

Warm-up Games

Examples

AMOEBIA TAG

1. Two people are it. They hold hands and chase people, the person they catch joins the chain by linking hands.
2. When another person is caught they can stay together or split 2 and 2. They must split even numbers and can link together at will.
3. This game is played until nobody is left.

BACK TO BACK TAG

1. Two people hold hands start off as being "it." They can try to tag any other player but they can only use their free hands.
2. When they tag someone, that person joins onto them by holding hands. Remember, other players can only be tagged with one of the two free hands.
3. Players are safe from being tagged if they find another player and stand back to back with them. They can stand back to back and be safe for only 10 seconds before they can be tagged.
4. The game continues until everyone is tagged.

BAND-AID TAG

1. One person is "it." Whenever someone is tagged by "it" they must hold a band-aid (their hand) on the spot where they were tagged. Then the game continues.
2. When someone runs out of band-aids, (they get tagged three times), they are frozen until two other people come over to them and "operate." The two other people need to tag the frozen person at the same time and count to five.
3. Let the game continue for as long as it remains exciting and fun.
4. Switch the person who is "it" often.

BLOB TAG

1. Choose someone as "IT"
2. IT starts the game as regular tag, but when he catches someone, they must join hands with IT to create a large Blob.
3. Once the Blob has 6 people, it can split into groups of three only, and may split into groups of three any time thereafter.
4. The person left without being tagged, is IT and the game starts again

ELBOW TAG

1. Everyone gets a partner and links arms.
2. Two people are chosen to split up. One will be it and the other will be chased.
3. Whenever the person links with a pair of players, the person on the opposite end must break off. They will now become chased.
4. If the person gets tagged, they become it.

MICE & CHEESE

1. Place four to six balls of any kind (cheese) in the centre of a small circle, which is in the middle of a larger circle outlined on the floor.
2. Have three to five players stand on the outside line of the larger circle facing out (cats). Cats are not allowed to move off the line and can only move sideways.
3. The other players (mice) stand outside the larger circle and attempt to get the cheese out of the circle without getting tagged by the cats.
4. If a mouse makes it into the small circle, s/he is safe until s/he attempts to run past the cats again. If a mouse is tagged, that mouse switches roles with the cat that tagged him/her.
5. The game is over when all the balls (cheese) are out of the circle.

HEAD AND TAILS TAG

1. At a flip of a coin, or shout of “Declare”, each person chooses to be either heads or tails, as indicated by them placing their hand on their head or on their “tail”
2. Play then begins, where the players try to tag other players who have chosen the opposite, i.e. heads try to tag tails and vice versa
3. Once tagged the player then switches from heads to tails and vice versa.
4. Play 3-4 rounds

ADAPTATIONS:

- a. At the flip of the coin, players pick heads or tails.
- b. When the coin lands, if heads is up, those who chose head are “IT” and go after those who chose tails.
- c. Once tails are tagged, they become frozen.
- d. Once all tails are frozen, game begins again.

ICICLE

1. Designate an area in which to play. Everyone stands in a shoulder to shoulder line on one end of the area.
2. One person is "it" and they stand in the middle of the area. "It" picks an action that everyone else must do. For example, running, bunny hopping, crab walking, etc.
3. Everyone must get to the other side of the area by doing that action.
4. "It" must do the same action and try to tag everyone else before they reach the other side.
5. If someone is tagged, they become an icicle and are frozen. They can be unfrozen if someone other than "it" tags them.
6. The goal is for everyone to safely reach the other side.

OCTOPUS TAG

1. One person stands in the middle of the boundary area; in our case it was the gym.
2. The rest of the kids line up at an end of the bounds and when the tagger says "Go", they all run to the other side of the bounds.
3. Whoever the tagger tags then has to stay and help him, except that the additional people that are tagged have to sit down, and can only help "It" by using their arms.
4. This goes back and forth until you're down to the last person who then starts the next round. This game is fun when played with a lot of kids.

SKUNK TAG

1. All players but 2 are scattered in the playing area.
2. Place 4 hula-hoops at the four corners of the playing area, which are safety zones. Players can stay 20 seconds in a safety zone, or until someone else steps into the hoop following them. Only one player is allowed in a hoop at a time.
3. Place one hoop in the middle, which is the skunk's home.
4. Designate 2 players to be skunks, and place them in the centre to begin the game.
5. On the go signal, the skunks chase and try to tag someone.
6. If successful, they change places.
7. The new skunk must run to the centre hoop and yell "New Skunk!" before chasing others.

WATCH OUT FOR ALIGATORS

1. http://www.sasksport.sk.ca/ActiveMindsActiveBodies/pdf/books/howTo/balance/Alligators_Wallin.pdf
2. <https://www.youtube.com/watch?v=WgRMOd-1cHE>

BLANKET VOLLEYBALL GAME

This volleyball game is designed to entertain your kids as well as teach them teamwork.

1. Break a group of kids into two teams of four.
2. Give each team an old blanket and line them up on either side of a net.
3. On your whistle, throw a volleyball to one of the teams. They must catch the ball with the blanket and work together to throw it over the net.
4. You can either use the same scoring rules as a normal volleyball game or decrease the point total to speed the game up.

BALLOON VOLLEYBALL

- Using a balloon instead of an actual volleyball gives kids more time to react because the balloon floats slowly toward the floor.
- The lightweight nature of the balloon also allows this kids version of volleyball to be played indoors. The balloon won't damage your decor like a regular volleyball would.
- A string across the room creates the net for a game of balloon volleyball.
- To make the string more visible and to easier determine if the balloon goes over the net, tie ribbon or streamers onto the string so they hang down below it.

HOT VOLLEYBALL

- This volleyball game for kids is a version of the classic game "Hot Potato."
 - The game helps the kids practice setting the volleyball to pass it to another player.
 - No net is needed for this volleyball game.
1. The players stand in a circle with several feet between them.
 2. One person sets the volleyball to another player in the circle.
 3. The recipient catches the volleyball. She then sets the ball to another player.
 4. The passing and catching continues until the leader blows a whistle.

5. The player with the ball when the whistle sounds is out of the game.

6. Play resumes with one person being eliminated in each round until only one player is left. Instead of a whistle, you may play music as the kids volley and stop the music to eliminate one player.