**Warm-up & Fitness Activities**

**Hoop Warm-up**  
Objective: Aerobic endurance; flexibility; agility.  
Equipment: 20-30 hoops; music.  
How to play: Spread the hoops out randomly around the area. The players are scattered around the area as well. When the music begins, the players move around the area and perform the following tasks:  
- Move around the area without touching any hoops.  
- Step inside as many hoops as possible with one foot; two feet at the same time; one foot than the other.  
- Touch inside as many hoops as possible with: one hand; two hands; one hand & one foot; two hands & two feet; one hand & two feet; one elbow; two elbows; one knee; two knees; one elbow & one knee; your buttocks; two elbows; two knees; two knees & two hands; etc.  
- Jump inside a hoop, lift it up and over your head, and then place it back on the floor.  
- Put your hand inside a hoop and run one time around the outside of the hoop.  
- Jump in and out of each hoop two times then move on to another hoop.  
- Do everything above with a partner.  
- Do everything above while dribbling a ball.  
- Make up your own movements as you move around the hoops.  
- Be creative…the list is endless!

**Imaginary Rope Jumping**  
Objective: Creativity; aerobic endurance; muscular strength & endurance; coordination; agility.  
Equipment: Music  
How to play: Everyone stands in one large circle with an “imaginary” jump rope in their hands. Start the music and begin jumping. Use your imagination and create crazy ways to jump or the teacher can lead a routine. Try any trick you want…you can’t mess up!

**Pass & Chase**  
Objective: Tossing & catching; cooperation; aerobic endurance; agility.  
Equipment: One soft (foam-type) ball for every two players; music.  
How to play: The players form pairs. Each pair has a ball. The game begins with the partners passing (tossing) the ball back and forth to each other. When the music begins, the tag game begins. The partner with the ball is “IT” and must tag the other partner with the ball (no throwing). Once a successful tag is made, the “tagger” simply drops the ball on the ground and quickly gets away from her partner. The partner now must pick up the ball and chase the other partner, attempting to tag him. This continues until the music goes off. The music going off is the signal to begin passing the ball back and forth again. When the music comes back on, another tag game begins.  
Variation: Instead of just tossing the ball back and forth, the players can roll the ball back and forth from push-up position; kick it back and forth from crab position; or toss it after performing a sit-up.

**Hot Pursuit**  
Objective: Aerobic endurance; agility; muscular strength & endurance; cooperation.  
Equipment: None  
How to play: The players form groups of three. The players are numbered 1, 2 and 3 in each group. On the signal to begin, Player 1 chases Player 2, attempting to tag him/her. Player 3 performs an exercise (e.g., push-ups; crunches; jumping jacks; arm circles; etc.). When Player 1 tags Player 2, Player 2 begins chasing Player 3 and Player 1 now begins an exercise. When Player 2 tags Player 3, Player 3 now chases Player 1 and Player 2 begins an exercise. Play continues in this manner for the allotted time. You can give the players a list of exercises they can choose from or call out what exercise they must do, changing it periodically.

**Shuttle Transfer**  
Objective: Aerobic endurance; agility; cooperation.  
Equipment: Hoops and beanbags.  
How to play: The players form pairs. Each pair stands in a hoop on opposite sides of the area from each other. One partner has 5 (or more) beanbags in her hoop. On the signal to begin, the player with the beanbags picks up one beanbag at a time and runs...
out to the middle of the area. The other partner runs out to the middle and takes the beanbag from the other partner and returns it to his hoop. The other partner returns to her hoop and retrieves another beanbag and the process continues. The object is to transfer all the beanbags to the other hoop and back again in the quickest time possible. For a variation, set a time limit and challenge each pair to see how many beanbags they can transfer in the time allowed.

**Small-Group/Sport Lead-up Games**

**Asteroid**  
Objective: Throwing; catching; quick reaction; agility; teamwork; aerobic endurance.  
Equipment: 1 soccer ball (or similar) and 1 coated foam ball for every six to eight players.  
How to play: Place the players in teams of three or four. One team has a soccer ball (called the planet) and the other team has a foam ball (called the asteroid). The team with the planet must kick the ball around the field, keeping it away from the asteroid. The team with the asteroid must throw the asteroid at the planet and hit it. When the asteroid hits the planet, the team who threw the asteroid takes possession of the planet and the teams switch roles. The person with the asteroid cannot travel with it, they must throw it to a teammate to get close to the planet. The team with the planet can only use their feet to move the ball around the area.

