



5 OF MY FAVORITE GAMES FOR #PHYSED

AN ACTIVITY GUIDE



THEPESPECIALIST.COM

DO THE RIGHT THING...



Copyright © 2017 by Ben Landers

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, other than the personal/educational use of the purchaser. This includes photocopying, posting on the internet, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. Undescriptive or incomplete social media shares are also permitted and encouraged (ie. “love this activity”, NOT “Here’s a google drive link to this resource”). For permission requests, email the publisher, with “Attention: Permissions Coordinator,” in the subject line, at the address below.

Note: If you are not the original purchaser of this document, you can download lots of awesome PhysEd resources at my website linked below.

THANKS FOR YOUR SUPPORT!

Published By:

The PE Specialist
United States, Columbia, SC

www.thePEspecialist.com

Contact: Ben@thePEspecialist.com

Published in United States



TABLE OF CONTENTS

Intro & Overview	Page 3
Noodle Dance Tag	Page 4
Fire and Ice Freeze Tag.....	Page 5
Monster Ball (Throwing)	Page 6
Cross the River (Teambuilding)	Page 7-9
Pass the Frog (Teambuilding)	Page 10
Bonus: Frisbee Toss Competition	Page 11
Additional Games	Page 12



JUST WANTED TO SAY THANKS!

Thanks for checking out this resource – I hope it gives you some great activities to implement in your Physical Education lessons. I've personally found these games to be fun and engaging for my students.

Your job is incredibly important and you make a difference every day by impacting the lives of students.

Keep fighting the good fight, setting a great example and loving on kids.

About this Resource

In the pages below you'll find some of my classic PhysEd games that I play each year.

These are the games that each time we play them my students immediately ask:

“Can we play that again for our next class?”

You can always come up with a TON of different variations and “levels” to gamify and modify it to your needs, space, equipment and students, so I encourage you to be creative!

If you're enjoying the game or have a cool variation to share, or you just want to say hey - hit me up on Twitter [@thePEspecialist](https://twitter.com/thePEspecialist), I'd love to connect with you.

Enjoy the Games!

HAVE FUN AND TEACH ON!



Noodle Dance Tag

Description:

My most requested game to play by students when we have a few minutes left at the end of a lesson. One of the best parts about this game is - Zero Setup, so it's perfect for a quick warmup or as a reward during the last 5 minutes of class.

It's a fun and exciting game of tag where everyone is always moving, even those that are frozen. For every group of 20 you should give 2 half noodles out to designated "taggers". When the music starts they will run around and try to freeze as many people as possible. Nobody can be unfrozen, but when you are frozen you must do a designated dance (my default is a side step and fist pump).

Rules:

- You can become frozen 3 ways
 - Getting tagged by a noodle
 - Going out of bounds
 - Falling down or sliding (you must stay on your feet)
- No screaming

Safety Points:

- Look where you are going, never look behind you while someone is chasing you
- Move to open space
- Do not tag people on the head (tag from shoulders down only)

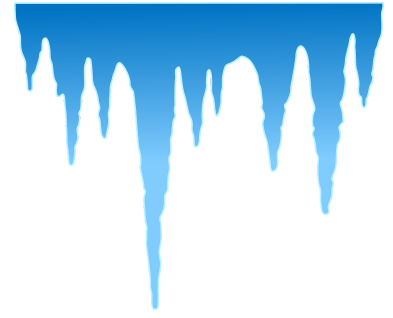
Management:

- After 45 seconds, give a freeze signal and have the noodle taggers hand their noodle to a player who has not been a tagger yet, they can designate this by raising their hand quietly.
- Continue play until everyone has had a turn to be a tagger, or until time runs out

Variations:

- Choose a different dance, or allow students to make up their own dance.
- Hand out more noodles to designate more taggers
- Shorten the time limit or extend it
- Play on scooters or with another constraint (like keeping a bean bag balanced on your head)

For a video explanation and to see me explain the game to students [CLICK HERE](#)



Fire and Ice Tag

Description:

This is a great tag game to use as an extension to the game [Noodle Dance Tag](#). Students must use throwing and catching skills, communication and fleeing and dodging skills in order to be successful and try not to get frozen. With each level more strategy is introduced and the gameplay increases in difficulty.

