

Works Cited

Cooperative Games, www.cooperativegames.com

PE Games, www.pegames.org

Inquiry Adventures, www.inquiryadventures.com

Spark, www.Sparkpe.org

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Icebreakers: the best games and activities, www.icebreakers.ws



COOPERATIVE GAMES

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Find the Wolf

About this resource:

This resource booklet is intended to enhance teaching and learning of students in physical education at the elementary level.

The resources included can be used as warm up and cool down activities, icebreakers, teambuilding exercises in the gym, outdoor environment and in the classroom. They are relevant within the personal and social development dimension of the elementary program.

The inclusive nature of these games allows for equal participation from all students and addresses their diverse learning needs.

The four basic components of a successful cooperative game:

- Cooperative
- Acceptance
- Involvement
- FUN!

How this is accomplished:

1. The game is not dependent upon athletic ability. Anyone can play
2. The game welcomes participation, creativity and personal expression
3. If competition is present it is against the limits of one's own abilities.
4. The game encourages interaction from students' all levels of play – the competitive to the more reserved student.

Grade Level: K-7

Ready....

- This is an in-class game.
- No materials needed.

Set....

- Arrange desks so that students can move easily between them.
- Select one wolf.
- Have students write down their animal.

Go!

1. Have everyone start with their heads down and eyes closed on their desks.
2. Tap one person on the head (this person is the wolf).
3. Tell everyone else to decide if they are a dog, a cat or a chicken, and make sure that they don't tell anyone.
4. Remind them that they must stay that animal for the entire round.
5. Now, when the teacher says an animal, anyone who is that animal **MUST** switch to a new desk.
6. Here is the catch, the wolf **MUST SWITCH DESKS EVERY TIME, REGARDLESS OF WHICH ANIMAL IS CALLED.** After a predetermined length of time, allow several students to make guesses about who the wolf.

Challenges: To make sure all students are moving for an animal have them write it down on paper before the game begins.

Giant Animals

Grade Level: K-2

Ready....

- No materials needed.
- Pre-assign groups if needed.

Set....

- Have students spread out around the gym.

Go!

1. The objective of the game is to have children play together to turn their bodies into different parts of a giant animal.
2. To begin, the children can suggest a specific animal or “giant” and propose its body parts.
3. Each child selects a different body part to be.
4. Children team up to make a total giant animal.
5. Once they have their animal assembled, they can try to get it moving—rolling over, jumping, stretching, wagging its tail, etc.
6. If you have a big class with lots of animals, you can make a GIANT animal zoo.

Challenges: Students may have difficulties getting themselves into groups. You may prefer to assign groups before the game starts.

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Sardines

Grade Level: 1-3

Ready....

- No materials are needed

Set....

- Outdoors in pre- determined boundaries
- Students all start huddled in a circle while "it" hides

Go!

1. Pre determine boundaries of a large space outdoors with lots of hiding places in it.
2. Choose one volunteer to be "it" and hide outside behind a rock, tree or equipment.
3. All other students close their eyes in a tight circle facing inwards so as not to see "it."
4. After thirty seconds students look for the "it" and when found the finders hide there also.
5. The game is finished when all students are packed in the hiding spot like sardines.

Adaptations:
Start with one "it." If the game is taking too long then add another "it" to hide and be found by the students.

www.icebreakers.ws

Untying the Knot

Grade Level: 4-7

Ready....

- No materials are needed

Set....

- This activity can take in a classroom, gymnasium, or outdoors
- Students are arranged in circles of around 5- 8 people

Go!

1. Arrange students into groups of anywhere between 5-8 children in each.
2. Ask students to stand in a tight circle facing inwards.
3. Now everyone should put in their right hand and hold someone else's right hand.
4. Everyone should put their left hand in the circle and hold someone else's left hand.
5. Without letting go of each other's hands students must work as a team to untangle.

Adaptations:
Start with one hand in the circle for an easier solution. Challenge by choice for the second hand.

www.teachingideas.co.uk/pe

PAPER PLATE AEROBICS

Grade Level: 3-6

Ready....

- 2 plates per person

Set....

- Scatter students throughout the area; each with two paper plates.

Go!

1. Try a variety of moves while keeping the paper plates under your feet.
2. Examples of movements are lunges, star position etc.

Challenges:

Use paper plates when students are playing a sport such as basketball. This will equalize abilities.

www.sparkpe.org

PASS IT AROUND

Grade Level: k-7

Ready....

- Large piece of equipment per four students (ball, cone etc)

Set....

- Students sitting in a circle facing out with elbows hooked.

Go!

1. The objective is to move objects around the circle without using hands.
2. On signal pass the equipment around the circle with your legs and feet. Try to pass the equipment without letting it touch the ground.

www.sparkpe.org

Helium Stick

Grade Level: 4-7

Ready....

