey Savers can enter the Farmer's field, attempting to reach the Feathers without getting tagged. If tagged, return to start and perform the predetermined exercise / an exercise of your choice from the exercise list and re-enter the field.
- If reached the Feathers, take one and place it on a Turkey in need (i.e., place the cloth of stripe into the gymnastic hoop). Each Turkey needs four Feathers to be saved. The game ends when all Turkeys are saved.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Be sure that all students are active!**



## Game variations

- Add more Farmers.
- Increase the playing area.
- Farmers may tag Savers by throwing them with a soft ball.



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## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

## STOLE THE CONE

Running



Equipment  
Cones

## Description

- Use two teams and 5 cones per team.
- The playing area is divided into two. Cones are placed to both teams' area (to the back of the playing area).
- Players run around and try to steal their opponents' cones.
- If the player is tagged in opponent's play area, then he/she must go back to their side and try again.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**All the players must follow the rules (it is for their safety)!**



## Game variations

- Different starting positions.
- Use different moving pattern.
- Use different time limits.



## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

## CIRCLE TAG

Running



Equipment  
None

## Description

- Players are in pairs and stand in two circles. Circles are formed so that one player in a pair is in the inner circle and the other in the outer circle. Players stand face to face.
- On the signal, both circles start to jump - inner circle to the right and outer circle to the left.
- When there is a second signal, the outer circle starts to run away. The player in the inner circle must chase his/her partner.
- After chasing the circles, switch places.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

**Follow the rules and safety!**



## Game variations

- The inner circle does not need to chase their partner - they can chase whoever they want.
- Use different moving pattern for chasing and escaping.
- Change the distance between the circles.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## TAGGING GAME WITH TREES

Running



## Equipment

Cones

## Description

- All the players find one tree as a home except one player. They mark it as a home with the ribbon or cone. If played in the gym, just use the cones as trees.
- The free player shouts: "Do not look the moon but change the tree."
- Then all the players close to their tree come away from their tree and try to find new tree to touch. At the same time free player tries to find a home – a tree that is free. The person who does not reach to the new tree is the next leader of the game.

Learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

Keep the tempo of the game high!



## Game variations

- Use different ways to move.
- Let students work in pairs.



## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

## HOME EXCHANGE

Running



Equipment  
Cones

## Description

- Mark two lines 5 to 40 m apart and make two teams - each team has their own home line.
- Players are in the starting position (for example, squat position) at the behind of their home line.
- When a teacher gives a signal, their goal is to run to behind the opponent's home line as fast as their team can.
- When they get to the line, they all must take the starting position again. The team who was quicker gets one point. The rule is to run from the right side of the student who runs towards you.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

The moving directions for team members is important for safety.



## Game variations

- It's possible to change the starting positions.
- Try using different movement styles.





## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## ELBOW TAG

Running



Equipment

None

## Description

- All players put their non-preferred hand (one hand) on their head. The other hand is free.
- When the teacher gives a signal, then everyone must run around in the playing area and get other people out by touching their elbows (the elbow of their non-preferred hand, which is on the head).
- Player who is tagged must run one circle around the playing area and then the player gets back in the game.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

**Be sure that all children are active and following the rules!**



## Game variations

- Change the hands.
- Change the moving style.
- Change the position of the hands - for example, one hand is behind the back.



## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

## CANDY CRUSH

Running



## Equipment

24 coloured cones

## Description

- Make grids (for ex. 5x4, Figure 1) with different coloured cones. Two teams compete with the same grid.
- One student at a time runs from the other end of the gym to switch the places of two cones that are next to each other (Figure 2).
- The team gets to take these cones according to the rules of the Candy Crush mobile game (if you get two of the same colour next to each other, Figure 3.). The team with the most cones in the end wins.

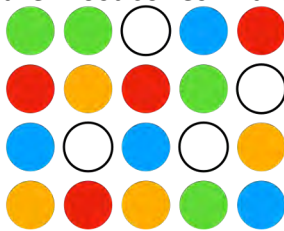


Figure 1.

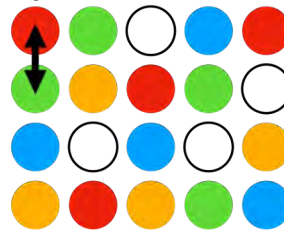


Figure 2.

