

# Game Time

The 15 minute game time is designed to give the children a chance to work the large group muscles in their bodies and get the circulation flowing, and well as having a good time. Since we only meet once a month, each session should use the same warm-up and cool-down activities. Children at this age look forward to familiar elements. Make sure the children drink plenty of water before the activity. The activities on the following pages can be done in any order to allow flexibility for the weather.

**Dialog: Class time is over and it is Game time now. Let's all walk quickly to \_\_\_\_\_.** (Lead children to the place for today's game) **Let's warm up now, shall we.**

## Action Song: Hokey Pokey

You put your right hand in, (put hand in front of you)  
You put your right hand out, (put hand behind you)  
You put your right hand in, (put hand in front of you)  
And you shake it all about. (shake hand)  
You do the hokey pokey, (put hands up and shake them)  
And you turn yourself around. (turn around)  
That's what it's all about! (put arms up)

Repeat with:

left hand  
right foot  
left foot  
head

Play the chosen game of the day.

**Dialog: That was fun wasn't it? Let's cool down now with our action play. Let's see how well you can do it.**

## Cool-down activity: I Can

All of me My God did make  
Like a wet dog I can shake  
Like a bunny I can hop  
I can spin just like a top  
I can stretch and reach up high  
And I almost touch the sky  
I sway gently in the breeze  
Like the great big forest trees  
I make faces like a clown  
Then I quietly sit down.

(Let the children rest for a minute.) **Now let's take a bathroom break before we go back to the room.** (It is a good idea to have water bottles for the children at the tables. When they have returned you may repeat the poem)

To our class tables now we walk  
We have no time to waste.  
We have much more we want to learn  
We sit down now with haste.

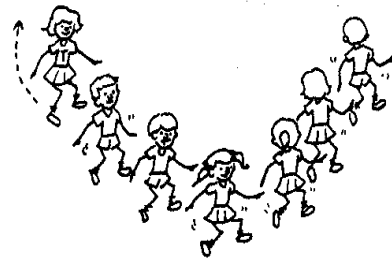
# Follow the Leader

## Option #1—Do This, Do That

This game is similar to Simon Says. You be the leader. Have the children copy your actions whenever you say, "Do this," but when you say, "Do that" and demonstrate an action, they must remain frozen. Take turns, letting the children be the leaders of small groups after they have had practice following you.

## Option #2-Follow Me

Have the players stand in long line behind you. Tell children that you want them to follow you around the play area. Whatever you do they are to copy. They must stay in line and not pass anyone. Use a variety of movements ( running, jumping, skipping, hopping, ) vary the directions and speeds. After they have got the game concept, you may divide them into groups of 3-5 children and let each child have a chance to be a leader



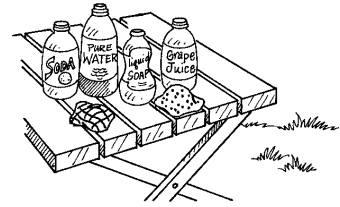
## Option #3—Your Choice

Please submit new ideas to be added to the program.

# Bean Bag Games

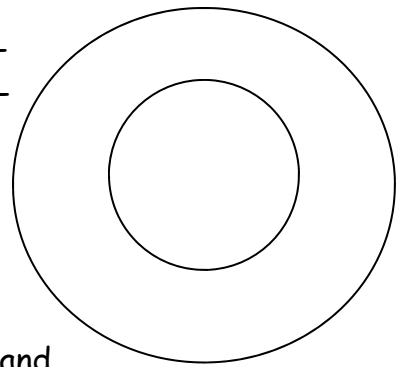
## Option #1—Target Practice

Set up empty soda bottles or other objects on the grass or table. Have the children throw beanbags and try to knock over the bottles. Have them throw overhand, underhand, and side arm. Let them try throwing with more and less force.



## Option #2—Inside, Outside

Using rope or chalk, form two concentric large circles (one 5 feet in diameter, the other 10 feet in diameter) on the grass or pavement. Place the beanbags (2-3 per player) inside the smaller circle. Choose one player to stand inside the smaller circle, while the other players stay outside the larger circle. At your signal the player inside the circle begins to throw all the beanbags outside the circle. The other players try to catch them and throw them back into the circle. Continue play for one or two minutes. When the time is up, count the number of objects inside the circle. Choose a new player to stand inside the circle and play again. The player with the lowest score wins. If your group is large, form two separate play areas, separating older and younger children.

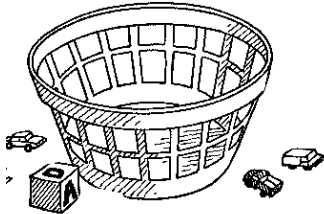


## Option #3—Your Choice

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# Running Games

## Option #1—Shuttle Run



Place baskets along the line and have each child stand by a basket. Place groups of objects at various distances. For example: red blocks at 4 feet, green blocks at 6 feet, yellow blocks at 8 feet and blue blocks at 10 feet. At your signal, have each child run to the closest group of objects, pick one up, and run and place it in his basket, and so on, until he has picked up one of each object. Have each child sit after he's placed the last object in his basket. The first child to sit wins. Option: place baskets 3, 4 or 5 feet from first object, based on the child's age.

