

<b>Game/Activity:</b>	<b>Mini Games and Warm-ups #2</b>
<b>Grade Level:</b>	<b>Elementary</b>
<b>Description:</b>	<p>Another great list of mini games and warm-up activities at the Elementary level provided by Dave Allan.</p> <p>See all content below.</p>
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### Mini Games and Warm-ups...& a couple of long duration games

In most of the following tag games the taggers use dodgeballs to tag (not thrown). Pinnies are not needed to designate taggers, any other “free” players are potential savers.

1. Flower tag: Take a knee when tagged, both arms up @ right angles, hands in fists. First saver taps one hand to “open the flower”, another saver must open the other hand with a tap to set the player free. Change taggers often.
2. Moose and Rooster tag: Take a knee when tagged make moose antlers with both hands. First saver taps and shoulder, moose becomes a rooster (one hand on head). Second saver taps shoulder to set player free.
3. Human Pretzel tag: Sit on bum when tagged, fold arms across chest, lift feet off floor and cross legs. First saver taps shoulder to “untie” arms, second saver taps shoulder to untie legs and set player free.
4. Bad sandwich tag: Take a knee when tagged, hold hands out in front above and below each other with space between to form an “open sandwich”. Saver adds something to your sandwich that’s gross/stinky/etc. Player is free.
5. Speed walk tag: Players in pairs, designated A/B, side-by-side, one foot touching. Teacher calls either A or B, that player speed walks away with a five second head start. Then B gets to speed walk to try to tag. A tag must be made in ex) ten seconds. Both players take a knee if a tag is made. Mix up pairs, adjust the speed, etc.
6. Foxes and Chickens tag: Chickens must follow lines on floor, foxes/taggers cannot step on a line. Get tagged, take a knee and elbows out chicken wings! Tap to free.

7. Push up tag: Get in upper push up position when tagged. Freer gets to one knee in front and holds one hand in front. Player in pushup position alternate taps palm/back of hand of saver 2 or 3 times each side to get freed.
8. Big Ugly Circle Tag: When tagged take a knee and hold out arms to form a big half-circle. A freer arrives, takes a knee and forms the other half of the circle with their arms. Another freer arrives and steps through the hole/circle. Make it “electrified” so that the freer cannot touch the arms.
9. Partner Noodle tag: Played in pairs, with one noodle per pair. 15 second rounds of chase. Don’t be left with the noodle in your hand at the end. Player without the noodle gets a point. Play three rounds, then switch up the pairs.

Other fun quick games...

10. Islands: Hula hoops on floor around gym. Teacher calls out a number. Students run to put one foot in a hula hoop (the island) within a count down of five seconds that match the number that was called. Ex) “3” → each hoop must have three feet from three different students. Be sure to have a number of islands that does not allow the exact correct amount. There should be students without a hoop, or don’t have enough to make the amt required. Gradually increase the number called while reducing the number of islands.
11. Hula hoop twist and switch: one hoop per student. Students twist the hoop to get it spinning. They must switch with another student before it comes to rest. Each new twist must be with a different player.
12. Lilly-pads: Variation A: Groups of 5 with four players continually adds hoops in front so the designated “frogger” can advance his/her way across gym. Variation B: four of the five players are froggers with only one player moving hoops to advance his/her team across gym.
13. Scarf switcheroo: Students in pairs, each with a scarf, facing each other. Scarves are tossed high, players switch and catch each other’s scarf. Take one step further away if successful, toss and switch again. See how far apart pairs can get without letting the scarf hit the floor.
14. Body part scarf run: Each student has one scarf, lined up beside each other along wall. Teacher calls out a body part, students need to cover that body part with scarf and run across gym without letting it land to the floor. Players are not allowed to hold, tuck in, or secure the scarf. Use: open hand, elbow, tummy, thigh, foot, bum, etc.
15. Alphabet aerobics: Pair off students and have them on opposite sides of the gym. On the call of an alphabet letter from the teacher, pairs run out, meet up at centre and form that letter with their bodies. They can stand, lie on the ground, etc. Give a time limit of x number of seconds.

