

101  
FUN  
PE GAMES

The logo for '101 FUN PE GAMES' is contained within a smaller, stylized cloud shape. The number '101' is in orange with a halftone dot pattern. 'FUN' is in blue with a halftone dot pattern. 'PE GAMES' is in pink with a white outline. A soccer ball icon is to the right of '101' and a basketball icon is to the left of 'FUN'. The entire logo is set against a background of radiating grey lines and orange spikes.

ICEBREAKER  
GAMES

The main logo 'ICEBREAKER GAMES' is presented in a large, stylized cloud shape with a thick black outline and grey shading. The text 'ICEBREAKER' and 'GAMES' is in a bold, blue, bubbly font with a white outline. The background features radiating grey lines and orange spikes.

## FOCUS



TEAMWORK



COGNITIVE



FINE MOTOR

## GROUP SIZE

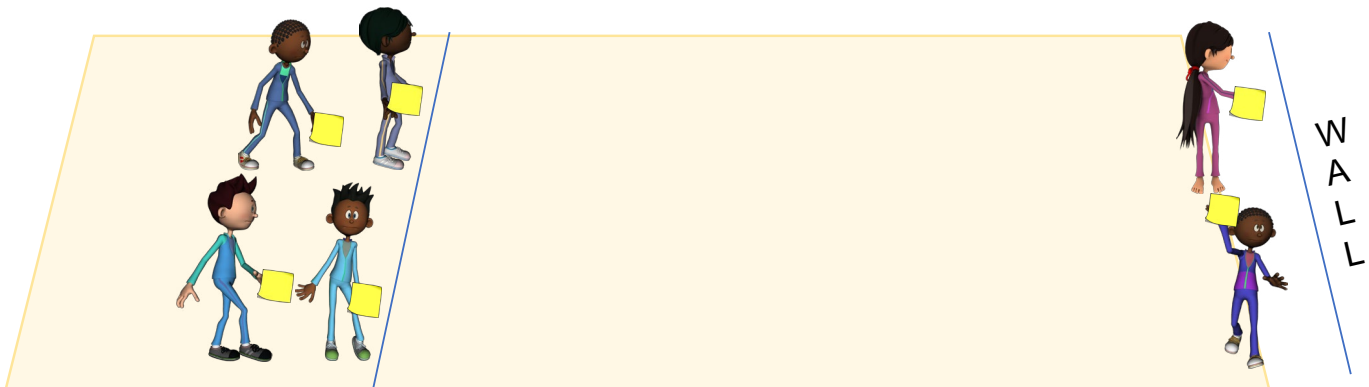


## EQUIPMENT

Reusable sticky notes

## SETUP

Put children in traditional relay race lines. Give each child a sticky note. Each time a child returns back to the line, give them another sticky note. Re-use the sticky notes so you can use them with multiple classes.



## INSTRUCTIONS

1. Before starting, each team must decide on a zoo animal (or other object) they will be trying to create on the wall using sticky notes
2. On 'go' the first child in line will run with a sticky note towards the wall at the opposing side of the room.
3. Once they get there the objective is to stick the paper against the wall, then return to the line so the next child in line performs the same role.
4. As a cohesive group working together, the team will begin to form something that resembles their animal with the sticky notes. Each child must use their imagination to create the animal.
5. There is no winner in this activity, just fun working with teammates to create the animal.

### MAKE IT EASIER

- Teacher can place a picture on the wall that the children can use as a model to follow when posting the notes on the wall.

### MAKE IT HARDER

- Use a different locomotor: hopping, bear crawl, crab walk, bunny hop etc.

## FOCUS



TEAMWORK



GROSS MOTOR

## GROUP SIZE

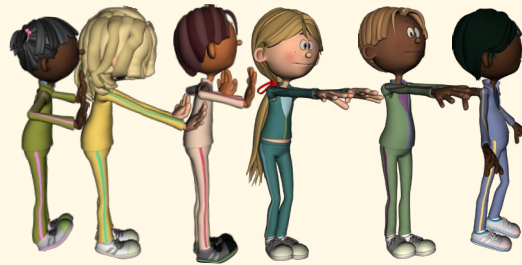


## EQUIPMENT

None

## SETUP

Place the children in a single-file line. The children should place their hands on the shoulders of the child in front of them.



## INSTRUCTIONS

1. In this game, students will need to form a straight line (dragon) with their hands on the shoulders of the person in front of them.
2. The objective of this activity is for the first child in line to be able to tag the last child in line (catch the dragon's tail).
3. On 'go' the first child in line has to start moving towards the last child in line. The challenge is that 'all' the children must travel together with their hands always on the shoulders of the child in front them. If the line / chain of kids breaks, the children must regroup and then start again.
4. Remind students of ways to play the game safely.