**Catch Five**  
Objective: Throwing; catching; teamwork; cooperation.  
Equipment: One football (or other ball) for every group of six to eight players.  
How to play: The players form teams of three or four. One team starts on offense and has the ball. The other team is on defense. The object is for the offensive team to pass the ball to each other, trying to make five consecutive passes and catches without dropping the ball or having the defensive team intercept it or knock it down. If five successful passes and catches are made, the team scores one point and the ball now goes to the other team. If the ball is dropped, knocked down or intercepted by the defensive team, the defensive team takes possession of the ball and goes on offense. The game continues for a predetermined amount of time or until one team scores a predetermined amount of points. Defensive players are not allowed to touch offensive players who are trying to make a pass. If they do, the thrower is allowed to throw again. If a defensive player touches an offensive player who is attempting to catch a pass, “interference” is called and the catch counts, and the offensive team continues. Throwers cannot travel with the ball, but they are allowed to pivot their feet as in basketball, but must stay in one place. Other players can move anywhere within the designated boundaries.

**Cross-the-Line**  
Objective: Aerobic endurance; throwing; catching; teamwork; strategy.  
Equipment: Six hoops; 6 Koosh balls (beanbags can also be used); cones.  
How to play: Place three hoops at each end of the playing area, approximately 10-15 feet apart. Place the cones in a line in the middle of the field so that the field is divided in half. If desired, you can also use cones to make sideline boundaries. Divide the players into two teams of 6 each. Each team has three Koosh balls, which are distributed to three different players. The object of the game is to get three Koosh balls into the other team’s hoops. A player who has possession of a ball is allowed to cross the line in the middle of the field and run toward the other team’s hoop. However, when a player crosses the line the opposing team can tag him. If tagged while in the other team’s zone, the player who was tagged must hand their ball over to the other team. They are now free to go back to their own side of the line. If a player is in danger of being tagged, he can avoid losing his ball by throwing it at the opposing team’s hoops. If the ball goes into a hoop, it stays there. If it misses a hoop, the opposing team can pick it up. When a player runs across the line with a ball, his goal is to throw or drop the ball into one of the three hoops. Throws can be made from anywhere once a player crosses the line. Of course, the closer the player gets to the hoops the easier it is for a successful throw to be made. The game is played until one team has three balls in the opposing team’s hoop (there can be one in each hoop; two in one hoop and one in another; or all three in one hoop)  
**Note:** Once there are two balls in each team’s hoops it is best to add a couple more balls to the game. Only players who have possession of a ball can cross the line in the center of the field.

**KanJam**  
Objective: Throwing; catching; hand/eye coordination; teamwork.  
Equipment: 1 Kan Jam set for every group of four players.  
How to play: The players form pairs. One person from each pair stands behind opposite Kans. The Kans are set up approximately 30-40 feet apart (this can be adjusted for skill level). The object of the game is to throw the disc and either hit the Kan or get the disc into the Kan. When a player throws the disc, his/her teammate at the opposite Kan is allowed to deflect the
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KnockDown
Objective: Throwing; catching; hand/eye coordination; quick reaction; agility; teamwork; aerobic endurance.
Equipment: 1 Koosh (soft) ball for every group of 6-8 players.
How to play: Set up two hoops approximately 40-60 feet apart. Place a plastic water bottle in the center of each hoop. Place the players in teams of 3 or 4 players. One team is on offense and begins with the Koosh ball. The object is to use the Koosh ball to knock down the other team’s water bottle. A player with possession of the Koosh ball cannot travel with the ball, however they can pivot (as in basketball). To advance the ball down the field players must pass the ball to each other. A ball that hits the ground prior to hitting the Kan is worth zero points. A team scores one point when they knock down a water bottle. The bottle is then stood back up and play resumes with the other team in possession of the ball. Defensive players can intercept and knock down passes, however, defensive players are not allowed to touch offensive players. Defensive players must stay one arm’s length away from an offensive player who has possession of the ball.