Equipment for one class (24 students):

- 3 blue half noodles (icicle)
- 3 red yarn balls (fireball)

Level One:

- 3 ways to get frozen:
 - Getting tagged by a noodle
 - Going out of bounds
 - Falling down or sliding (you must stay on your feet)
- If you are frozen you must do the fist pump dance moving side to side (Same as Noodle Tag)
- If you have a fireball you can not be frozen
- If you are frozen, someone can toss you a fireball and if you catch it you are unfrozen
- If the fireball isn't caught, it can be picked up and re-tossed until it is caught successfully

Level Two:

- If the fireball is dropped it is dead and can not be picked up and re-tossed

Level Three:

- The fireball is no longer invincible and can be frozen by the ice. If frozen they can still be unfrozen by another fireball if they make a successful catch. If a frozen fireball makes a catch, they should then have 2 fireballs to toss to other players that are frozen.

To see me teach the game to my students [Click HERE](#)



Monster Ball



Equipment/Setup::

One large Exercise Ball, Kin-ball or Cageball, 2 bags of gatorskin balls or any soft balls, divide students up into 2 teams and have students sit on their team's side of the large square or circle in the middle of the gym facing toward the middle.

Description:

On the whistle students should attempt to throw the small balls at the Monster Ball in order to make it move. Their goal is to try and get the Monster ball to cross the line on the opposing team's side of the square/circle. If the Monster Ball rolls outside of the designated area - the opposing team's side will receive one point. Play to a specific number of points or for most points within a time limit. If you do not have a center circle or center square in your gym you can create an area with polypots, cones or floor tape. Dump out all the small balls and have students pick up 2 balls before the game begins.

GAME RULES

- You may go **ANYWHERE** to get a ball
- You must be **OUTSIDE** of the square to throw the ball
 - If you throw from inside the square, sit out for that round or suffer a penalty
 - Examples of Penalties: Hop on one foot, Frozen 60 seconds, Throw left handed
- You may NOT:
 - Block balls with your body (standing in front of the Monster Ball)
 - Touch the Monster Ball - 1 point for opposing team if any team member touches the ball
- 1 point for opposing team when the Monster Ball crosses the line

After a couple points are scored bring student's in and discuss strategies before the next point.

Strategies: Jamming the monster ball with the small balls, hit the ball in the middle-top, Teamwork - all throwing at the same time... waiting for opposite team to throw first so ball is closer and then you throw to reverse the direction and the other team will be all out of ammo, don't just STAND THERE! After you throw – immediately go get a ball to throw again

Variations:

- Larger Class Sizes - Try playing with 4 teams (Red, Blue, Green, Yellow) If the ball leaves the big white square in your corner of the gym you will receive one point... the team with the **LEAST** number of points wins the game after 10 minutes.
- Add more than one monster ball – once they cross the other team's line they must stay there – Mark points as they cross the line, or tally up points at the end of the game. Award more points for a larger ball than a smaller ball

CHECK OUT A VIDEO OF ME TEACHING THE GAME [HERE](#)