### MAKE IT EASIER

- Put a 20 second time limit on each round before you switch up the order of the line.

### MAKE IT HARDER

- Do not have any time limit, try to play until the round is fully completed.

## FOCUS



TEAMWORK



STRENGTH



ENDURANCE

## GROUP SIZE

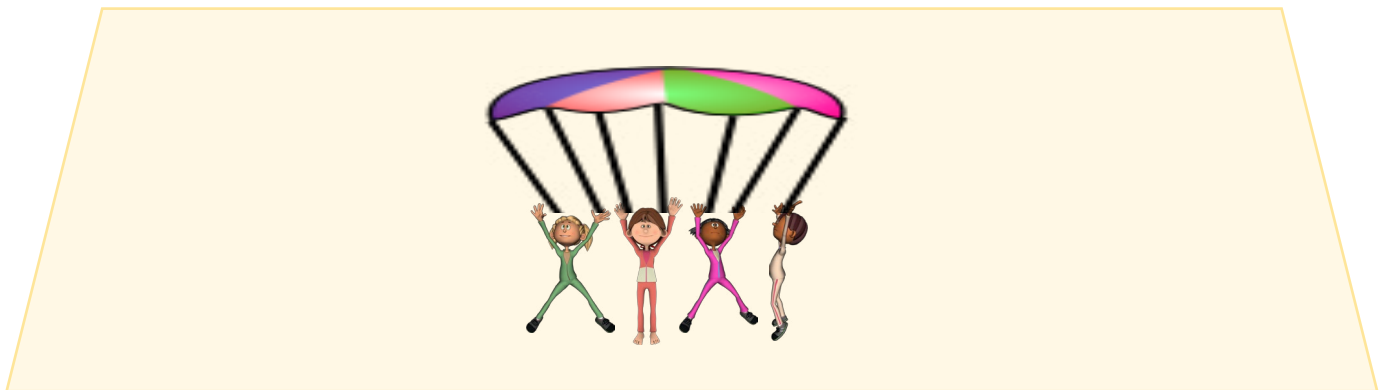


## EQUIPMENT

Parachute

## SETUP

Place the children in a circle and have them hold on around the edge of a parachute. Give each child a number to represent when it is their turn to go. Always go over the safety rules so the children know what your expectations are.



## INSTRUCTIONS

1. When the class is ready, each child should grab onto the parachute with 2 hands.
2. When the music starts, the children need to walk carefully in a circle while holding on to the parachute.
3. When the music stops, the teacher yells out a number and the children lift the parachute into the air without letting go.
4. The child whose number is called runs to the middle, screams out their name, and quickly returns to their spot before the parachute comes down.
5. Then the music starts again to repeat the process.

### MAKE IT EASIER

- Only call 1 number at a time when the children run into the middle.

### MAKE IT HARDER

- Call 2 children at a time to run into the center. When the 2 kids go into the center, they must high five each other.

## FOCUS



TEAMWORK



STRENGTH



ENDURANCE

## GROUP SIZE

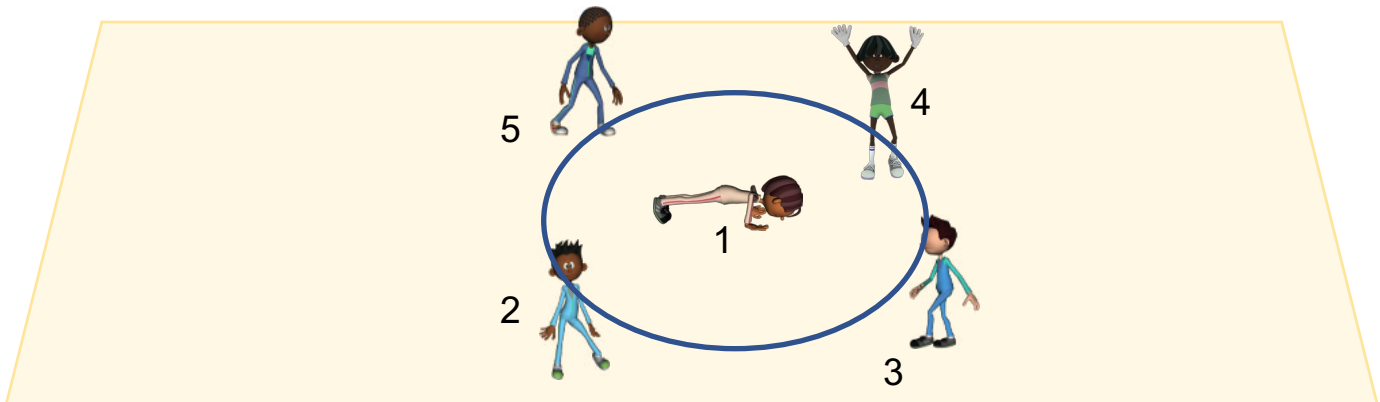


## EQUIPMENT

None

## SETUP

Put the students in small groups of 4 or 5 kids. Have each group form a small circle facing each other. They should not be very tight in their circle as they will need space in the middle of the circle to exercise. Give each child a number to represent when it is their turn to go.