16. Golden snitch: Five players wearing pinnies and one playing card each (avoid the face cards). Pinnie players run to avoid being tagged by everyone else. If tagged, the pinnied player shows the card/tells the tagger the number on the card trying not to disclose that card to anyone else. After a chaser has tagged all players carrying cards, that player should have added up the total of all the cards and tell the teacher (who knows the total amount already). Try to choose players who can last a while by avoiding being tagged.
17. Dice and bean bag race: Teams of 5-ish along the side line with six bean bags. Six cones mark each "level" that corresponds with a dice throw. First player rolls the dice, runs out to the point level with that numbered cone and places a bean bag on floor. \*\* Players must always carry the dice with them \*\*. Hands dice to next player, he/she rolls dice, runs and places bean bag as long as that spot doesn't already have a bean bag. If it does match, that player runs out to that bean bag, touches it, runs back and hands off dice to next player. First team to have bean bags at all six levels wins. Second round of the game would be rolling the dice to collect the bean bags. Either way, the dice roller always runs out to a level with the dice to either place a new bean bag, or to touch a bean bag that's already there.

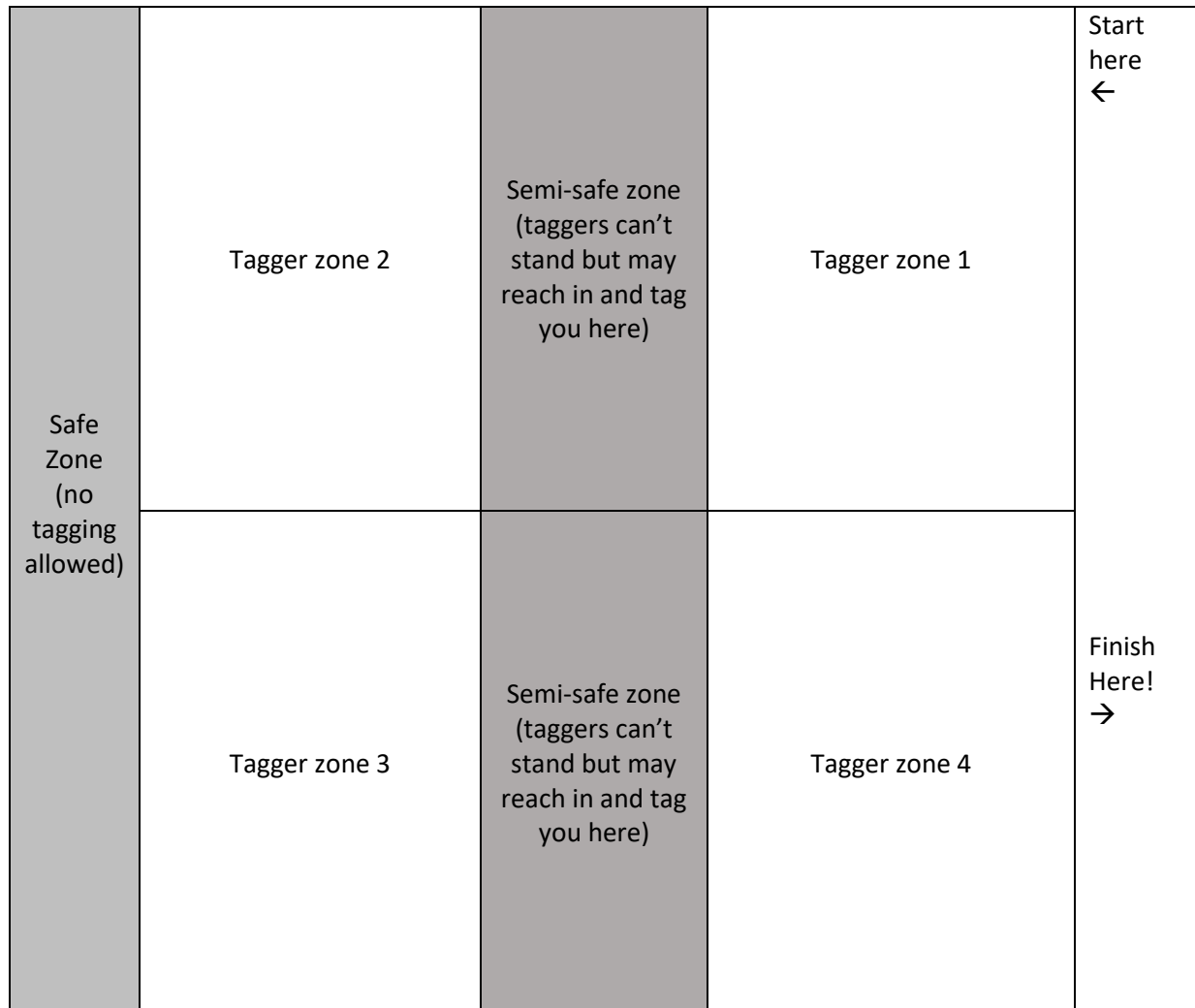
Throwing games:

18. Caterpillar Hoop Race: Groups of 5 with 4 hula hoops per group (any number of players works, just make sure you have one fewer hula hoops than players. Avoid groups bigger than six). Each player has their own bean bag. Single file line at first hula hoop (level 1). Successful underhand toss, pick it up, return to end of line. That player would be tossing for the level 2 hoop next turn. Any unsuccessful throw, pick up bean bag and run to touch opposite walls, or all four walls, etc. First player to successfully toss bean bag into all levels of hoops is the winner. Begin next game by stretching out the caterpillar a bit longer (greater distance between the hoops).
19. Hula hoop flip: Pairs of players with one bean bag per pair. All throwers begin along same line. Underhand toss bean bag into hoops. Successful throw → partner flips hula hoop once away from teammate. Thrower always runs to get his/her own bean bag. First pair to advance their hula hoop across a designated line is the winner. Second round reverse the roles and can A) start back at the beginning or...B) start with the farthest throws and work it back closer and closer until it reaches the thrower.
20. Tennis Ball Throw/Bounce/Roll: Partners opposite each other across gym. Teacher announces a three or four sequence pattern: ex) roll/throw/bounce. First player with tennis ball rolls ball to partner, second player throws it all the way back, original partner one-bounces the ball to the partner to complete. Partners can pick how close or how far they want to stand apart from each other, but must finish in their original positions on opposite side of the gym ex) basketball sidelines

21. Sticks (indigenous game). Pile of sticks in the middle of the gym. Teams of 4/5 players. First player runs to middle, balances one stick on back of hand/wrist and tosses into their air catching with same hand. Next player runs out and tries for two sticks, next player tries for three, etc. Unsuccessful catches means next player tries for the same amount. Team with the highest number of sticks tossed and caught by the end of a certain amount of time is the winner.
22. Rock Paper Scissors "Evolution". Select one player to be "Supreme Ruler" on the bench. All others are in pairs beginning as an "egg", crouched down low and do an RPS battle. Loser stays as an egg and must battle another egg. Winner becomes a chicken (stand with elbows out like a chicken) and battles another chicken. Winner becomes a crocodile (arms out like a big mouth) who finds another crocodile to battle. Winner becomes a giant (arms up high) who challenges the supreme ruler on the bench. If the Supreme ruler loses, he/she begins again as an egg and starts from the beginning. Any player losing an RPS battle goes back one "level of evolution" and fights a new battle vs. the same kind of player.
23. Rock Paper Scissor Cheerleader: Begin in pairs. Loser of RPS battle becomes the cheer leader for the winner and must follow that player cheering/pumping them up etc). Winner plays another winner with the losing players cheerleaders joining the new winner. Eventually two players will meet who have not lost a battle, each with a giant cheerleader squad. Game can also be played silent style/clapping only.
24. Surfer Dude (RPS variation). Players line up facing an opposite on each side of the center line. Jump three times then show: surfer, shark, or wave. Surfer beats wave, shark beats surfer, wave beats shark. Loser turns and runs from winner who chases to tag before designated line.