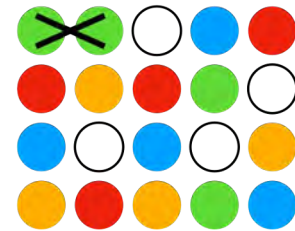


Figure 3

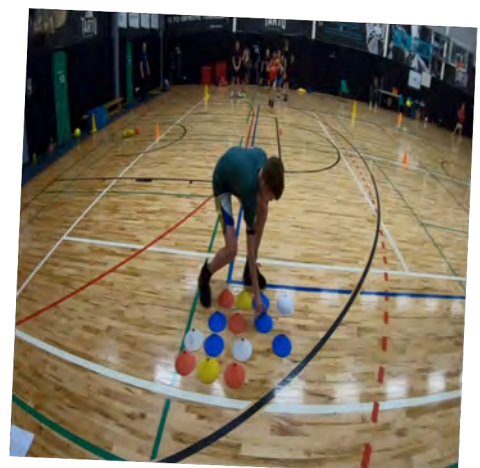
Scan QR code or click [here](#) for game video.

## FOCUS ON

**Fast running and strategy for cone switching!**


**Game variations**

- Make the running distance longer/shorter.
- Use bars or some obstacles the children must overcome when running towards the playing space / playing grid.



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## Intensity



- Precision ✓
- Agility ✓
- Speed ✓
- Balance ✓
- Strength

## PIZZA CARRIERS

Running



## Equipment

Flat objects, notebooks, hard papers etc.

## Description

- Everyone has a "pizza" on hand. Use any kind of flat object for that.
- Each player tries to knock other pizzas to the floor while protecting his pizza.
- If the pizza falls, the player must perform a determined task (like 10 sit-ups) to return to the game.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

Run with the speed where you can still have control of the pizza!



## Game variations

- Form the teams of two, holding each other's hands.
- Only hopping is allowed to move.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

# ROBBING THE DRAGONS NEST

Running



## Equipment

Balls as "dragon eggs"



## Description

- Place eggs to one end of the gym, and players to the other. Select one child to be the "dragon" on the mid-court line.
- Players try to rob one egg at a time while avoiding the dragon's touch. The player must return to home-base if he gets tagged by the dragon. The dragon can only catch the players who are heading towards the nest.
- The game can also be played in teams of 3. This game can also be played dribbling a basketball or a football.

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## FOCUS ON

**Fast running and the position of the dragon!**



## Game variations

- Play with 2 dragons.
- Change the movement style.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## POTS AND PANS

Running



## Equipment

Many cones

## Description

- Spread cones (or similar things) around the playing area. Before the game, flip half of the cones over.
- One team tries to flip all the cones over, the other tries to turn them upright.
- The game starts and ends with the blow of a whistle. Each round lasts 2 minutes, for example. In the end, count how many cones are over, and how many upright.
- This game works also well in different environments like the forest, or on skis.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

Quick moving and finding the best cone for action!



## Game variations

- Move in pairs while holding the hands.
- Only hopping is allowed to move.





## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## X-TAG

Running



Equipment

None

## Description

- Mark the playing area depending on the number of students. Choose 1- 2 taggers.
- The player who gets tagged, stands in X-formation. This player can be rescued by crawling through his/her legs.
- This game can also be played on ice with skates or skies.

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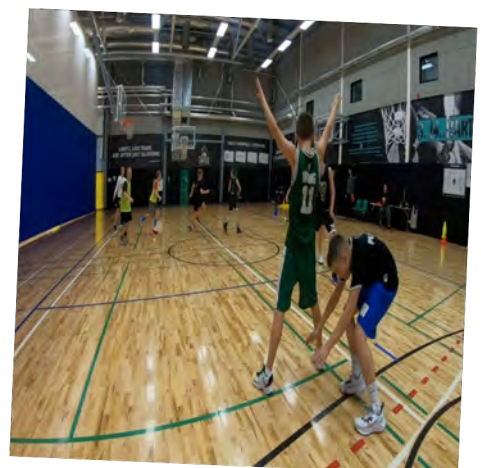
FOCUS ON

Running and dodging from the tagger!



