

Great Beginnings (and endings)!

Presented by

Meg Greiner

2005 NASPE National Elementary Physical Education Teacher of the Year

greiner@aol.com

www.ccepe.net

Instant activities/energizers/introductory activities are easy games/activities to get everyone involved physically and emotionally. These activities are just that, instant, and should not last for more than 2-3 minutes. Beginnings get everyone ready to learn, endings keep them wanting to come back for more. (note: they are interchangeable)

“Vegas Hop”

equipment: music: “All Shook Up” from the Honeymoon in Vegas Soundtrack sang by Billy Joel

Traditional Buny Hop moves to a non traditional song. Students perform the following sequence to the beat of the music while moving throughout the activity:

Heel-Toe Right, Heel-Toe Right, Heel-Toe Left, Heel-Toe Left, Jump Forward, Jump Backwards, Jump Forwards three times (repeat)

Start in individual space then on teacher signal join a pair then keep connecting until all are in one long Vegas Hop line!

“Totally It Tag” or “Fastest Tagger in the West”

equipment: none

Everyone is it and everyone tries to tag everyone else.

Rules: Don’t tag your neighbor first, Use soft tags If you get tagged do a “body reward” to get back into the action and/or kneel down, teacher’s choice but it will go very fast. I always stop the game before all are tagged and start over after 30 sec. To make more challenging make the playing space smaller.

Variations: **Hospital Tag:** put a bandage on where you were tagged and continue playing, after 3 tags perform a body reward or see the Dr. to get well. (triple tag)

Octopus Tag: once tagged kneel down on one knee and if someone gets too close tag them and they you can get up and they must get down.

Gotcha: Same game but slide bean bags on the floor, if you get hit by a bean bag you must perform a body reward or could be played in teams, then change sides.

“High-5s”

equipment: music

Students move in open space using various locomotor skills when the music stops they give High 5’s to as many different people as you can. When music starts start moving again. Variations: low 5s, 360 fives, high 10s, etc.

“Hook-up Tag”

equipment: none

Have students get partners and hook middle elbows. Choose 3 couples to be the fugitives and the rangers. (or whatever) The ranger must chase only his/her fugitive. The fugitive can escape by hooking onto one of the partners. When this happens the opposite partner now becomes the new fugitive. If the ranger tags his fugitive the roles reverse. The teacher can also reverse roles by saying change or reverse.

“Amoeba Tag”

equipment: pinnie for “it” designation

Start with 4 or 5 students designated as “it’s”. On signal “its” attempt to tag others. When tagged they join the it’s making a couple then a threesome and then a foursome. When a foursome is achieved that foursome splits in half and they both continue to tag others

“Blob Tag”

equipment: pinnie for “it” designation (optional music: The Blob” by the Five Blobs)

Start with 4 or 5 students designated as “Blobs”. On signal “blobs” attempt to add to their blob by tagging other students. If tagged they must join that blob and not break apart while trying to tag others to join their blob.

“Transformer Tag” (game learned from Project Adventure)

equipment: none

Demonstrate to the participants two body positions, suitable for running. The historical choices have been one hand on the head and one hand on one glute. Decide as a class if this is an acceptable body position for them. After determining their game identity indicate the start of the game by shouting “Declare!” or by flipping a coin in the air. Players then immediately declare their identity by adopting one of the body positions (ie either head or glute) The action involves one team – the heads for instance, trying to tag and transform all the tails. If a head tags a tail the tail becomes a head etc. Once transformed, the person continues to tag anyone of the opposing team. The game continues until one team successfully dominates the world! Replay only 2 or 3 times.

“Triangle Tag”

equipment: none

Groups of 4s. Three students make a triangle by holding hands, the other person is it. The IT decides which of the three in the triangle he/she would like to try and tag. That person is positioned directly opposite of the it. On signal from the would be chosen to be

tagged person the IT tries to slide either clockwise or counterclockwise to tag the designated person. The triangle shifts and slides as well to protect that same person. The IT may not reach through, under, or over to tag but must go on the outside of the triangle. If the IT gets tired he/she may say "STOP" and then switch roles. If the IT is successful he/she can then select a new IT from the triangle.

