#### **Gross motor activities**

#### Fitness

- 1. **Fitness stations** Rotate five different exercises, two minutes at each station.
- Agility ladder Try single step, double step, sideways, hopscotch and backwards.
- 3. **Rock-paper-scissors battle** Play rock-paper-scissors. If you do not win, complete five jumping jacks, squats or lunges.
- 4. Yoga flow Try warrior pose, tree pose, downward dog and child's pose.
- 5. **Hula contest** Longest hula hooper wins.

#### Soccer

- 1. **Obstacle relay** Navigate hurdles, mats and cones. Fastest team wins.
- 2. **Target shot** Set up target cones inside a goal with different point values. Shoot to score.
- 3. **Soccer bowling** Pass or shoot to topple pins.
- 4. **Goal relay** Shoot and score; fastest team wins.
- 5. **Chipmunks** Split into four teams. Steal soccer balls from their "nests" and bring them back to your own.

# Teamwork

- 1. **Human knot** Join hands across a circle, then untangle without letting go.
- 2. **Cup stack** Use plastic cups to build a tower.
- 3. **Minefield** Guide a blindfolded partner through an obstacle course.
- 4. River crossing Use scooters, mats and ropes to cross without "falling in."
- 5. **Human alphabet** As a team, lie on the ground to form giant letters or numbers.

### **⋒**Indoor

- 1. **Bowling** Roll a soft ball at water bottle pins.
- 2. **Paper planes** Toss paper planes at a target.
- 3. **Bag toss** Toss bean bags into bins for points.
- 4. Physical education charades Act out a sport or athlete.
- 5. **Freeze dance** Freestyle dance, then freeze when the music stops.
- 6. **Secret handshake** Create an elaborate handshake routine with a partner.

#### Track and field

- 1. **Shot put** Throw a softball for distance.
- 2. Long jump Mark and measure; longest wins.
- 3. **Hurdles** Race using cones as hurdles.
- 4. **Discus throw** Throw a frisbee for distance.
- 5. **Javelin** Throw a pool noodle for distance.
- 6. **Relay** Teams of four pass a baton while sprinting around a track.

#### **Basketball**

- 1. **Around the world** Shoot from marked spots around the hoop to earn points.
- 2. **Bump** Shoot in order; score before the player in front of you to eliminate them.
- 3. **Dribble knockout** Knock opponents' balls away while keeping your dribble alive.
- 4. **HORSE** Replicate shots; miss and get a letter.
- 5. **Speed dribble relay** Zigzag through cones; fastest team wins.

### Relay

- 1. **Obstacle relay** Navigate hurdles, mats and cones.
- 2. Animal relay Use bear crawls, bunny hops, crab walks and cheetah sprints.
- 3. **Shoe relay** Race to find your shoes from a pile, then return to your line. Fastest team wins.
- 4. **Floor is lava** Hop from poly spot to poly spot.
- 5. **Back-to-back** Partners wedge a ball between their backs while racing end to end.

# 术<sub>Tag</sub>

- 1. **Freeze tag** Tagged players freeze until freed by a teammate crawling through their legs.
- 2. **Shark tag** "Sharks" try to tag "fish" as they cross the gym.
- 3. Octopus tag Tagged players become stationary tentacles that tag others.
- 4. **Blob tag** Tagged players join hands and form a growing blob. Last untagged player wins.
- 5. **Line tag** Play while staying on gym floor lines.

#### Outdoor

- 1. **Scavenger hunt** Find a list of items outdoors.
- 2. **Capture the flag** Steal the opponent's flag from their zone without getting tagged.
- 3. **Ultimate frisbee** Score points by passing a frisbee to team members in the end zone.
- 4. Classic kickball Play with bases and a rolling ball.
- 5. **Bucket race** Teams compete to transfer water from one bucket to another.

## **Dodgeball**

- 1. **Doctor dodge** One "doctor" can heal outed players back into the game.
- 2. **Pirates** One "pirate" can steal balls from the other team's side.
- 3. **Jailbreak** Outed players can be freed by a catch.
- 4. **Four corners** Divide space into four squares; four teams compete against each other.
- 5. Last one standing No teams; every player for themselves until one remains.