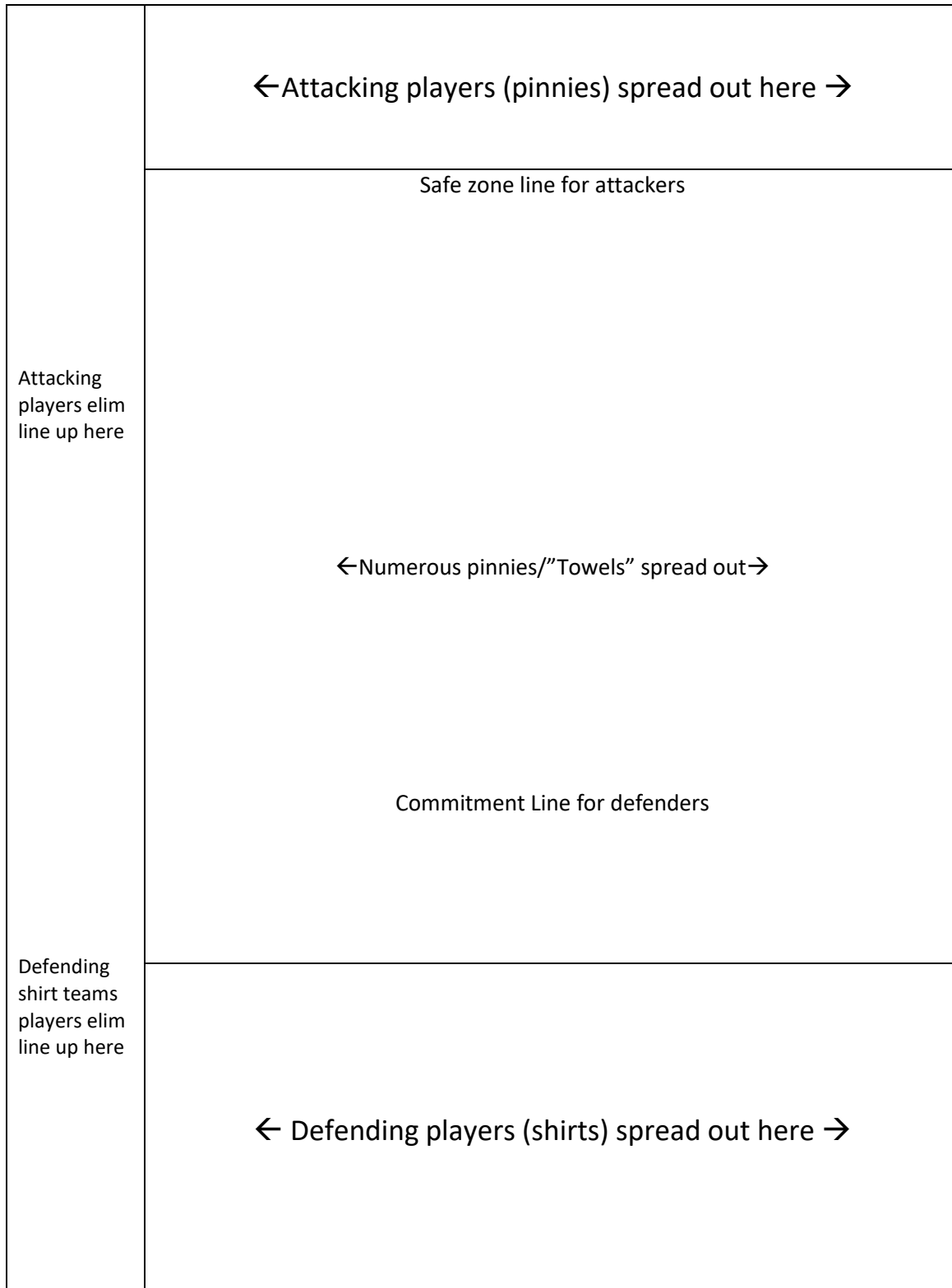
Longer Duration Games:

1. Gauntlet



Two taggers with pool noodles in each tagger zone. Players start at beginning and try to work their way through the four tagger zones without getting tagged with a noodle. Any number of players can go at any time. Get tagged...go back to beginning (variation: go back one level). Taggers must stay in zone but can reach into the "semi-safe" zone to tag as long as feet are still in their tagger zone. Depending on gym size, you may need to change these semi safe zones into full safe zones (can't be tagged). Try to get to finish line and begin again, counting how many times they can make it through in a designated amount of time. Change up taggers. Jessica Williams encourages playing Super Mario Bros. theme song throughout game!!

### 2. Towels



### Towels:

- a) Object of game: pinnied attacking players invade and bring back all the towels (pinnies) placed in front of defenders.
- b) As many attacking players can leave at the same time as they want and may return behind their safe line as often as they want
- c) Defending players must stand behind their commitment line. As soon as they step on/in front of commitment line that player MUST continue on and attempt to tag a single pinnie player. If they make one successful tag, that pinnie player goes to the holding zone along side and the defending player who made the tag must re-set back to the beginning commitment line before trying to tag anyone else. If the defending player runs but does not make a successful tag before all of the attacking players retreat (they find themselves in the middle zone with no one to tag), the defending player goes to their holding zone. So....if only 3 attacking players advance out, there shouldn't be any more than three defenders moving out. Defenders can wait as long as they want before committing to a chase.
- d) Re-entry into the game: a rubber chicken (or something similar) is placed near the row of pinnies, somewhat closer to the invading attackers. If an attacking player successfully retrieves the chicken back to their side, all attacking players who were out on the side are now back in the game. If a defending chaser successfully tags the runner with the chicken, all of the defending players are now back in the game. Teacher adjusts the location of the chicken to allow the game to continue on (too many attacking players on the side line...move the chicken closer to their side)
- e) No hand-offs or passing of any towels or chickens!
- f) Players will eventually figure out how long to wait or who they can out run/catch and when to run.
- g) Teacher should call out players who are safe/out when learning the game since it may be hard for students to keep track when learning the game.