Jingle Bell Dance:

Position: Scattered in partners

Music: "Jingle Bells" by Crazy Frog

Part One; On the Jingle Bell Chorus section – jingle bells, jingle bells, jingle all the way the hand pattern is:

Jingle bells – 3 thigh pats

Jingle bells - 3 self hand claps

Jingle all the – 4 hand pats with partner

Way – hands on thighs

Oh what fun it...elbow turn, repeat for chorus

Part Two: Dashing through the snow partners face each other and slide together around the room. Fancy sliding can involve a turning slide which entails facing front to front and then turning and facing back to back and continue sliding. (8 counts each)

Dynamic Closures: Leave Them Wanting More

End the class on a high note. Play a favorite game or challenge to keep them excited for the next physical education class. Then close your class by reviewing what was taught, important concepts or cues to remember, and, most importantly, **what did you learn today in Physical Education that you can share with your mom, dad, sister, brother, aunt, uncle, grandma, grandpa etc. PR PR PR!!!**

Ghost Buster Tag

Sideline to Sideline game

Equipment: none

Music: optional "Ghostbusters" by Ray Parker Jr.

Action: Choose 4 "Ghostbusters" (its) to be in the middle all other students students are one a sideline. The Ghostbusters in the middle say "who you gonna call?" and the others responds "Ghostbusters"! Upon replying the non its run, skip, or use any other designated locomotor skill to travel from their sideline to the other without getting tagged by a Ghostbuster in the middle. If they are tagged or step out of bounds on the endlines they too become Ghostbusters and help to capture other ghosts. Sliding and running into walls is not allowed.

Bridge Tag:

Equipment: pinnie’s for it’s

Action: Choose 6 students to be taggers. On go or when the music starts students travel in open space. If tagged by an it they are changed into a bridge. Other students who are not it try to unfreeze the bridges by going under a frozen bridge, thus unfreezing them. Change taggers frequently and encourage helping behaviors.

Clam Free:

Equipment: pinnie’s for it’s

Action: Designate 6 students at it’s. If tagged by an it that student must freeze in a starfish position. To be unfrozen two students must form a bridge over that student and say “Clam Free”. After doing so the frozen student is unfrozen and may move again. If students are helping other they may not be tagged.

Nonda’s Carlot:

Source: Bob Pangrazi, Dynamic Physical Education for Elementary School Children

Equipment: none

The original game is played like this. Have students line up along a sideline in the gym. Select 3 or 4 students to be “it”. Each choose a favorite care, ie. Corvette, Hummer, VW Beetle etc. Students who are not it now decide which of the cars they wish to be, but they don’t share this with anyone.

Action: The “its” can call out any of the cars. If they call the car that you have chosen you must safely drive your car to other sideline of the gym without getting tagged by the it. If you are tagged you become an it. If the it’s yell “carlot” all cars must cross no matter where you are.

Rules: stay in the boundaries, safe tags, stay on your feet, don’t run into the walls, be honest if you are tagged join the taggers in the middle. Variations: pizza tag, vegetable tag, fruit tag.

Holes: (loosely based on the book and movie Holes)

Equipment: green pinnies for the lizards and orange pinnies for the superheros

Boundaries: the basketball court lines around the gym, people and lizards must stay in bounds but the heroes can go out of bounds.

Music: “Dig It” by the D Tent Boys from the Holes Soundtrack, Disney Records

Three jobs: Regular folks, Green spotted poisonous lizards, and superheroes. Choose 4 people to be super heroes, have them put on the orange pinnies, choose 6 or 7 people to be spotted poisonous lizards. The rest are regular folks.

The lizards are trying to poison (freeze) the regular folks by tagging them. If they are tagged they lay on the ground with their feet in the air until a hero and can sneak into the field and rescue them by tagging their feet. The heroes are safe if they are out of bounds but can be poisoned if they are tagged by a lizard inbounds. Only Heroes can save/unfreeze poisoned heroes and regular folks.

Trade positions often.