## Game variations

- All players running in pairs holding each other's hand.
- Increase the number of taggers.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## FOXES AND RATS

Running



Equipment

None



## Description

- Players stand on two parallel lines about 1 meter apart.
- When the teacher shouts "foxes!" each rat tries to reach the edge of the gym before the fox catches him. The opposite happens when "rats!" are called.

learn  
moreScan QR code or click [here](#) for game video.

FOCUS ON

Keep the tempo of the game high.



## Game variations

- Use different starting positions (e.g., sitting, on the stomach, on the back, eyes closed, on one foot etc.).
- Use frog jumps for chasing and escaping.



## Intensity



- Precision ✓
- Agility ✓
- Speed ✓
- Balance
- Strength ✓

## LEG TOUCH

Running



Equipment  
Pool noodles

## Description

- Hand out one-half pool noodle to everyone and mark the game area depending on the group size.
- On the instructor's sign, have the children run around the play area trying to tag the legs of other children.
- If a child gets tagged, have them complete a challenge before returning to the tag game (ex. 5 jumping jacks, 5 burpees, etc.).

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## FOCUS ON

**Tactical thinking and speed.**



## Game variations

- Use smaller or bigger game area.
- Change the way children are allowed to move.
- Make more playing areas to increase the intensity.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## BEAN BAG SCRAMBLE

Running



## Equipment

Bean bags or other objects, hula-hoops.

## Description

- Split the group into even teams. Each group has a hula-hoop on the floor at the edge of the gym as their home-base. Scatter many bean bags in the middle of the playing area.
- When the teacher says GO, teams race to bring back bean bags to their hoop. Everybody from your team can go at once, but is only allowed to pick up one bean bag at a time.
- Once all the bean bags in the middle of the playing area are gone, the teams can start stealing bags from other teams' bases.
- Each round lasts, for example, 3 min. In the end, have each team count how many bean bags they gathered and the team with the most bean bags, wins.

Scan QR code or click [here](#) for game video.

## FOCUS ON

Which one is the best place to steal the bags?



## Game variations

- Moving with a different style (jumping, crawling, bear-walk).
- Move in pairs, holding hands.

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## Intensity



Precision

Agility ✓

Speed ✓

Balance ✓

Strength

## PAIR-TAG

Running



## Equipment

Cones for game area

## Description

- Adjust the playing area depending on the number of the students and divide the students into pairs with one or two being the taggers.
- In each pair, the child in the back holds his hands on the waist of the child in front. If the back child gets tagged (anywhere, except hands or forearms), the front child becomes the tag, and the tag becomes the back child.
- Play for a certain time.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

What is the best strategy for teamwork?



## Game variations

- Change the size of the game area.





## Intensity



Precision

Agility ✓

Speed ✓

Balance ✓

Strength

## FUNNEL TAG

Running



## Equipment

Cones for game area

## Description

- Students make the ring by holding each other hands. One student is the tagger, who stays outside the ring.
- One person in the circle is named to be the "target" for the tag. The circle protects the target from the tag by rotating. The tag tries to go around the circle to reach the target.
- If the target gets caught, choose a new target.

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## FOCUS ON

Focus on the teamwork!



## Game variations

- Change the size of the game area.
- Form a couple of smaller circles, for example 5 students in the circle.



## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

## CLOTHESPIN TAG

Running



Equipment  
 3 Clothespins per player

## Description

- Give each player 3 clothespins.
- The aim is to attach your pins to other players. If the pin falls while attaching it, it must be picked up by the player attaching it. The player with the fewest pins in the end wins.
- A variation is to start the game with 3 pins attached, and players try to grab and attach other players pins to their own shirt.

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Scan QR code or click [here](#) for game video.



## FOCUS ON

Choose the tactics and be quick!



## Game variations

- Change the size of the game area.
- You can only use your non-dominant hand.



## Intensity



Precision

Agility ✓

Speed

Balance

Strength ✓

## INDIANA JONES

Running



## Equipment

Omnikin ball

## Description

- Use the circle of students to set up the gaming area - students are spread as the circle line.
- One student is in a circle and runs away from the big Omnikin ball that other players are pushing along the circle line.
- If a student gets a hit by the Omnikin ball, then he or she will switch places with the student who was the last one pushing the Omnikin ball.
- The game will continue until all the students have had the opportunity to run away from the Omnikin ball.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

**Be quick and avoid Omnikin ball!**

## Game variations

- Change the direction to roll the ball.
- Use just one hand to push the ball.
- If more children, two circles can be formed and between them the ball is rolled.



## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

## CROSSOVER

Running



Equipment  
Cones



## Description

- The teacher sets up a large playing area with two large areas and two end zones at the end of each area. The class is divided into two teams (blue and red team), each team is assigned an area and an end zone.
- In the first phase, teams work on zone penetration – the blue team must stand still in their area and the red team must run from their area to their end zone. Once they have done this, the blue team gets a turn.
- In the second phase, teams will work on avoiding opponents. The goal of the game is to get the entire team into the end zone. However, once you cross over to the team's end zone, you can get tagged. If you are tagged, you are frozen, and you must start jumping (staying at one place).
- Players can rescue their teammates by taking their player back to their area (cannot be tagged simultaneously). The first team who gets all their players into their end zone wins the game.

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## FOCUS ON

**Team work. How to get all your players to the end zone without getting tagged?**



## Game variations

- Make playing area smaller or bigger.
- Add the time limit. Count the number of the successful reaches to the end zone.
- Players in the end zone have to jump and count the number of jumps.



## Intensity



Precision  
Agility  
Speed  
Balance  
Strength

## NUMBER WHO?

Running



Equipment  
None



## Description

- Divide the class into two and form two lines standing in front of each other approximately 5 meters apart. One student stands in the middle of two lines.
- Each student in the line has his or her specific number that is related to his or her specific place in the line. The teacher calls out random numbers, and students in two lines with the same number must change their lines.
- The student in the middle has to be quick and find a free place in the line when the teacher calls out numbers and students switch their places in the lines.
- The student who cannot switch the line will be the next one in the middle

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## FOCUS ON

Be quick and focused for the number that is called out!



## Game variations

- Change the number of children in the middle.
- Change the movement style.
- Make the distance between the lines bigger.





# Jumping



Scan QR code or click [here](#) for the Jumping Games YouTube Playlist.

## Intensity



Precision

Agility ✓

Speed

Balance ✓

Strength ✓

## TORNADO

Jumping



## Equipment

Skipping rope, dice

## Description

- Students stand in the circle and must jump over the rope, while the teacher or the other student in the middle spins a rope.
- The goal of the game is to jump over a skipping rope without touching it. If the student touches the tornado, he/she must throw the dice and do the same task so many times the dice shows. After that returns, the game.

learn  
moreScan QR code or click [here](#) for game video.

## FOCUS ON

Follow the rope and be ready to jump on right time!



## Game variations

- Change spinning direction, or height of spinning.
- Let students move on the opposite direction of the spinning while jumping over it.
- Children jump on one leg or face out of the circle.



## Intensity



Precision

Agility ✓

Speed ✓

Balance ✓

Strength

## STONE HOPPING

Jumping



Equipment

Hula-hoops

## Description

- Each team (3-4 players) tries to move one player across the "river", gym or another determined distance. Use three hula-hoops per team.
- This player can only jump on the "stones" (hula-hoops). Other team members bring the stones that have been just used again in front, for the next jump.
- First team across the gym wins, then switch the one who is jumping.

learn  
moreScan QR code or click [here](#) for game video.

FOCUS ON

Find the best length of a jump!



## Game variations

- Jump on both legs.
- Jump on dominant leg.
- Jump on non-dominant leg.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## CROCODILE TAG

Running, jumping



## Equipment

Different obstacles to hop over



## Description

- Place different obstacles (low fences, gymnastics vault etc.) on the floor around the gym or another marked area. Use two or three taggers, depending on the number of students
- The aim of the game is to score one point from each obstacle they go over. The same obstacle can't be used twice in a row. At the same time, taggers will attack.
- If the student gets tagged, their score goes to zero. First player to reach for example 15 points wins.

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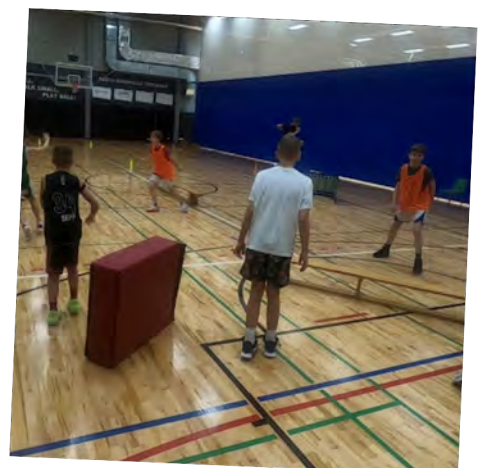
## FOCUS ON

**Make sure the obstacles are not dangerous to jump over!**



## Game variations

- Increase the number of taggers.
- Each tagged player becomes a tag as well.



