

Circle Name and Action Game

Get your students into groups of about 6 and have them form a circle. The first person enthusiastically shouts his/her name and makes an action to go along with the name. The entire group says that name and mimics the action. The next person shouts his/her name, performs an action, and then the group mimics that name and action. The entire group then repeats the first person's name and action. This continues until everyone has had a turn.

Pairs Tag with a little bit of Math:

This is how Karl Rohnke describes this activity: "Find someone you want to choose and/or be chosen by. Don't worry, there's no holding hands in this game. Deciding who is initially IT, that person tries to tag only their chosen partner, who, of course, attempts to keep from being tagged. If a tag is made, the IT designation switches over and the choosee becomes the chooser. Taken as is, this could be a very boring game. The interesting element is that a lot of other pairs are playing the same game in a restricted area; the smaller the group, the smaller the game area. Only fast walking is allowed and three seconds must elapse between tags. Watch for picks and keep your bumpers up!

from The Bottomless Bag by Karl Rohnke

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My twist is to add a little math to the excitement. When one tags his partner, they both turn to each other and throw out fist (0) to 5 fingers on one hand. Both people attempt to add the total number of fingers and the first correct answer gets a three second head start and begins walking with the other partner trying to tag him/her. Try these variations: Two hand addition, one hand subtraction, two hand subtraction, one hand multiplication, two hand multiplication.

Extensions: Pairs Tag Squared and two plus one tag.

Some suggestions for improving upper-arm strength could be: *

Individual activities -

a) SHOULDER TOUCHES - Get into a push-up position. On the word go (or when the music starts), touch your right hand to your left shoulder, and your left hand to your right shoulder.

b) THE CRAB - Get in a crab walk position. Touch your left shoulder with your left hand and your right shoulder with your right hand, alternately. How many can you do in 30 seconds?

c) PUSH -UP SQUASH - Place a 1/2 ball below your chest. Make it squash each time you do a push up. How many can you do in 30 seconds?

d) JUGGLING A NUGGET! Get into one of the two push-up positions with a tennis ball or a small beanbag between your hands. When the music begins, take the ball with the right hand and place it under your chin. Take the ball from your chin with

your left hand and replace it to the floor. Continue the activity for 30 seconds and count the number of times that the ball is held under your chin.

With partners -

a) LOW FIVES - get in a push-up position facing your partner. How many times can you give one another a low five in 30 seconds?

b) HIGH FIVES- Get in a push-up position facing your partner. Touch one another's opposite shoulders with your fingers. How many can you do in 30 seconds?

c) SPIDER HOCKEY- Partners face each other in a push-up position, approximately 12 feet apart. Try to throw a Spider Ball or beanbag through the arms of the other person.

d) MUSICAL PUSH-UPS - Partners face each other in a push-up position with a ball between them. When the music starts, start giving each other high fives. When the music stops, each player tries to get the ball before his/her partner does.

Variation - Partners face each other and the teacher begins to name body parts, i.e., nose, thigh, head, cheek, etc. When the teacher says ball, the participants attempt to see who can grab the ball!

e) MOVING THOSE NUGGETS - One student is in a push-up position and the other is standing at his/her feet. The standing partner rolls a ball on the ground to the right of the person, who in turn catches it, transfers it to his left hand and rolls it back to his partner. Continue for 30 seconds and count the number of times the ball is circulated in a 30 second period. Give the participants a ten second reprieve so that they can exchange places and then repeat the activity. The score of both of the players are added up and recorded.