

101 
FUN 
PE GAMES

**FITNESS
GAMES**

FOCUS



STRENGTH



ENDURANCE



GROSS MOTOR

GROUP SIZE

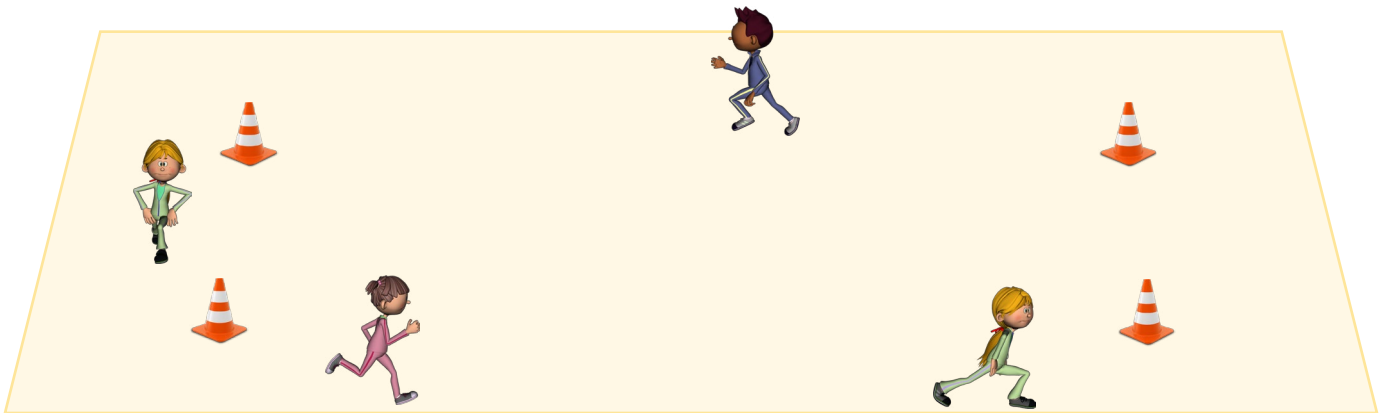


EQUIPMENT

Cones, music

SETUP

Place 4 cones around the room to create a jogging track. Have music prepared and inform the students which direction they will need to run so they all go in the same direction for safety.



INSTRUCTIONS

1. When the music starts, the kids will jog around your jogging track.
2. Each time the music goes off, they must stop where they are and choose any exercise to perform.
3. When the music starts again, they begin to jog around the track as they did earlier.
4. When the music stops again, they must now pick a different exercise to perform.
5. Each time the music stops, the children cannot repeat an exercise they have already done.

MAKE IT EASIER

- Allow the students to walk if needed and rest.

MAKE IT HARDER

- Play the music for longer periods of time so the children jog more.

FOCUS



STRENGTH



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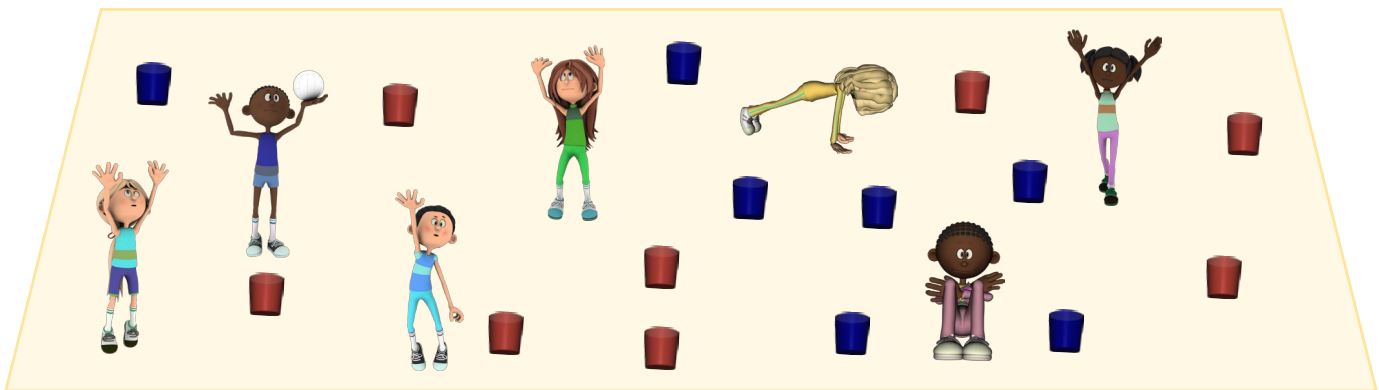