Pass & Catch
Objective: Throwing; catching; teamwork; cooperation.
Equipment: One soft-foam type ball for every group of 12 players; cones.
How to play: Use the cones to make a rectangle (approximately 40 x 60 feet). Divide the rectangle in half either with cones or with chalk, if playing on a blacktop/concrete surface. The students form teams of 6 players. Three players from each team stand on one half of the playing field and the other three players from each team stand on the opposite half. One team starts with the ball. One team starts on offense and has the ball. The other team is on defense. The object is for the offensive team to make a successful pass across the midfield line to a teammate. Every time a successful pass and catch is made across the line, the team scores one point. However, the offensive team must make at least one pass on the side where the ball is before making a pass across the midfield line to score a point. If one pass is not made on the side where the ball is prior to making a pass across the midfield line, no point is scored, however the team still maintains possession of the ball and continues. The offensive team can score as many points as possible. The defensive team must try to stop the offensive team by intercepting a pass or knocking the ball down on the ground. Offensive players cannot travel with the ball, but they can pivot (as in basketball). The three players on one side can pass to each other, while their three teammates on the other side of midfield move to get away from the defenders on that side. If the offensive team drops the ball or throws it out of bounds the defensive team takes over possession of the ball and goes on offense. Defensive players are not allowed to touch offensive players or grab/knock the ball out of their hands. If a defensive player interferes with (touches; bumps into) an offensive player trying to catch a ball, the catch is considered “good”; the ball goes to the offensive team and play continues.

Partner Games
Crazy Catch
Objective: Agility; hand/eye coordination; throwing; catching; cooperation; basic math computation.
Equipment: One Reaction ball and one hoop for every two players.
How to play: This game is played in pairs. Place the hoop on the floor between the two players. One player holds the ball. The players stand on opposite sides of the hoop, facing each other. The player with the ball bounces it (downward toss) into the hoop, toward the opposing player. The opposing player attempts to catch the ball after it bounces one time in the hoop. If the player doesn’t catch the ball, the thrower receives one point. The catcher now becomes the thrower. The players continue bouncing the ball back and forth in the hoop. The first player with seven points wins the game. Throws cannot bounce higher than the opposing player’s head. If a tossed ball bounces above the opposing player’s head, the opposing player receives one point.
Drop & Catch  
Objective: Agility; hand/eye coordination.  
Equipment: One Reaction ball for every two players.  
How to Play: This game is played in pairs. Each pair needs one ball. The players face each other, a few feet apart. One player holds the ball. The player with the ball holds it straight out (arm straight, parallel to the floor) and drops the ball. The opposing player must catch the ball after it bounces. If the ball is not caught after one bounce, the player who dropped it receives one point. The players now switch roles, and the other player now drops the ball. The players continue dropping the ball back and forth. The first player with 5 points wins the game. If a dropped ball hits the person who dropped it, or the person who dropped it gets in the way of the person trying to catch the ball, it is a “do-over” and the ball is dropped again.  
Variation #1: Instead of having to catch the ball after just one bounce, it can be changed to two bounces, or even three bounces. This makes the game a little bit easier for less-skilled players.  
Variation #2: Instead of just awarding one point to the person who dropped the ball, points can be awarded based on the number of bounces it takes the player to catch it. For example, if a player catches the ball after one bounce, the player who dropped the ball gets one point. However, if a player catches the ball after three bounces, the player who dropped it would get three points. The first one to 21 points wins the game. There is a maximum of five points allowed on one turn. Therefore, if a player fails to catch a ball and it rolls away or they catch it after six or more bounces, the other player only gets five points.

Drop 21  
Objective: Agility; hand/eye coordination.  
Equipment: One Reaction ball for every two players; A 12-15 diameter circle marked on the floor or ground.  
How to Play: The children play this game in pairs. Each pair needs one ball. The players stand facing each other inside of the circle. The player with the ball (player A) holds it at the height of the other player’s head then drops it. The object is for the other player (player B) to catch the ball after it bounces. Every bounce counts as a point. Therefore, if the ball is caught after one bounce player B gets 1 point, after two bounces, 2 points, etc. However, the ball must be caught before it bounces out of the circle. Once the ball leaves the circle, no points are awarded. Each player is trying to achieve 21 points. After player B has caught the ball, she drops it for player A to catch. Players continue dropping the ball for each other. The players continue adding to their scores trying to achieve 21 points. To win, a player must have exactly 21 points. If she exceeds 21, she must begin subtracting points to get back to 21.

Go for the Gold  
Objective: Chasing; fleeing  
Equipment: A beanbag or Koosh ball.  
How to Play: The players form pairs. Each pair stands facing each other approximately 30 to 40 feet apart with a beanbag placed on the ground between them. The line where each player stands is his or her safety line. There are two objectives to this game: 1) To grab the beanbag and run to the safety line before your partner can tag you, or 2) tag your partner before she can get to her safety line with the beanbag. The game begins with both players holding up a closed fist. When Player A opens his fist, showing is opponent all five fingers and the palm of his hand, it indicates he is ready to begin. When Player B opens her hand, it is the signal for the game to begin. At this point both players run to the middle where the beanbag is lying on the ground. The players can either attempt to grab the beanbag or wait for their opponent to grab it, then try and tag them. If the “grabber” is tagged before reaching her safety line, the tagger gets a point. If the “grabber” makes it to the safety line with the beanbag, he gets a point. After a point is scored, the players place the beanbag back in the middle and return to their safety line. On each turn the players alternate who will open their hand first to indicate they are ready to begin and who will open their hand second to indicate the start of the game.