## Option #2—Cat Tail Tag

Tuck a 2-foot length of yarn securely into the waistband of each player to make a tail. To begin the game, players chase one another trying to pull out the tails. When a player has his tail pulled-out, he must sit. When there is only one player left, the player who has collected the most tails wins.



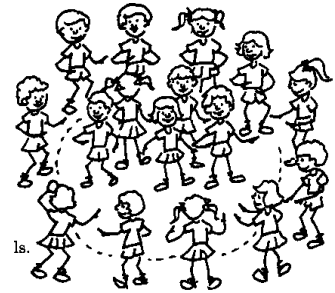
## Option #3—Your Choice

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# Ball Games

## **Option #1—Dodge Ball** (large soft ball such as a nerf or beach ball)

Mark a large circle of 15—18 feet in diameter with rope or chalk. Choose two or three children to stand in the middle. (usually 20-25% of the group is in the middle) Each player takes a turn throwing the ball at the children in the middle, who try to dodge out of the way. When the child in the middle gets hit, he changes places with the child who hit him. Options: Vary the size of the circle, based on the number of children and skill level. You may also add a second ball.



## **Option #2—Keep Away** (large soft ball such as a nerf or beach ball)

Form groups of 6—8 children and form a circle. Choose one child to stand in the middle. Give one player the ball and have him try to throw it to another player on the other side of the circle. The child in the center tries to intercept the ball. If he's successful, he changes place with the player who threw the ball. If he has trouble intercepting the ball, make a rule that the ball must bounce once before the other players can catch the ball. Options: For larger groups, put one or two more players in the center and add a second ball.

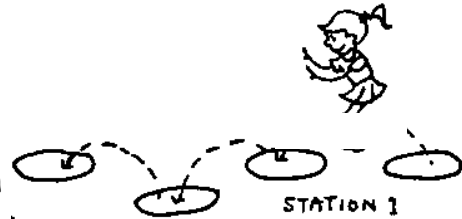
## **Option #3—Your Choice**

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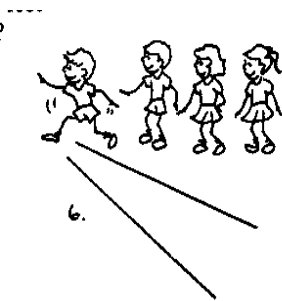
# Jumping Games

## Option #1—Frog Jump

Space hula hoops so that the children can jump easily from one to the next. Have the children stand inside one of the hoop and prepare to jump to another "pond." Encourage them to bend their knees, swing their arms, and jump, landing on both feet at the same time. Have them call out "Ribbet" each time they jump to a new pond.



## Option #2—Jump the River



In a grassy area, use ropes spaced approximately one foot apart at one end, gradually widening the distance to two feet apart to create a meandering river. Have the children stand at the narrow end of the river. Show them how to jump across the river, swinging their arms forward as they jump landing on both feet. Have them gradually work their way jumping back and forth across the river, until it becomes too wide for them.

## Option #3—Your Choice

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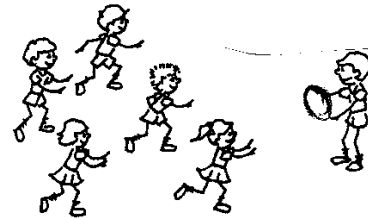
# Stop and Go Games

## Option #1—Red Light, Green Light

Use rope or chalk to mark a start line on the grass or pavement. Have the children stand behind the line. Tell the children what activity you want them to do: (ie: walk, crawl, hop, skip, walk backwards). Let them know they can only move on a Green Light and must freeze on a Red light. Then say "Green Light" turn your back and then wait 10 -30 seconds and call Red Light. Turn around and anyone who is moving must return to the start line. The first one across the finish line is the winner. Options: you can give different age groups, different commands to even the playing field.

## Option #2-Traffic Lights (Steering wheels cut from paper plates)

Stand where every one can see you. Explain that they are the cars and you are the traffic light. When you hold up the green circle, they rev their engines, (encourage them to make car sounds) and run around the play area, being careful no to run into any other cars. When you hold up the yellow circle they are to run in place. When you hold up the red circle they are to stop and freeze in place



## Option #3—Your Choice

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# Hopping or Leap Frog Games

## Option #1—Leapfrog Relay

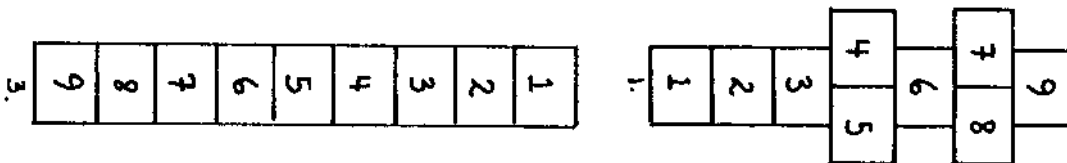


Divide children into groups of 4-6 children. Each team is to form a single line, spaced three feet apart and kneeling on their knees and elbows, heads tucked low. On the signal go, the last player leapfrogs over each of the players until he reaches the front of the

line, then quickly yells out "Ribbet" and sinks down to the starting position. Then the last player repeats the same sequence. Continue until all the team has gone through its file twice.