EQUIPMENT

Plastic cups

SETUP

Place plastic cups all over your room. Each cup should have a piece of paper in it with a fitness challenge written on the paper. For example, “Do 10 pushups.”



INSTRUCTIONS

1. On ‘go’ the children will begin to jog around the room.
2. When the teacher blows their whistle, the children must run to a “lemonade” cup, read the note inside, then perform the fitness challenge. When completed, they put the note back in the cup and begin jogging again. Follow this pattern for an extended period of time.

MAKE IT EASIER

- Include tasks that allow kids to rest or stretch

MAKE IT HARDER

- Increase the number of repetitions for each exercise

FOCUS



STRENGTH



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GROUP SIZE

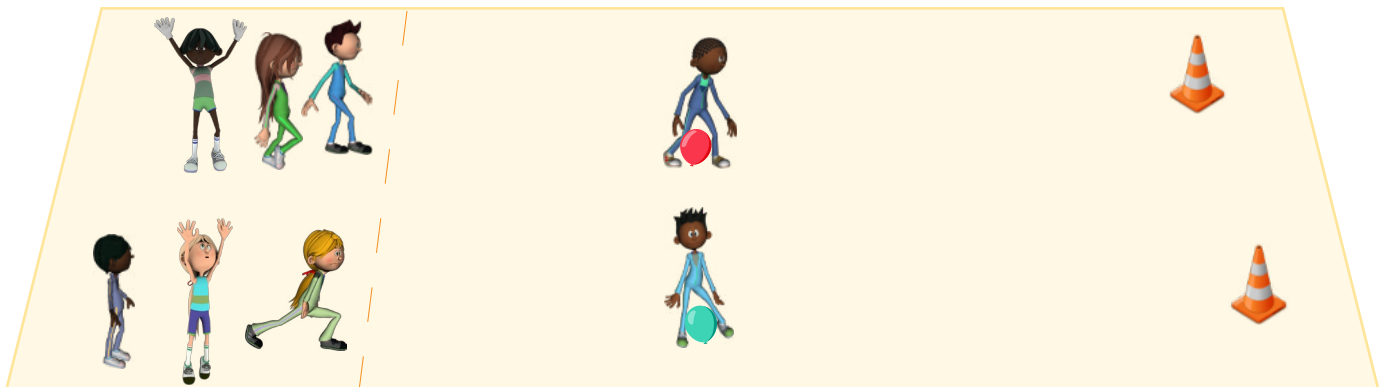
6+

EQUIPMENT

balloons, cones

SETUP

You can do this as a relay race, have individual kids race, or go separately as a time trial. Give the first child in each line a filled balloon and set up a cone for each team at the far end of your room.



INSTRUCTIONS

1. On 'go' the first child must place the balloon between their legs and support it using only their legs, being careful not to pop it by squeezing.
2. Next, using their core strength and leg muscles, they must travel to their cone, go around it, and come back to the start line.
3. Once they get back to the start line, they hand the balloon off to the next child who will now perform the same skills.
4. The first team to finish the race wins that round.
5. If a child drops a balloon, they must stop, pick it up and wedge it back between their thighs.

MAKE IT EASIER

- Decrease the distance the kids have to travel.

MAKE IT HARDER

- Increase the distance the kids have to travel.