## INSTRUCTIONS

1. When ready, the first child in the group must state their name out loud in the center of the circle.
2. Once they say their name, they perform an exercise of their choice.
3. When completed, they return to their place on the circle.
4. The next child goes to the middle and must state the previous person's name and perform their exercise. Next, they must state their name and perform a different exercise and then return to their spot on the circle.
5. This pattern continues until all the kids have gone, building on each time.
6. After a few minutes, mix up the circles so they are with some new students.

### MAKE IT EASIER

- Each child should perform 1 rep of each exercise.

### MAKE IT HARDER

- Each child should perform 5 reps of each exercise.

## FOCUS



STRENGTH



ENDURANCE



GROSS MOTOR

## GROUP SIZE

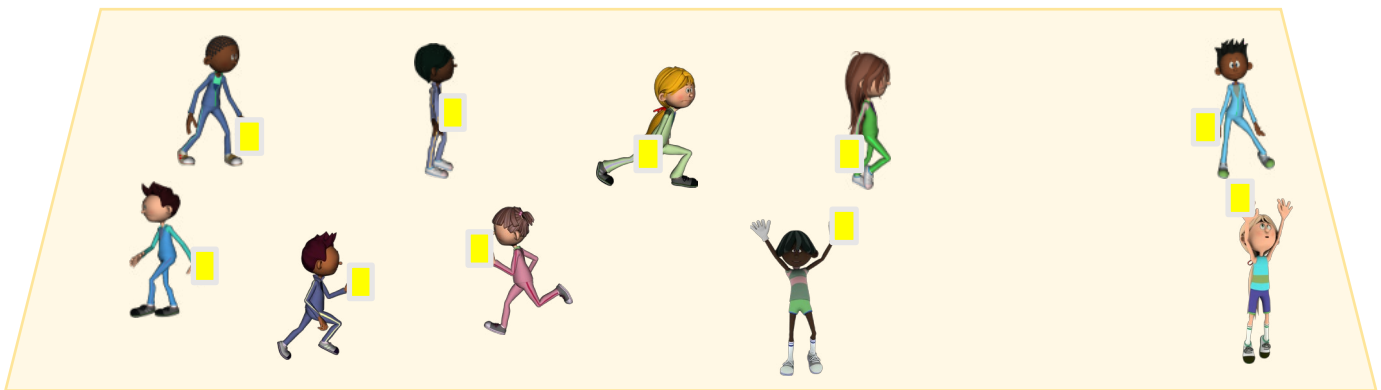


## EQUIPMENT

Sticky notes, pencils,  
music

## SETUP

Give each child a sticky note and pencil. Have them write their name on the paper along with a simple fitness challenge and then stick it somewhere in the gym like on a wall or on the floor.



## INSTRUCTIONS

1. Start playing music for the students.
2. While the music is playing, have them either skip, gallop, jog or walk around the room.
3. When the music stops, they must run around the gym and collect a sticky note from another student.
4. Once they get the sticky note, they must sit on the floor, spread out.
5. Once all the kids have their note, the teacher will call one child at a time to stand up. They must introduce the child whose name is on the sticky note, and then the entire class must perform their simple fitness challenge.
6. Fitness challenges can be simple like do 5 push-ups, jog in place for 20 seconds, do 5 burpees or perform 15 jumping jacks.

### MAKE IT EASIER

- The maximum amount of each exercise should not go over 5 repetitions or a length of 20 seconds.

### MAKE IT HARDER

- The maximum amount of each exercise should not go over 10 repetitions or a length of 30 seconds.