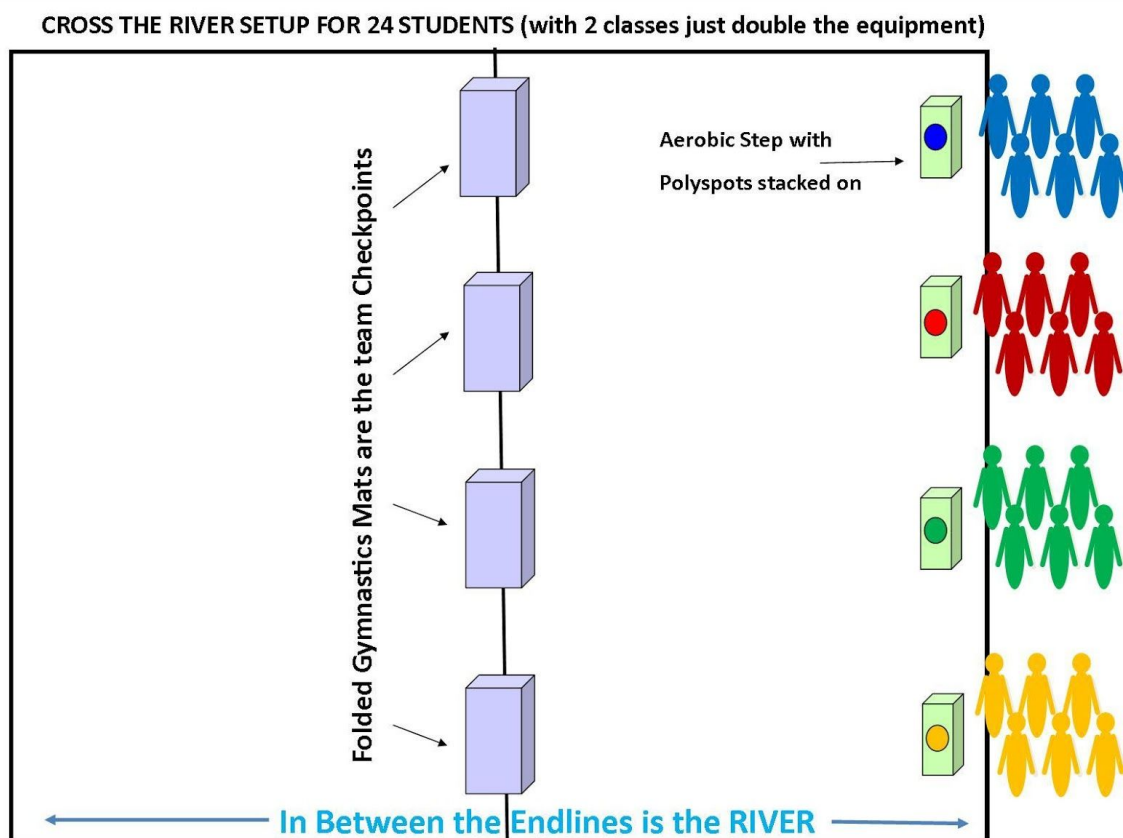
Cross the River

Affective Objective: TSWBAT use teamwork, cooperation and communication to successfully cross the river

Teacher Objective: The teacher will not give away strategies for crossing the river efficiently, but will guide the students towards experiencing self-discovery, creative thinking and problem solving.

Setup:

For a class of 24 - 4 sets of 7 polypots of the same colors. 4 aerobic boxes, 4 folded gym mats
For double classes – just double the amount of equipment and number of teams teams, ideally teams should have 5-6 people on each team



Scenario: Your team is on a river bank. There is a forest fire quickly spreading behind you and you must cross the river. However, because of a nuclear power plant nearby the river is very toxic and full of radiation, if you touch it with any part of your body you get sick and your whole team must start over at the beginning. Also, if you don't cross in 5 minutes your team will be exposed to too much radiation from being close to the water... causing ALL of the groups to start over.

Notes:

- To see a video explanation of the game [CLICK HERE](#)
- Feel free to make up your own crazy scenario for your students

Explain the WOW challenge to the students before going over the rules ([Daily Self Assessment Details](#))

- WOW – your team must win one of the levels by being the first team to cross the river successfully

Cross The River Rules:

- No sliding or throwing of equipment (Those “rocks” are REALLY HEAVY)
- No contact by any part of any member of a team can be made with the floor.
- If you break a rule your team must start over

*Before starting each round – allow teams 1 minute to brainstorm and discuss strategies

Game Levels:

Level 1 – Learning to cross the river

- Your team must make it to the “blue island” together. In order to win level one all of your team members must stand on the island together without falling into the water.