FOCUS



STRENGTH



ENDURANCE



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GROUP SIZE

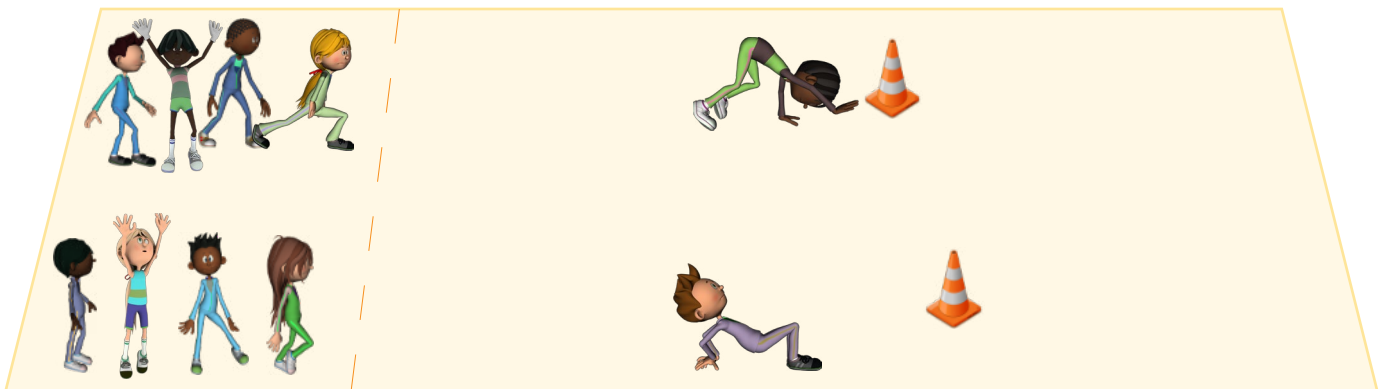


EQUIPMENT

Cones

SETUP

You can do this as a relay race, have individual kids race, or go separately as a time trial. Place a cone for each team in the middle of the room.



INSTRUCTIONS

1. On 'go' the first child in line will bear crawl to their cone.
2. Once they get to their cone, they touch it with their foot.
3. As soon as they touch it, they go into the crab walk position and crab walk back to the start line.
4. Once they get back to the start line, the next student goes following the same pattern.
5. The first team to finish wins.
6. Because of the skill, strength and fatigue level of this race, it may be better to place the cones in the middle of the room instead of the far end of the room.

MAKE IT EASIER

- Shorten the distance of the race and allow kids to crab scoot if they get tired.

MAKE IT HARDER

- Increase the distance of the race.