Hoop Ball  
Objective: Hand/eye coordination; agility.  
Equipment: One hoop and one playground ball for every two players.  
How to Play: The children form pairs. Each pair stands on opposite sides of a hoop lying on the ground. One player has the ball. The player with the ball bounces the ball one time then strikes it with her hand, making it bounce inside of the hoop. The opposing player must now attempt to return the ball to the hoop by striking it with his hand before it bounces again (similar to volleying back in forth in tennis). When a ball cannot be returned successfully to the hoop the other player receives one point. The game can be played to 11, 15, or 21.
Partner Duck Duck Goose
Objective: Agility; cooperation.
Equipment: None.
How to play: The players form pairs. Each pair stands facing each other with a safety line marked off approximately 15 feet behind each one. The players take turns tapping each other on the shoulder saying either “duck” or “goose.” When a player says “duck,” neither player has to move. When a player says “goose,” he turns and runs toward his safety line while the other player chases him. If the chaser tags the runner before he gets to the safety line, she wins that turn and the players return to the starting line for a new turn. If the runner reaches the safety line without being tagged, he wins that turn and the players return to the starting line for a new turn. The game continues with the player who was the chaser beginning the next turn by saying either duck or goose.

Toss Up
Objective: Agility; hand/eye coordination.
Equipment: One Reaction Ball and one hoop for every two players.
How to play: This game is played in pairs. Each pair needs one ball and one hoop. Place the hoop on the floor between the two players. One player holds the ball. The player with the ball tosses the ball upward above her head with an underhand motion so that the ball lands in the hoop. Once the ball bounces in the hoop the player who tossed it must catch it. If she successfully catches the ball she receives one point. She then tosses the ball again. Her turn continues for long as she successfully catches the ball after one bounce in the hoop. If she doesn’t catch the ball after it bounces one time in the hoop, she receives no points and the opposing player now tosses the ball. Each player takes turns tossing the ball into the hoop, then catching it after it bounces. The first player to score 21 points wins the game. The player who tossed second at the beginning of the game always gets the last chance to either tie or win the game. In the case of a tie (both players end up with 21 points) the players play a “sudden death” round where they take one turn at a time to determine the winner. A player is not allowed to step on or inside of the hoop while trying to catch the ball. If he steps inside or touches the hoop in any manner, his turn is over. Also, the tosser’s turn is over if she tosses the ball up and it fails to land inside of the hoop.

True or False
Objective: Chasing; fleeing; quick thinking; cooperation.
Equipment: Cones or markers.
How to play: Players form pairs. Each pair stands side-by-side approximately 1 foot apart so that the group forms two parallel lines. Players on one side are designated to be the “true” team and the other group is the “false” team. A safety line is marked on the floor or ground approximately 15-20 feet behind each group. The teacher asks a question or gives a statement that is either true or false (e.g., the capitol of California is Sacramento). If the statement or question is true, the true team runs to their safety line while the false team attempts to tag them. If the statement was false, the roles of the teams are reversed. A player gets a point for tagging the other player or for making it across the line without being tagged. Each player keeps his/her own score. Switch partners often.

The equipment used in this presentation was provided by Toledo PE Supply. To purchase any of the equipment contact Toledo PE Supply by phone at 1-800-225-7749 or on-line at www.tpesonline.com.

About Curt Hinson
Curt Hinson Ph.D., is currently in his 37th year of teaching. Presently he teaches in the on-line graduate program at Canisius College in Buffalo, NY. In addition, he is the CEO of PlayFit Education Inc., an educational consulting firm he founded in 2002. Curt holds a Ph.D. in Kinesiology; a Master’s of Education degree; and a BS degree in Health & Physical Education. Curt is the author of three books, Fitness for Children; Games Kids Should Play at Recess; and 6-Steps to a Trouble-free Playground. He also is the creator of the Dr. Recess Playground Program. He has made presentations in all 50 states, as well as in Washington, DC, Puerto Rico, the Virgin Islands, and Mexico. He was the 1992 NASPE Eastern District Teacher of the Year and the 1991 Delaware PE Teacher of the Year. He has been featured in the Wall Street Journal; Disney’s Family Fun magazine; and on the Fox News Network.

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