## FOCUS



## GROUP SIZE

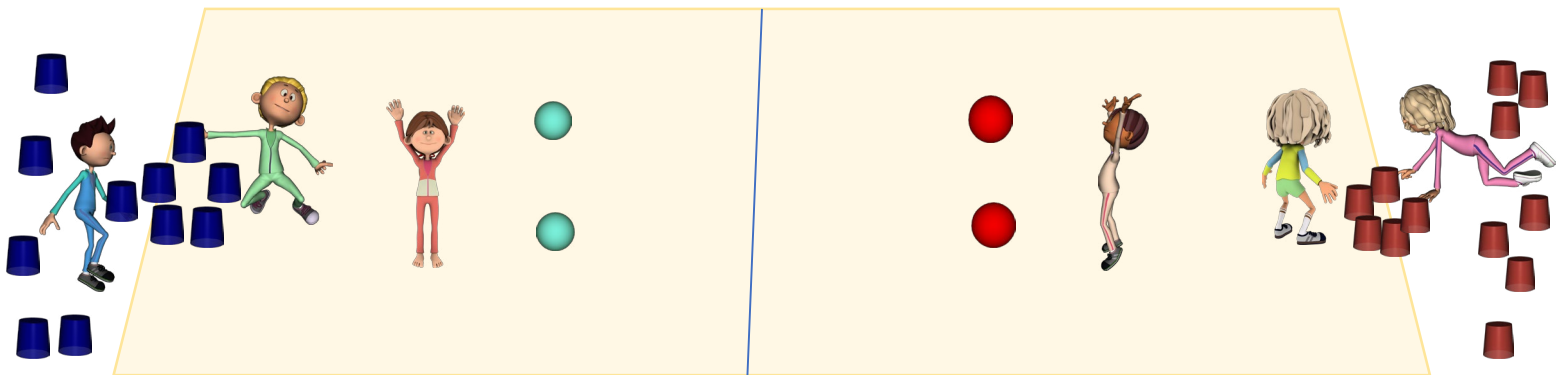


## EQUIPMENT

40 plastic cups,  
4 sponge balls

## SETUP

Divide the class into 2 teams of 4 children. If you have a large class, you will just rotate new teams in each round. Give each team 20 large plastic cups and two sponge balls.



## INSTRUCTIONS

1. On 'go' each team is going to build an igloo (tower) using the plastic cups to see which team can build a higher igloo. Each race last 2 minutes.
2. After 2 minutes, whichever team has a higher igloo wins. If the level is the same height for both teams, whichever team used the most cups wins.
3. Within the 2 minutes, each team has 2 power balls to use.
4. At any time, they can roll their power ball to the opposing team's side to try and knock over their cups which will cause them to start over. The power balls are more of a distraction during the game.

### MAKE IT EASIER

- Increase the time limit from 2 minutes to 3 minutes and give the teams more cups to use. Do not use power balls at all.

### MAKE IT HARDER

- Give each team 'endless' power balls to use during the game.

## FOCUS



TEAMWORK



COGNITIVE

## GROUP SIZE

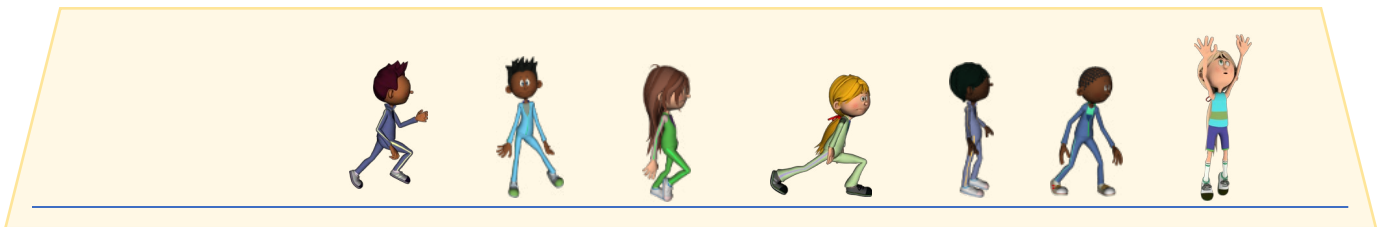


## EQUIPMENT

None

## SETUP

Sit the students down in the middle of the room. Go over the directions with them. They will have to work together on this project with no talking allowed as it is a team building activity.



## INSTRUCTIONS

1. Once ready, without talking, the children's goal is to form a line in order of their birthdays.
2. The front of the line should be January and the back of the line December.
3. Without verbal communication, they will have to work together to form a straight line from the first birthday of the year to the last birthday of the year.
4. Children have to communicate with their hands and facial expressions.
5. When the line is complete, have each child state their birthday to see if they were right.
6. Good communication skills are needed for this game to be successful. Students have to be creative on how they communicate with their classmates. They need to really pay attention to every aspect of non-verbal dialogue for the class to have success.

### MAKE IT EASIER

- Break the class into 2 smaller groups for a higher degree of success.

### MAKE IT HARDER

- Use the entire class for the activity which will certainly make the game more challenging.