FOCUS



STRENGTH



ENDURANCE



GROSS MOTOR

GROUP SIZE

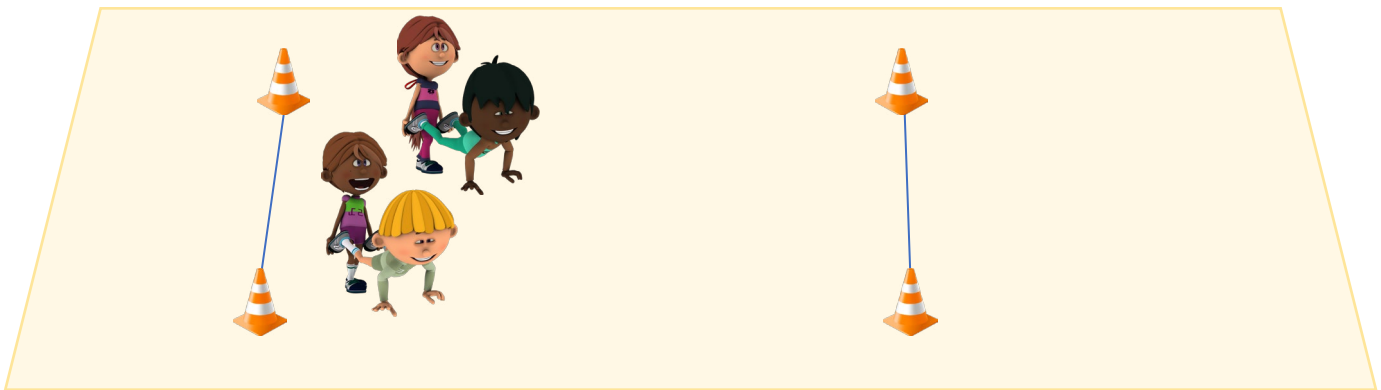


EQUIPMENT

Cones

SETUP

You can do this as a relay race, have pairs of kids race, or go separately as a time trial. Two cones will be the start line and 2 cones will be the line where the partners switch roles. Inform the students when they go they must be in groups of 2. If you have an uneven number of children, someone can go twice.



INSTRUCTIONS

1. When the music begins, the students on the exterior of the rectangle will jog clockwise in their area.
2. The children on the interior of the rectangle will jog counter-clockwise.
3. When the music stops the children must pair up with the child closest to them from the opposite group, meaning a child from the exterior pairs up with a child on the interior.
4. The child on the interior will do some exercise, and their partner from the exterior must mirror what they are doing. Once the music starts again, all the students must jog again until the music stops where they partner up.

MAKE IT EASIER

- Decrease the amount of time they jog and give a rest period every few minutes.

MAKE IT HARDER

- Increase the time they jog as well as the time the exercise while giving less rest periods.

FOCUS



STRENGTH



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GROUP SIZE

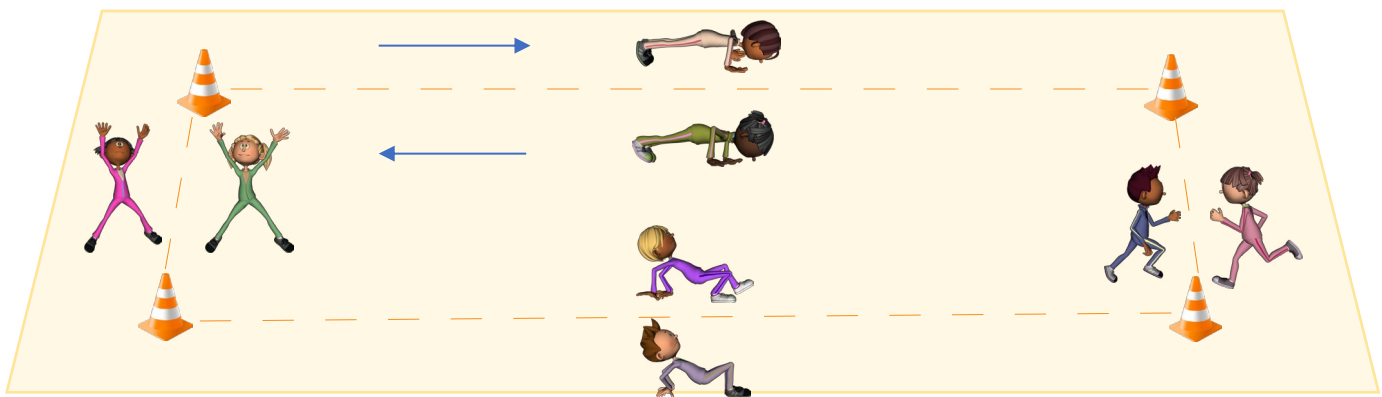


EQUIPMENT

Music, cones, floor tape

SETUP

Use cones and floor tape to mark off a rectangle in your room. Divide the class in half, with one group on the exterior of the rectangle and the other group on the interior of the rectangle.



