

MOTION GAMES

1. Jingle Jangle

Equipment Needed: Cones

Set Up: Create a square boundary with cones.

How to Play:

1. Have players form a line at the beginning cone.
2. Players will go from cone to cone with designated motions.
3. Players may not go until the Instructor says one at a time.

Tips

- Motions should be different from cone to cone.
- In Round #1 there should be 4 different motions.
- Examples include: running, skipping, hopping, back pedaling, and sidestepping.
- You can also use this format to practice skills of many sports.
- Skills include dribbling, cradling, etc.

2. Red Light, Green Light (Whistle Stop)

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Designate a player to be "it".
2. All other players should line up on the other side of the area.
3. When "it" player says green light, other players may move and advance toward the "it" player.
4. When "it" player says red light, all other players must stop.
5. If players do not stop, they are out and go back to the starting point.
6. Players that make it to the end of the playing area without getting tricked, win.

Tips:

- This can be used to practice skills in any sports.
- You may have the players use sports equipment in this game.
- Instructor can be "it" and use the whistle to indicate stopping and starting instead of calling out red light, green light.

3. Soda Fountain

Equipment Needed: Cones

Set Up: Create a rectangular boundary with cones.

How to Play:

1. Designate each side of the boundary a different name of drink.
2. Make sure the players know which side of the boundary is named what.
3. When Instructor yells the name of the drink out all players must go to that side.

Tips

- Drink Names: Coke, Sprite, Mountain Dew, Dr. Pepper, Fruit Punch, Gatorade, etc.
- This game can be played with different sports- soccer balls, basketballs, cradling lacrosse sticks.
- Make the center of the playing area another name of a drink and if using other sports equipment, when you call out the name, players may take one shot and return to the middle.

4. Remote Control

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Players are to spread out all over the playing area.
2. Instructor will yell out commands for a remote control.
 - a. **Play**- players move about normally
 - b. **Stop**- players freeze
 - c. **Rewind**- players go backwards
 - d. **Fast Forward**- players go as fast as possible
 - e. **Slow Motion**- players move as slow as possible
 - f. **Eject**- players fall down to the ground

5. Relay Races

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Players are split into even stacks (lines).
2. Create a point-to-point straight course with cones/mats/etc. for each stack of players.
3. Instructors may incorporate any movement or sports equipment at their disposal to provide a series of challenges for the players.
4. 1st team to be sitting quietly in a straight line wins.

Tips:

- Be sure to add a variety to the challenges.
- If a particular challenge seems to be exciting for the players do it a series of times.

6. Steal the Bacon

Equipment Needed: An object (something to be used as “bacon”)

Set Up: Place the bacon in between the 2 lines.

How to Play:

1. Divide the class into 2 teams.
2. One object is required to be the bacon; a glove is a common choice.
3. The members of each team are numbered. They form two opposing lines and place the bacon in the exact center between them.
4. The Instructor then calls out a number. The players on each side who are assigned to that number are the players for that round. No other team members leave their side of the field.
5. Neither player may touch the other until someone touches the bacon. Once a player touches the bacon however, the other player may tag him/her.
6. If a player is able to grab the bacon and carry it back over to his/her side, that team scores a point.
7. If a player is tagged after touching the bacon and before he/she returns to their own side, the team that tagged him/her scores a point.

Tips:

- Note that the sequence of play usually involves 2 kids running out and hovering over the “bacon”, waiting for a slight advantage to grab it and run back before the other player can react.

7. Animal Crawl

Equipment Needed: Cones

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. Players line up on one side and wait to hear directions from the Instructor.
2. Instructor will call out an animal.
3. Each player must move from one line to the other acting as that animal.

8. Changing Places

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. All players but one, stands in a circle facing inward.
2. The one player stands in the middle.
3. Each player is given a number which he/she retains all through the game.
4. The Instructor calls out two numbers (but, not that of the player in the middle) and the player who's number was called must change places in the circle.
5. When they are switching the odd player must try to get into one of the vacant places first, and if he/she does (is successful) the ousted player becomes the odd man in the center.

9. "I Like"

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Players stand along a designated line.
2. Instructor starts in the middle and says something they like - "I like chocolate chip cookies".
3. Any player who also likes chocolate chip cookies has to run to the line and back.
4. The last person to make it back to the line comes out to the middle and says something they like ("I like pizza").