Level 2 – Crossing the River

- Your team must make it all the way to the other side of the gym. However, once your whole team makes it to the checkpoint (blue island) you have “saved your game” and can start over at the island if you fall into the water after the checkpoint.

Level 3 – You Lost a Rock

- The river washed away one of your rocks! Your team must try to make it to the checkpoint with one less rock. To win your team must all be standing on the island at the same time.

Level 4 – Cross the River Again

- You must now make it all the way across the river with the equipment you have (checkpoint at island)

Level 4 – Double Up

- Combine all 4 teams into 2 teams and compete to see who can get across first – once your team gets to the checkpoint, **you can combine your equipment with your partner team**. However if you fall in you will still have to start over at the checkpoint. The first team to get all members across successfully will be the winner.

Grade Level Modifications

K – 2nd

- Give 1 more dot than number of people ... eg.) for a team of 6 give 7 dots.
- Don't worry about the “no sliding rule” with K and 1st, just emphasize taking turns and honesty

3rd – 5th

- Give same number of dots as people...
- Be strict on the “no sliding” “no throwing”
- Allot more time for group brainstorming and real life applications at the end

Teacher Notes:

- Try to allow students to figure out the solutions – don't tell them the answers
- After one team completes a level successfully, or after 5 minutes, have students reset the game, discuss some strategies and give some refinements and play the next level, or replay the current level if no teams were successful.

Strategies for Crossing the River to discuss with students in between rounds/levels:

The Different Roles (every team has important roles along with strengths and weaknesses):

- Leader (must be smart and know how far to place each dot: not too far, not too close)
- Carrier (must be strong enough to carry someone on their back)
- Piggy Backer (should be small so they are easy to carry)
- Gatherer (should have good balance and long arms)
- Everyone Else (should pay attention and pass rocks quickly and step up quickly)

About the Box:

- Place it long ways not sideways
- Put 2-3 people on it to free up 1-2 dots
- Use the dots first and then the box since it takes longer to pick up and pass
- You can let the carrier rest on the box if they get tired of carrying the Piggy Backer

About the Dots:

- Drop them close enough for the last person to pick up the one remaining
- Place the last 4-5 dots farther apart since you won't have to pick them up, just make sure your team can jump to them without falling into the water
- Place the dots Upside Down so it's easier to pick them up
- When you reach the checkpoint... leave your rocks in the water and save your game in case you fall in while collecting the rocks

Refinements:

- If needed discuss honesty. Give examples of teams that were being honest and congratulate them for playing the game correctly and fairly
- If your team is having trouble finding a solution – a great way to get new ideas is to watch your competition, look at the successful teams and try to figure out what they are doing that you are not. This is a great parallel for sports, business, academics and almost any other area of life.

Closure

- The last 3-5 minutes of class is a great time to draw on the valuable lessons that the students learned while playing the game and connect them to real life experiences. There are many scenarios that students will face in their lives where they will be frustrated and annoyed, where they will make mistakes or have to start all over at the beginning. They should think about how to react to these situations in the best way and realize the value that good teamwork and communication skills can play in their overall success in life (jobs, families, classmates, sports ect). Working with others is sometimes hard – But it's important because it's essential in life.

Additional Fun Game Variations/Level Ideas:

- First team across gets to steal a player and 1 rock from another team – it's best to huddle up quietly and help the students decide who they want instead of having a public conversation
- Use different equipment to get across: Scooters (boats), jump ropes, boards or planks ...
- Have students collect items that are in the river as they go across (medicine, food, supplies ect.)
- Have students pair up on their teams and use velcro straps or scarves to tie up their ankles or arms to their partner – they must cross the river while tied up (or handcuffed together, prison break style...)
- If a student falls in, declare that they are "injured" and designate an injury (loss of a limb, loss of sight etc.) and tie a bandana on the injury - the team must then help them get across while injured

Pass the Frog

I've found this to be a great teambuilding game, icebreaker or warm-up activity for any age student (or adult)