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



ENDURANCE



GROSS MOTOR

GROUP SIZE

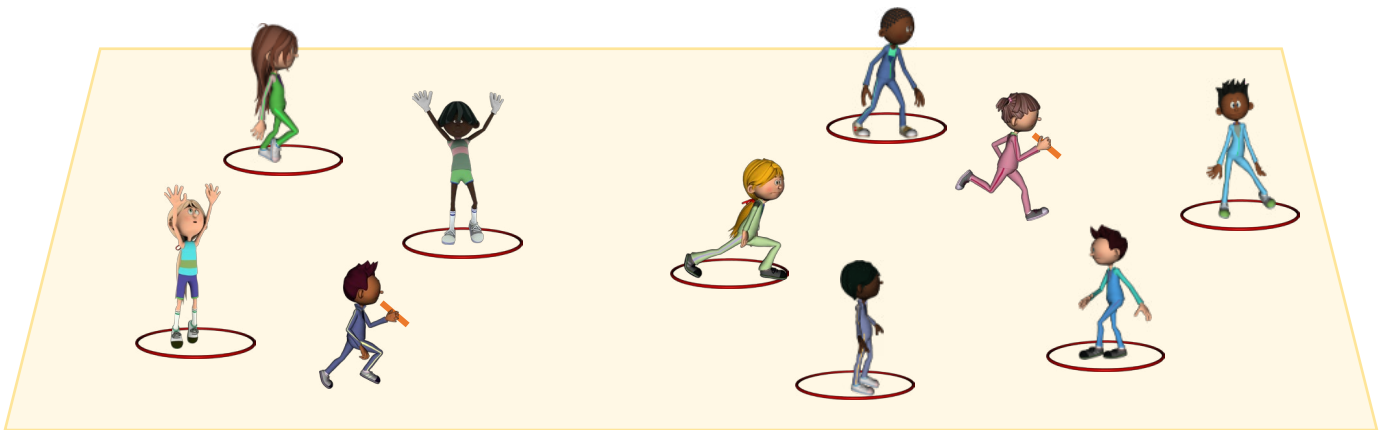


EQUIPMENT

Hula hoops, batons

SETUP

Space out hula hoops throughout your room. Have 2 fewer hula hoops than children. Give the 2 children without the hula hoop a baton.



INSTRUCTIONS

1. Space out the children all over your room.
2. All the children with a hula hoop must stand inside the hula hoop.
3. Two children will not be in a hula hoop, they will each hold a baton.
4. When the music starts, the 2 children with the batons will sprint to a kid in a hula hoop and give them their baton.
5. As soon as this happens, they switch spots, and the new child with the baton will now run to a different child in a hoop and give them the baton.
6. This pattern will continue until the song that you are playing ends.
7. In most cases, children will not be in a hoop too long as a baton will eventually kick them out of their hoop.

MAKE IT EASIER

- Space the hula hoops closer together and only have 1 child with a baton.