## Intensity



Precision

Agility ✓

Speed

Balance ✓

Strength

## STICKY POPCORN

Jumping



Equipment

Cones for marking



## Description

- Mark a small area with cones
- All kids start jumping around like popcorn. When two kids bump into each other, they get stuck, and keep jumping around together. The game ends when everyone is stuck together.
- A variation: make a small area, and the aim is to jump around and NOT hit anyone.
- A variation: make one player the tag. The tag "group" keeps growing each time they touch someone. In this variation, the area must also be small.

learn  
moreScan QR code or click [here](#) for game video.

FOCUS ON

Use correct jumping technique!



## Game variations

- Jumping with right leg.
- Jumping with left leg.





## Intensity



Precision ✓  
 Agility ✓  
 Speed  
 Balance  
 Strength

## STAR WARS TAG

*Running, jumping*



Equipment  
 Hula-hoops and noodles

## Description

- An open space such as a gym or outdoor area.
- Divide the class into two teams. The game starts with one team as the Storm Troopers.
- The Storm Troopers have hula-hoops. The other team is the Rebels, who have noodles. Storm Troopers try to slide the hula-hoops on the ground to tag a Rebel. Tagged students can be unfrozen when a Rebel teammate touches with the noodle.
- Play 2-minute games, alternating team as Storm Troopers and Rebels. Score is the number of students frozen on each team at the end of each 2-minute games. The game ends with the total score for each team. Lowest score wins.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the game moving by encouraging students to tag the other team!**



## Game variations

- Play 10, 1-minute games to keep increasing score potential.
- Use different moving skills.



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## Intensity



Precision  
 Agility ✓  
 Speed ✓  
 Balance ✓  
 Strength

## TOE FENCING

*Jumping*



Equipment

None

.....

## Description

- Divide the students into pairs. Let them face each other and hold on to the forearms or hands of their partner. The children cannot let go of their partner's hands.
- The aim is to tag the partner by touching his feet with yours. At the same time, both try to avoid their toe being tapped by their partner.
- Have each partnership play a few rounds and then have them switch to have them play someone different.

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Scan QR code or click [here](#) for game video.



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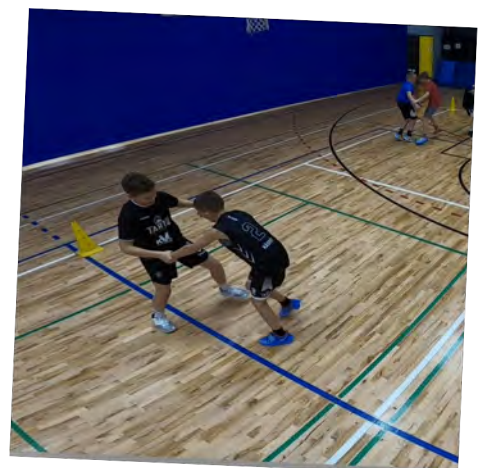
**FOCUS ON**

**Tactical thinking, speed.**



### Game variations

- The pair lets go of their partners hands, and now both try to tag each other's calves.
- Use groups of three instead of pairs.



# Balance and Body Control



Scan QR code or click [here](#) for the Balance and Body Control Games YouTube Playlist.

## Intensity



Precision

Agility ✓

Speed

Balance ✓

Strength ✓

# FROGS BATTLE

Balancing



Equipment

None



## Description

- Students are allocated into two teams.
- Both team members are in the position of frogs in front of each other.
- After signal, students jump to their opponent and try to make them lose the balance. When the single battle is over, then the winner can help team members to take the opponent down. Battle losers have to do some exercise until the rest of the battles end.
- Students are allowed to stand up again only when the game is over. The winner is the team, which has at least one member not overthrown.

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## FOCUS ON

**Use tactics for unbalancing the opponent, not just strength. Follow the safety!**



## Game variations

- Allow the attack only from one side.
- Do not allow hands for having balance.