SETUP:

- Split kids up into groups of 8-10 and have them sit in a circle. You can also do it as an entire class with a smaller group.
- Get one "frog" for each group (or use any item - Rubber Chicken, Fish, Noodle)

GOAL:

- To work together with your team to get the frog around the circle as quickly as possible using the designated body part. (Focus on teamwork and sportsmanship)

RULES:

- You may only use the designated body part to pass the frog
- If the frog ever touches the ground you must start over
- If someone uses a body part other than the designated body part you must start over
- If you make it around successfully your team will advance to the next level

LEVELS:

- LEVEL 1 - Use only your hands
- LEVEL 2 - Use only your elbows
- LEVEL 3 - Use only your knees
- LEVEL 4 - Use only your feet

Variations:

- To increase difficulty, when a team advances they must complete all the previous levels again during each round before attempting the new challenge
 - For Example
 - Level 3 - first go around with hands, then with elbows then with knees (three times around the circle total). If it drops start over.
- Change the item being passed
- Create new and more interesting levels (Chin + Chest, Elbow + Knee)



To see a video explanation of this activity:

[CLICK HERE](#)

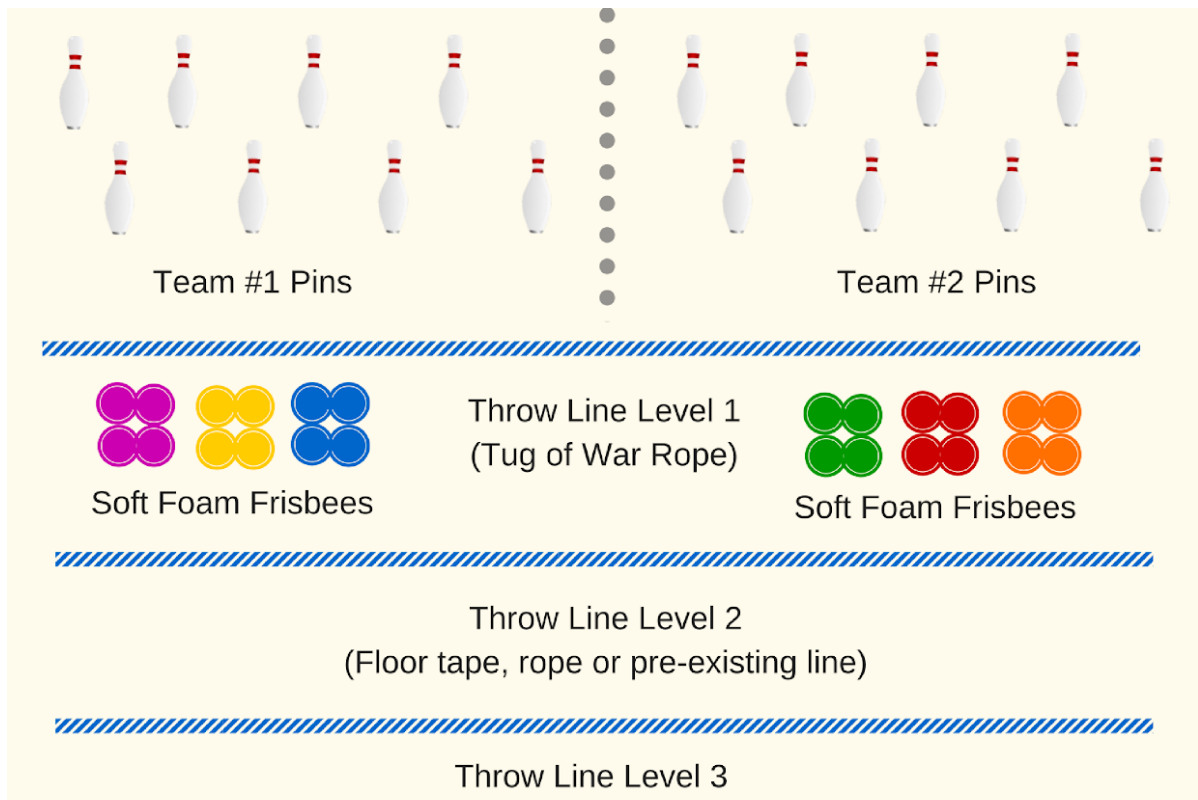


—🤪 **BONUS!!!** 🤪—

Here's another game for you, super simple, easy to modify and lots of fun.

