

PHYSICALLY AND MENTALLY ACTIVE
CARD AND BOARD GAMES
(ROBIN BUCHANAN)

Tic-Tac-Toe

- LEVEL:** Gr. 3 - 10
- GOAL:** For members of a relay team to create a straight line in tic tac toe game before their opponent.
- EQUIPMENT:** Colored beanbags or pinnies and hula hoops
- FORMATION:** Use 9 hula hoops and create 3 lines of 3 hoops. Divide teams into 2 relay lines at the other end of the gym.
- DESCRIPTION:** Each group can be divided into two teams, each with their own color of beanbag. Each group has a large tic-tac-toe game board set up about 25 feet away from starting point (use hula hoops).
Alternating colors, the players in the group take turns running up to game board, throwing beanbag into a square of their choice (using underhand toss). If successful, leave beanbag in square. If unsuccessful, take beanbag back to group and hand to next player on your team.
- First team (color) to get three in a row-horizontally, vertically, or diagonally- wins.
- VARIATION:** Play against other groups, first to fill grid wins. Use various locomotor skills for travelling.

HUNGRY HIPPOS

- LEVEL:** Gr. 3 – 12
- GOAL:** To collect as many balls with your scoop as possible and return them to your team's hoop
- EQUIPMENT:** Hula hoops, whiffle and assortment of balls, scooters, milk crates
- FORMATION:** Place 4 – 8 hoops in a circular formation around the gym near the end lines / side lines. Divide the class into 4 – 8 teams, one per hoop. Place all of the balls in the center of the gym.
- DESCRIPTION:** First team member sits or lies down on the scooter with a milk crate in their hands. The milk crate is positioned with the open part facing downwards. The second team member then holds onto the first team member's shoulders or shoes depending on their position and pushes them out to the middle of the gym. The scooter player has one swipe/scoop to collect as many balls as possible. Then the second player pulls them back to their team's hoop. The balls from the crate are then dumped into the hoop and the second player now gets on the scooter and the third member pushes them out.
- Teams keep sending out scooter players until all the balls are collected.
- VARIATIONS:** Most balls collected wins. Most balls of a certain color, or shape wins. Mystery balls, etc.

RAPID SHAPES

- LEVEL:** GR. 3 – 12
- GOAL:** To display a shape that is different/opposite then the lead person
- EQUIPMENT:** Create shapes with hands and arms
- FORMATION:** Lead person is positioned in front and facing the participants. Participants spread out so they can move their arms freely.
- DESCRIPTION:** Lead person will display one of three shapes with their hands and arms. (Triangle, Right Angle, Equal sign).

WARM UP ROUNDS: Lead person and class tap their knees twice and then briskly form their shape. If the participant has one of the two opposite shapes, then they are safe and keep going in the game. If a participant displays the same shape as the lead person (equal – equal), then they select one of the following exercises (push up, sit up, jumping jack, down up) and do the action once. Each time a person matches the lead shape they choose a different exercise and do it twice or three times or four times. (push up (1), sit up (2), down up (3) and jumping jack (4)

ELIMINATION ROUND: If a person matches the lead's shape they are eliminated until the last participant is left in the game. Lollipop for the winner.

ROCK PAPER SCISSORS FOOTBALL

LEVEL: Gr. 3 – 12

GOAL: To use strategy and fitness skills to move your football to your opponents end zone

EQUIPMENT: Pylons, footballs

FORMATION: Divide the class into 8 teams of 3 – 4 students. Line up 4 relay lines at one end of the gym and 4 on the opposite side of the gym. The first person in each line on one side of the gym has a football.

DESCRIPTION: When the game starts the first person in each line on both sides of the gym run towards each other. When the player with the ball meets the defender from the other end's line, they play Rock, Paper, Scissors. (1,2,3, and show). If the player with the ball wins then the defender steps aside and returns to their line. The players with the ball is now running towards their opponent's line. The second defender in line must run out and meet the player with the ball before they gain much yardage. Then they play R,P,S.

If the player with the ball wins again, then they continue this process until they cross their opponent's relay/goal line.

However, if/when a defender wins at R,P,S, then the original ball player steps aside the defender now has caused a turn over and is running towards their opponent's line trying to gain yardage before the next new defender meets them.

When a touchdown is scored, the scoring player can do a celebration and then hands the ball to the defenders line and returns to their own line. This starts the next round of the game.

Lines can be switched after a few minutes to let relay teams play against different opponents.