## Option #2—Hopscotch

Using chalk, draw one of the following hopscotch patterns on pavement. Have children hop on both feet, one foot or alternating feet as their skill level dictates. For older children, let them try to skip a square.



## Option #3—Your Choice

Please submit new ideas to be added to the program.



# Obstacle Course

## Suggestions

Any number of items can be used to make an obstacle course. This activity should be used to reinforce the concepts of over, under, in, through, around and beside while practicing gross motor skills and following directions. In a large open space, set up as many of the following ideas as fit your needs.

## Options:

Walk around a line of cones.

Jump over a yard stick which is placed 8-12 inches from the ground

Crawl under a rope that is tied about 2 feet from the ground

Walk on a rope line that is arranged in a meandering pattern

Walk on a balance beam

Crawl through cardboard boxes or nylon tunnels

Jump or hop through a series of hula hoops

Roll through a designated corridor

Other ideas you can think of

## Supplies:

Masking tape

Cones

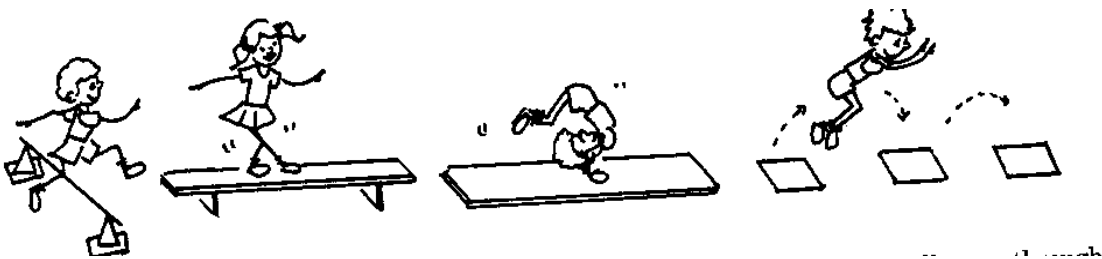
Pillows

Folding chairs

Rope

Hula Hoops

Tunnels or Boxes



Once everyone has completed the course at least once, you can start from the last step and go through it backwards if there is time. Encourage the children to cheer one another and to help one another if anyone forgets the next step.

# Miscellaneous Games

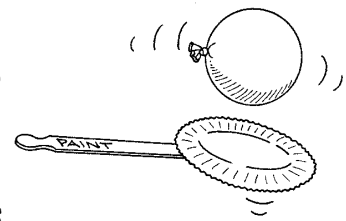
## Option #1—Log Roll

Find a grassy gentle slope that is free from rocks and other objects. Have the children lie on the grass at the top of the slope, their arms crossed over their chests, and roll down like a log.



## Option #2-Balloon Tennis (paddles-paper plate & paint stick and balloons)

Show children how to hold the racket and swing (similar to tennis). First have them practice hitting their own balloon and keeping it in the air. Then let them partner up and hit them back and forth. If their skill levels are good enough you can have them race, from a start to finish line keeping their balloons in the air. If the balloon touches the ground, they must return to the start line and begin again. Or, create your own criteria.



## Option #3—Your Choice

Please submit new ideas to be added to the program.

# Optional Holiday Games

**August:**

**September:**

**October:**

**November: Pumpkin Fun** (need one small pumpkin per child)

With the children on their hands and knees, place a pumpkin on their backs. See how far they can crawl before the pumpkin falls off. This can be done as a race from a starting to finish line. Option: Have them balance the pumpkin on their heads and see who can walk the farthest.

**December: Holiday Stop and Go**

Cut out seasonal shapes (Christmas tree, star, snowman and so on) from construction paper and tape them to the floor. Play Christmas music and have the children move freely around the room. After a while stop the music; each child must run to a shape and freeze. Then call out instructions such as "Children on green Christmas trees must jump, and Children on the white snowmen hop on one foot, and so on. Start the music again and repeat.

**January:**

**February:**

**March:**

**April:**

**May: Mother May I**

Use chalk or rope to make two lines about twenty feet apart. Have the children stand on one line and "Mother" on the other. Mother says, "Children take two bunny hops." (or other command) Children must ask, "Mother may I?" Mother then answers yes or no. If children move before Mother says yes they must return to the start line.