## Intensity



Precision

Agility

Speed

Balance ✓

Strength ✓

## WE ARE THE POWER

Balancing



Equipment

None



## Description

- Students in two teams stand in a line at the midcourt line, closing their backs with the backs of the members of the other team.
- The students in each team hook up through their elbows.
- After the signal, they must push the members of the other team by their backs.
- The winner in the round is the team which all members step 1 meter over the midcourt line to the opposite side. Play for 5-7 rounds, or use smaller teams to ensure more equal teams.

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## FOCUS ON

Focus on balance while pushing!



## Game variations

- Change the direction of the push.
- Increase the distance that should be pushed.





## Intensity



Precision

Agility

Speed ✓

Balance ✓

Strength

## LINE TAG

*Running, balancing*

Equipment

None



## Description

- Find a place where lines are on the ground (basketball court or something like that).
- One player is a tagger, and he/she has a ball. Other players run around and try to escape from the tagger.
- Players can only run on the lines of the court.
- Once a tagger tags someone with a ball (touches the player with a ball), that person becomes the new tagger and runs around trying to tag someone else.

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FOCUS ON

Follow the rules and safety!



## Game variations

- Use different movement styles.
- Add more taggers.



## Intensity



Precision

Agility ✓

Speed ✓

Balance

Strength

## ZOMBIE TAG

*Running, balancing*

## Equipment

Pool-noodles

## Description

- Moving is allowed only on the painted gym-lines.
- The aim is to escape from the zombie. The "main-zombie" tries to tag players with a pool-noodle.
- The tagged players become zombies, that crawl, bear-walk or walk on their knees and try to tag the remaining players.

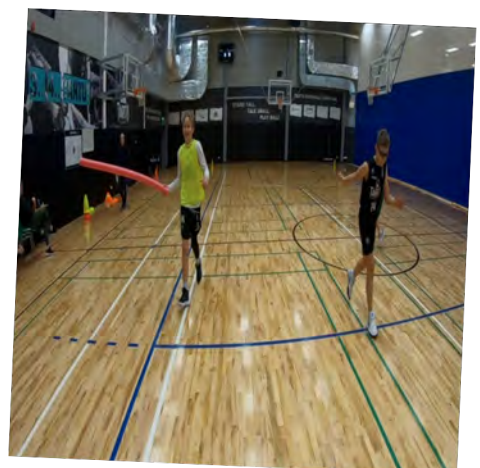
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moreScan QR code or click [here](#) for game video.

## FOCUS ON

**Speed and teamwork if being a zombie.**

## Game variations

- Change the way children can move (e.g., jumping on one leg, on two legs, etc.).
- If there are gym-lines in different colours, the children may use only predetermined colored gym-lines.



## Intensity



Precision

Agility ✓

Speed ✓

Balance ✓

Strength

## KNEE TAG

Coordination



Equipment

None

## Description

- Have students work in pairs. Students are trying to tap their partner's knees.
- Every time they tap their partner's knees, they get one point. Students are not only trying to tap their partner's knees, but also use tactics to avoid being tapped.

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moreScan QR code or click [here](#) for game video.

FOCUS ON

Tactical thinking, speed.



## Game variations

- Switch pairs.
- Use cones to make the playing area for a pair of student smaller/bigger.
- Use pairs or triplets of student as teams who compete against each other.



# Different Movement Skills



Scan QR code or click [here](#) for the Different Movement Skills Games YouTube Playlist.

## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

## RED ROVER

Running, other skills



## Equipment

Cones



## Description

- Mark the game according to the number of students, with marked areas at each end.
- The aim is to improve general athletic skills within the Red Rover rules. Game starts with one to a few students start in the middle of the activity space. All other students are running back and forth the width of one end zone.
- The teacher calls out a few names - Red Rover, Red Rover, bring Marc and Jane right over! Those students attempt to run to the other side without being tagged. Wait a few seconds and call out more names.
- Tagged students go back to running with other students. Students who make it to the other side, stay there, doing jumping jacks. Change the middle students every 1 minute. Play Red Rover in 1-minute blocks with new students in the middle (game starts, game ends).

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the game moving by calling out names!**



## Game variations

- To change athletic skill, have students skip, hop and so on.
- Change the number of students in the middle section.