- Hula Hoop or a long thin, light weight rod (1 per group)

Set....

- Have groups gather around helium stick
- Students either create a circle around the hula hoop or line up in two rows that face each other and introduce helium stick between the two rows.

Go!

1. Have students point out their index fingers and extend their arms out.
2. Teacher lays helium stick on their fingers.
3. Have students adjust their index fingers until helium stick or hoop is even and horizontal.
4. The goal is to lower the helium stick to the ground while everyone keeps a finger touching the stick at all times (helium stick rests on top of fingers).
5. If someone removes a finger, the task must begin again.

Challenges:

The hoop tends to float up, rather than come down. It may take larger groups longer and cause frustration. Encourage teams to be calm, move slowly, communicate and strategize.

www.inquiryadventures.com

Air Traffic Control

Grade Level: 5-7

Ready....

- Miscellaneous PE equipment (i.e. hula hoops, nets, balls, hockey sticks, etc.)
- Blindfold

Set....

- Setup an obstacle course in the gym using the miscellaneous PE equipment.
- Have a start line and an end line.

Go!

1. One student is designated as the air traffic controller and must communicate the "route" to the blindfolded student or pilot flying through the obstacle course.
2. Pilot must follow air traffic controls exact instructions (i.e. move your left foot forward 1 step)
3. Students can take turns controlling and flying.
4. Could be followed by a debrief about communication.

Adaptations:

The obstacles can be moved around to change up the course. There can be many pilots, who need to follow the exact same route as the pilot in front of them. If a step is missed, that pilot goes to the back of the line. Try to get all students across the finish line.

www.inquiryadventures.com

CELEBRITY TAG

Grade Level: 3-6

Ready....

- 1 cone per 4 students

Set....

- Create groups of 4
- 3 students join hands to form a triangle around a cone; 2 students are “Bodyguards”, 1 student is the “Celebrity”
- The 4th student is the “Paparazzi” standing outside the triangle

Go!

1. The objective is for the Bodyguards to protect their Celebrity from the Paparazzi.
2. Paparazzi attempts to tag the Celebrity by moving around the outside of the triangle
3. Bodyguards protect the Celebrity by rotating them away from the Paparazzi and at the same time keeping the cone inside the triangle.
4. Bodyguards and Celebrity must keep hands together; otherwise it counts as a tag
5. If the Paparazzi tags the Celebrity one Bodyguard must switch roles with the Paparazzi.
6. On signal, the instructor may also inform students to switch positions

FLIP FLOP

Grade Level: 3-6

Ready....

- Music and player (optional)

Set....

- Divide the students into two groups
- Scatter students in area

Go!

1. The object of the game is to warm up the large muscle groups
2. One group stands in the crab or bridge position and moves around the space
3. The other group moves through the space by stepping over crabs or crawling under bridges.
4. When someone goes over or under a student, the student flips over and does the opposite position.
5. On signal, or when the music stops, students switch positions.

Challenges:

Students can see how many times they can flip a person in 30 sec. The objective is to beat their score the next time.

Collective Hoops

Grade Level: 3-7

Ready....

- Balloons (1 between 2 students)
- 10 hula hoops

Set....

- Scatter hula hoops around the gym.
- Students start in pairs at the front of the gym

Go!

1. Students work in pairs. Partners tap the balloon or ball back and forth in a nonstop fashion
2. At the same time, they endeavor to pick up a hoop, then tap their balloon through it, and place the hoop back on the floor.
3. Partners keep moving in a different direction to pick up a different hoop. Every time they complete the goal, they score a point.
4. The goal is for the entire group to score as many points as possible in a given time period.

Challenges:

This is a very active game that takes physical as well as mental—and social—coordination.

www.cooperativegames.com

Mat Attack

Grade Level: 3-7

Ready....

- Enough mats so that each team of 4-5 has 2.

Set....

- Place 2 mats for each team along the baseline in the gym.
- Split students into teams of 4-5

Go!

1. Have teams line up behind one another and place their 2 mats in front of the first person in their line.
2. You ARE NOT allowed to touch the gym floor with any body part.
3. In order to cross the gym, your team must figure out how to most effectively and efficiently get all members from one mat to another all the way across the gym.
4. Team members are allowed to slide mats, toss mats, push or pull mats BUT CAN NOT TOUCH THE GYM FLOOR!
5. If any member of the team touches the gym floor with any body part, said team member must run and touch all four walls in the gym. The team can resume crossing the gym once the running team member has both feet back on one of the team's two mats.
6. The winning team is the first team to have everyone step off of the mat, and passed the predetermined end-line, safely.

Challenges:

You can change it up by making teams larger or smaller and/or giving teams more or fewer mats.

www.pegames.com