CARD SHARK FITNESS

- LEVEL:** Gr. 3-10
- GOAL:** Development of Fitness and Addition Skills through Visual and Kinesthetic Learning Activities.
- EQUIPMENT:** Playing Cards, Card Symbol Posters, Lists and/or Diagrams of Various Station Activities, Equipment for Activities (Balls, Mats, Hoops...), Stereo with Upbeat Music. Recording Sheet.
- FORMATION:** Card Symbol Posters are put up on each wall (one suit per wall) with lists and /or diagrams of skills beside them. In the center of the floor, place one or two decks of playing cards scattered face down. Students are scattered in a circle formation around the cards.
- DESCRIPTION:** When the music turns on, each student has a recording sheet in their hand and then picks up one card from the center and then runs to the wall that matches their corresponding symbol on their card. Beside each poster on the wall is a list of 2 – 4 different skills to be performed. Students choose one of the skills provided and perform it as to the number shown on their playing card.
- The numbered cards count as face value and the Jacks (11), Queens (12), Kings (13) and Ace (1 or 15). Jokers are Wild Cards which have a Total value of (20) but are broken down to 5 per each Symbol.
- For Example, if a student picks up a 9 of Spades, he or she quickly runs to the Spade Poster and chooses one of the skills, performs it 9 times, records 9 on their sheet and then returns their playing card to the center face down. Then the student chooses a new card and continues on to their next destination. If a student picks up a card from the suit that they have already completed, they return to that area and choose a different skill from the list provided by the Symbol Poster.
- Upon completion of the Activity, Students add up their number of card values to get a final total which reflects how many times they did a skill during the Activity. They can also find their average of how many times they did a skill by dividing their total by how many face cards they picked up.
- VARIATIONS:** Use only two walls with red symbols on one and black on the other.
- Set up 8 stations with two of each symbol for students to choose from in regards to variation of skills or themes of skills. (4 Stations are Fitness Skills and 4 Stations are Sport related Skills)
- Vary the difficulty of the 2-4 skills to be performed at each symbol.

FITNESS SKILLASTICS

- LEVEL:** Gr. 3-10
- GOAL:** To Achieve a Higher Level of Fitness in a Unique and Non-Competitive Environment.
- EQUIPMENT:** One Large Game Mat, 6 Assorted Colored Dice, 6 Assorted Colored Hackey Sacs, 6 Small Mats
- FORMATION:** Place Large Game Mat in the Middle of the Gym Floor and place the Dice and Hackey Sacs on the mat. Divide the Class into 6 Equal Teams. Divide the Gym into 6 Activity Areas and place one Small Mat in each area.
- DESCRIPTION:** Assign each team a colored die and hackey sac and number off each member of the group 1-6. Number one is first to roll the die. Each student takes turns in numerical order rolling the die upon completion of each exercise or drill.
- The teacher assigns the color of the amount of repetitions the class will do for that day. (On the bottom of each square are three sets of numbers; blue-beginner, red-intermediate and green advanced. An example would be that the teacher would explain that the class will be doing the “Blue” repetitions today). The flexibility and balance activities will be counted in seconds. (1-one thousand)
- Play begins with the teacher’s instruction or the start of music. The first student from each team jogs to the large game mat and rolls the die and moves his/her colored hackey sac the number of squares/spaces in the correct direction while the rest of the group is waiting at their corresponding small mat. Once the hackey sac has landed on the corresponding square, the student reads the directions and number and then jogs back to their group’s activity area. The student then points to the corresponding square on the small mat and the group reads it’s directions and number of repetitions. Then the group as a whole demonstrates the skill, exercise or drill for the correct amount of repetitions. Once completed, then the Number Two students jogs to the large gym mat to progress it’s group in the game.
- The game is completed when a designated stop time has been met. (5-10 minutes)

THE SCRABBLE SCRAMBLE

- LEVEL:** GR. 3 – 10
- GOAL:** Development of fitness and addition skills through visual and kinesthetic learning activities while completing literacy activities (sentence formation).
- EQUIPMENT:** Music, recording sheet, balls, hoops, scooters, skipping ropes, scrabble letter tiles
- FORMATION:** Students are in teams of 5 – 7 and they are set up in the formation that will allow them to complete a relay race across the gym. At the other end of the gym, there will be several hoops with consonant letters in them. In a separate area there will be hoops with vowels. However, there will be task cards with the vowels outlining physical education tasks.
- DESCRIPTION:** Each team lines up with each person in line having a different piece of equipment. When the music starts, the first person in each line begins the race by performing/using their equipment down to the other end of the gym. Bounce ball, tap shuttle on racquet etc. Once at the end, they retrieve a consonant letter tile and return back to their line while still performing their activity task with their equipment. Then the second person leaves to retrieve a letter tile with their equipment.
- At some point, the relay team will need to “Buy a Vowel”. The team member then moves to the vowel hoops and must complete a task card in order to earn a vowel. (10 push ups etc. Depending on the literacy outcomes that are being focused on at the time of the activity, the teams will have a sheet that they will record their answers on. The answers may vary from spelling words, sentence formations, names of sports or skills etc.
- The goal for a relay team is to collect as many spelling tiles as possible and then create as many words as possible to meet their literacy outcome. (name Olympic sports)

Connect Four Game

LEVEL: 3 - 12

GOAL: To practice and to improve accuracy in shooting a basketball into a basketball goal and to increase cardiovascular fitness

EQUIPMENT: Hoops, 2 basketballs, 2 goals, 4 team cones, 2 sets of jerseys

FORMATION: Setup two connect four game boards on each side of your gym floor. Forty-two hoops will need to be placed on each side of the gym – seven rows across and six rows deep (if you don't have enough hoops, poly spots or even masking tape could be used instead). Two teams play on each side of the gym for a total of four teams. One team on each side will wear jerseys and the other team will be called shirts.

DESCRIPTION: The students will be the tokens or game pieces in the game. In order to put a token on the board, a student must shoot a basketball into the basketball goal. If the student rings the basketball goal, he or she can go stand on the game board (inside one of the hoops).

If the student misses the shot, he or she must jog one lap around the gym perimeter and then get at the end of their team line. If you desire, you can change the activity (jogging around the gym) to something else or even change it to a skill your class has been working on lately.

Every time a student rings the goal, a token (a student) is added to the board. When a team gets four tokens in a row, whether horizontally, diagonally, or vertically, that team wins.