MAKE IT HARDER

- Use alternate locomotors like crab walks or bear crawls

FOCUS



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ENDURANCE



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GROUP SIZE

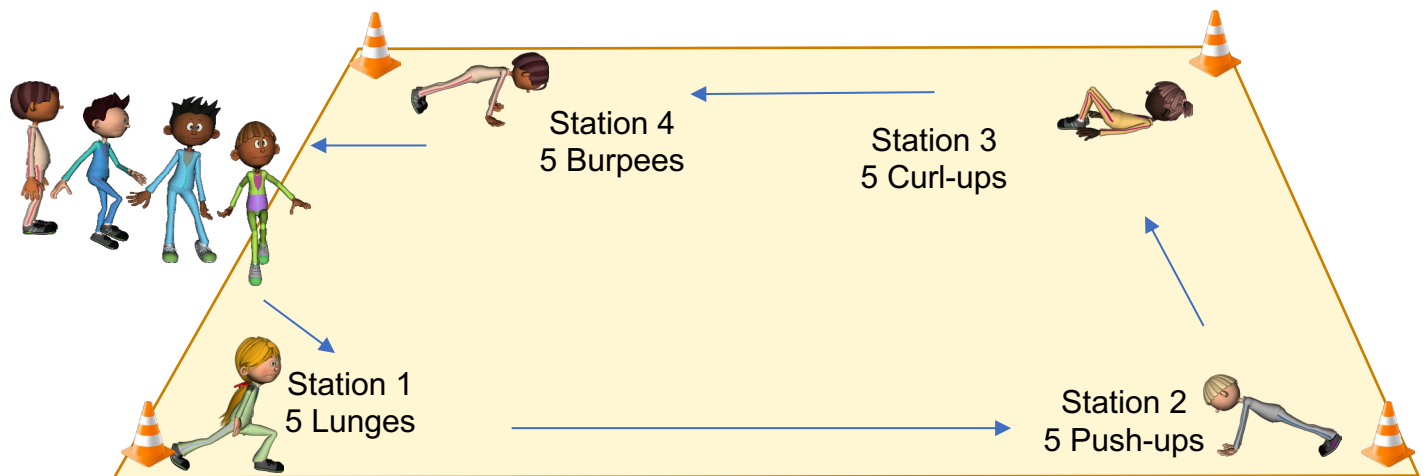


EQUIPMENT

Cones, stopwatch

SETUP

Set the children up in a single line and use cones to create fitness stations in each corner of the room. Place a gym mat on the ground if you do an exercise that requires this.



INSTRUCTIONS

1. On the instructor's signal, the first kid in line runs to station 1 and performs 5 of the exercise the instructor would want them to do. In our example, they are doing 5 lunges.
2. When complete, they go to station 2 and perform 5 of the next suggested exercise. As they get to station 2, the next child in line begins at station 1.
3. This pattern will continue where the children go through the stations.
4. A child cannot go to the next station until the child in front of them is complete.
5. The instructor will time each team to see who gets the fastest score. Points can be deducted if children do not perform the skill properly due to rushing through an exercise.

MAKE IT EASIER

- Decrease the number of stations or reps

MAKE IT HARDER

- Increase the number of stations or reps

FOCUS



STRENGTH



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GROUP SIZE

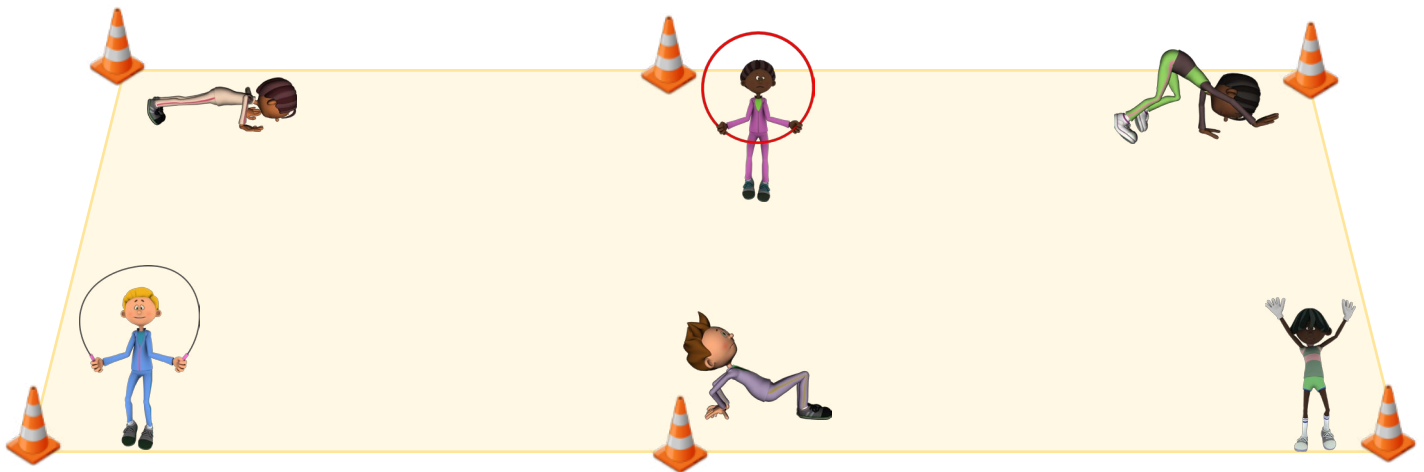


EQUIPMENT

Cones, jump ropes, hula hoops, music

SETUP

Place your class into 6 groups and set up fitness stations around your room. Place a cone by each station with an index card attached to it that has a description of the station written on it. Place any equipment you need for each station by the cone.