Frisbee Target Toss Competition

SETUP:



Goal of the Game: To knock all your pins down first and advance to the next level

Rules:

- Throw from behind the line or you get a 60 second self counted time out penalty
- You may not touch any pins during the gameplay
- After winning a level, reset all the pins, you're team will advance to the next line and you will play again (the opposing team stays at the same level)

First team to complete Level 3 is the Winner!

Variations/Additional Levels:

Add different targets. Add more levels. Specify type of frisbee throw. Award a pin reset for completing a fitness challenge. Allow students to take a downed pin to their team's side of the gym. Throw, kick, or strike a ball instead of throwing a frisbee. Setup team pins on opposing sides of the gym.

P.S. CHECK OUT MY [GAMIFIED FRISBEE STATIONS IDEAS HERE](#)

—😊 More Games!!!—😊

Click on the pictures below to check out 2 more awesome games that I use every year in my Phys Ed Program.



Thanks for downloading this E-Book - I hope you found it super helpful.

Let me know what you thought on [Twitter](#), [Instagram](#) or [Facebook](#) (@thePEspecialist)

HAVE FUN AND TEACH ON!

More Resources from The PE Specialist



Over here at ThePEspecialist.com we know teaching can be overwhelming. That's why we're working hard to give you as many resources as possible to help save you time and help you become a better teacher. ([Here's a complete list of them all](#))

We know that when you teach better lessons, save time planning and become a PE rockstar that ultimately results in kids living a more active lifestyle - and that's what we're all about!

We hope the links below are helpful for the next step on your teaching adventure.

- **Management Strategies and Tips**

- [The Conflict Corner](#) - [Daily Self Assessment](#) - [Change Takes Time](#)
- [Home Base Spots](#) (Assigned seats in PE)
- [How to plan out your year of PE](#) - [The Good Sportsmanship Code](#)
- [Shoes, Injuries and Time Out Form](#)

- **Lesson Ideas and Unit Overviews**

- [How to Teach Jump Rope in Phys Ed](#) - [How to Teach Gymnastics in Phys Ed](#)
- [How I do Fitness Testing \(Fitnessgram\)](#) - [How I Teach Hula Hooping in Phys Ed](#)
- [How to Teach a Throwing Unit in PE](#) - [A Striking Balloons with Implements Lesson Plan](#)
- [How to Throw a Frisbee](#) - [15 Free Printable Station Activity Signs](#)
- [Using Exercise Posters for Warmups and Workouts](#) - [How I Teach a Spikeball Unit](#)
- [Warmup and Instant Activity Ideas](#) - [How to Teach a Soccer Unit in PE](#)
- **Team Building Games:**
 - [Cross the River](#), [Pass the Frog](#), [Hula Hut Relays](#), [Adventure Bingo](#)
- **Basketball Ideas:** [Teaching Ball Handling](#) & [Teaching Passing and Shooting](#)

- **Music and Dance**

- [My Phys Ed Music Playlists](#)
- [Teaching the Chicken Dance](#)
- [Teaching Dance With Mr. Chris](#)

- **Technology Tips**

- [How to Use a Flat Screen TV in PE Class](#)
- [Using Google Forms + iPads to Survey your students](#)
- [What's in my backpack: Tech Toolkit](#)

- **The PE Specialist Membership Program**

- [Everything we've ever created: Lesson Plans, E-courses, Printables and Support](#)



CONNECT ON → [FACEBOOK](#) → [INSTAGRAM](#) → [PINTEREST](#) → [TWITTER](#) → [YOUTUBE](#)