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## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

# MOVE THE MARKERS

*Running, other movement skills*



## Equipment

Cones and training marker cones



## Description

- Set out cones in lines with training marker cones on top.
- The aim is to improve general athletic skills. Divide the class into groups based on the number of cones available. Students race to move marker cones one at a time to the next cone. And then move them back to the starting cone.
- Each round is based on different skill, hopping, crawling, moving on arms and knees. Teacher says GO! Student races first cone and moves marker to the next cone and goes back to team. Next student goes. Each skill ends when all teams complete it.
- Score by the number of teams. For example, if there are 6 teams, the team in the race gets 6 points, the second-place team get 5 points, and so on.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the game moving by encouraging students to race!**



## Game variations

- Have students waiting doing jumping jacks.
- Make more teams and play two rounds in a row.



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## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

## FIND THE MONEY!

Running



Equipment  
Cones and coins

## Description

- Have an end zone area for students. Place many cones in the open space. Hide some but not all coins under the cones. Use not the real coins, but printed money of different values. Count them at the end of the game
- Divide the class into many teams. For example, 30 students = 6 teams of 5 students. The game starts with all students in their line doing jumping jacks. Students run one student per team to find hidden money.
- Students gets one look per attempt. Student runs back to line and next student runs to find money. Play five, 2-minute games. Score is the amount of money found. Most money found wins.

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## FOCUS ON

**Keep the game moving by constantly hiding money!**



## Game variations

- To change athletic skills, have students skip or hop to find the coins. Be creative.
- Be sure to have plenty of coins to increase game excitement.



## Intensity



Precision ✓  
 Agility ✓  
 Speed ✓  
 Balance  
 Strength

## TEAM CONTESTS

*Movement skills*



## Equipment

Cones

## Description

- Divide the class into groups of 3-4. Each team is together in space surrounded by cones. There is a middle section designated with cones.
- The aim is to improve general athletic skills. The game starts with a teacher calling out a sport skill without a ball. One student per team sprints to the middle area while performing the skill and then back to the team. Each skill ends when all teams complete it.
- Score by the number of teams. For example, if there are 6 teams, the team that wins a specific athletic skill gets 6 points, the second-place team get 5 points, and so on. Teacher must have general athletic skills ready to cover 10-minutes. Examples - 10 jumping jacks, 3 push-ups, and 10 hops.

Scan QR code or click [here](#) for game video.

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## FOCUS ON

**Keep the game moving by encouraging students to get to and from the middle quickly!**



## Game variations

- Let those doing jumping jacks while waiting their turn.
- Ask students for ideas to increase engagement.



## Intensity



Precision  
Agility  
Speed ✓  
Balance  
Strength

## MR. WOLF

Movement skills



Equipment  
Cones



## Description

- An open space such (called the forest) as a gym or outdoor area is required with an outside edge or a specific area marked as the forest edge.
- The aim is to improve general athletic skills within the Mr. Wolf rules.
- Game starts with one or two students in the forest as Mr. Wolf. All other students are on the forest edge doing jumping jacks. Teacher calls out a number. Students must take that number of steps into the forest and then continue to do jumping jacks. Teacher does this a few times. Suddenly, teacher yells Wolf! Mr. Wolf then tries to tag students.
- Tagged students become a wolf. Start over every 2 minutes. Students keep own score of number of times tagged. Lowest score wins. To improve the game intensity, have more than one wolf.

Scan QR code or click [here](#) for game video.



## FOCUS ON

**Keep the game moving by calling out Wolf!**



## Game variations

- Have Mr. Wolf close eyes until Wolf is yelled out.
- To change athletic skill, have students skip in place, hop in place, etc.



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## Intensity



Precision

Agility ✓

Speed

Balance ✓

Strength ✓

## CATCHING IN SEVERAL WAYS

Running



## Equipment

Cones for playing area

## Description

- Mark the game area according to the number of students and choose one catcher among the students.
- The catcher must catch the other student using different locomotor skills, e.g., jumping like a frog, crawling, going on hand and knees, or performing any dance move. All other students do the same movements, while escaping.
- When the student is caught, he/she becomes the catcher and chooses the new movement for the new attempt.
- The winner could be the last not caught or instead play for certain time (2 minutes) period.

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moreScan QR code or click [here](#) for game video.

## FOCUS ON

Do the requested movement properly, and follow safety!



## Game variations

- Change the number of the catchers.
- Make the playing area smaller or bigger.