INSTRUCTIONS

1. When the music starts, the children should be performing various exercises at each station.
2. In our model, we used jumping rope, crab walking, jumping jacks, bear crawls, hula hooping and push-ups. But, use exercises you are comfortable using.
3. After a few minutes, the teacher should stop the music and the children rotate clockwise to the next station.
4. Once every group has been to each station, do a freedom round where children can pick and choose where they want to go so they can socialize with friends while they exercise.

MAKE IT EASIER

- Shorten the amount of time at each station.

MAKE IT HARDER

- Increase the amount of time at each station.

FOCUS



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GROUP SIZE

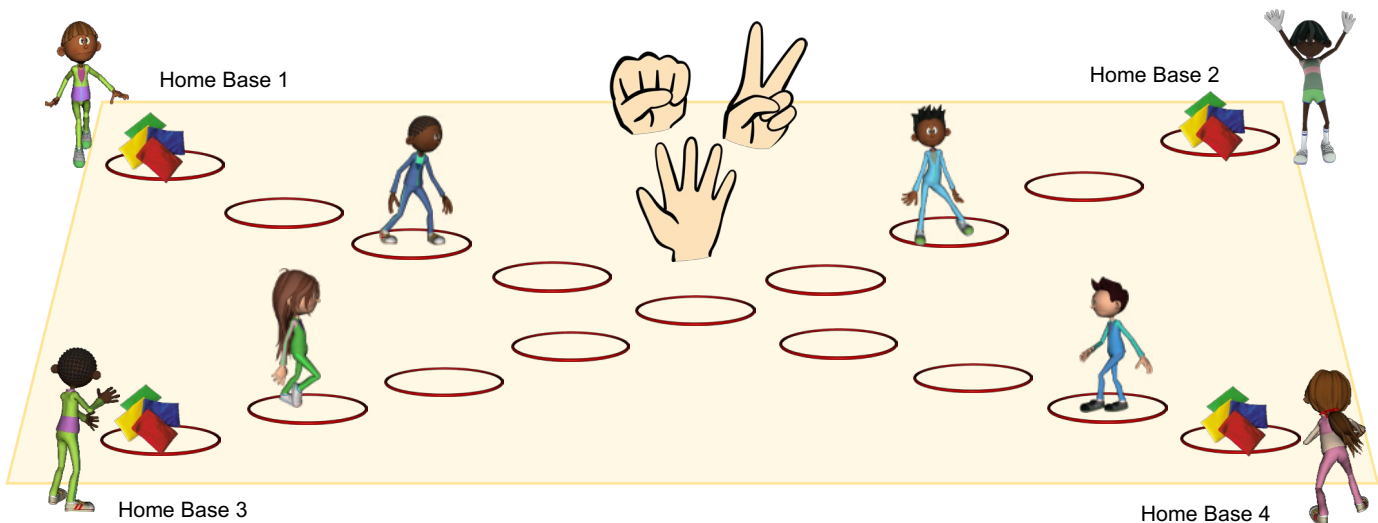


EQUIPMENT

Hula hoops, bean bags

SETUP

Create 4 intersecting paths of hula hoops as seen in the image below. Divide the kids into 4 teams and place one team at the beginning of each path. Place 4 beanbags inside the first hoop of each path to create a home base.



INSTRUCTIONS

1. On 'go' the first kid in each line starts hopping with two feet through their path of hula hoops.
2. When they reach the center hoop, they can change direction and approach one of the other team's home bases.
3. If someone from another team is in their path, they must do rock, paper, scissors with them. The winner can continue along their path. The loser must return back to their home base and let the next kid in line go.
4. The objective is to get to another team's home base and steal one of their bean bags, then return back to your own home base. The team with the most bean bags after 10 minutes wins.

MAKE IT EASIER

- Reduce the number of teams.

MAKE IT HARDER

- Hop on one foot instead of two. Add more teams.