

RAINY DAY PHYSICAL EDUCATION

From Scott Bowman and J2

(Note: Other excellent Rainy Day Activities are in Pangrazi's *Dynamic Physical Education for Elementary Children*, 14th edition, pages 211-214.)

CHALKBOARD RELAY

EQUIPMENT: Chalkboard and chalk

Children are seated in rows facing the chalkboard. The child in the first seat, the Captain, is given a piece of chalk. At a signal, the captain walks to the board and writes the first word of any sentence. The Captain quickly returns to his/her row and gives the chalk to the second player, who goes to the board and adds the second word to the sentence. As the game progresses, each player within the row adds a word but avoids completing the sentence. It is the duty of the last player in the row to complete the sentence with one word. The first team that completes a sentence in the manner described, is the winner.

TEACHER SUGGESTIONS: While children are gaining experience with the game, it is suggested that the last player in line be allowed any number of words to complete the sentence, instead of only one.

VARIATION: Use the same rules to form words from letters. Use the same rules, everyone draws one line until a described picture is complete. Example: Best looking bear.

KING OR QUEEN UP

EQUIPMENT: 30 – 3 x 5 Cards, numbered 1-30

Have students place numbered cards on desktops. One person is selected to be king or queen. The king calls out 6. Six must immediately call out another number such as 8 or call king. Any hesitation and 6 goes to the end of the line and everyone from 6 back moves up one space. The object of the game is to get the king out so that number 1 can take his/her place. Then the king becomes number 30 and everyone moves up one space.

VARIATIONS: Number called cannot call the number previously called before his/hers. Change names of some of the numbers.

SIX OBJECT REVERSE PASS LINE RELAY

EQUIPMENT: Six Objects – Bean bags, Balls, Erasers, etc. for each group

Players stand in columns facing the front of the room. The first person in each column is the leader. Each leader is provided six objects. On a given signal, the objects are passed, one at a time, over the left shoulder to the second player. Player #2 must have all six

objects in his/her hands before he/she, in turn, passes them to player #3. When the last player in the line has received the six objects, the player calls, "Turn," and all players in the line face the opposite directions. The beanbags are now passed back in the same manner that they were passed forward. The team wins that returns the six objects to the original leader first. The activity can take place with 3,4, or 5 objects depending on the class.

SILENT DYNAMITE

Players sit on desktops. Three fluff balls are tossed around the room (good tosses, good catches). Players toss balls to players who are looking at them – continuous tossing and catching. When a player misses the ball, or makes a bad toss, he/she sits down. When 10 players or so are sitting down, start over. No talking. If a player makes a noise, he/she sits down also.

WHO'S MISSING

One player leaves the room. The teacher selects one of the room players to hide in the closet. Everyone changes sides. The outside player comes in to the room and is given 30 seconds to guess who is missing. If the correct guess is made within 30 seconds, the guesser gets to choose the next player.

GETTING WARMER

One player leaves the room. The teacher selects one person to put a small object on his/her desk. The class begins clapping moderately. The outside person enters the room and quickly begins moving around the room. As he/she gets closer to the object, the clapping gets louder – softer as the player moves away. The player is given one minute to locate the object. A new player is selected.

COOPERATIVE THREE OBJECT RELAY

The relay is played by children seated in rows. Two rows constitute a team. Players on one team sit facing each other with their feet in a common aisle. Each team has objects placed on the start's desk. On "Go," the starter hands the first object to the player directly across the row; that player hands it to the next player across the aisle, and the object moves in a zigzag fashion down the aisle and back. The second object is started just as soon as the first player can play it. When all objects have gone down and back, the relay is over.

NOTE: Start with just one object then add a second as understanding increases.

CHARADES

Groups are selected and allowed sufficient time to work out a charade together. A captain is chosen for each group. The word, title, or object chosen by a group should have

syllables to make it easier to act out. In deciding upon the method to be used in acting out the ideas, the players remember that all dramatizations are to be in pantomime. Each group has an opportunity to act out its word, name or title in front of the class. The Captain calls on the class members to guess the syllable or complete word. If the word has not been guessed within a certain time, the Captain tells the class, and the next group prepares to perform. To make the game more interesting, all groups may be asked to decide on a certain general category from which all words must be chosen – famous names, songs, books, inventions, cities, countries.

NONELIMINATING SIMON SAYS

The entire class participates in 2, 3, or 4 games, which start at the same time, each with a leader who performs various movements by saying, “Simon says,” and the children are to imitate the movement. If the leader neglects to say, “Simon says,” and the child performs the move, the child is transferred to one of the other games. This way, no one is eliminated from the game.

FOOTBALL UPSET

All players are seated except for the leader. All players have been designated to be one of five positions on a football team – quarterback, wide receivers, fullbacks, centers, tightends. Positions are evenly distributed. The leader, who also has a position for the game, calls out, “Full-backs.” All fullbacks attempt to change seats with each other while the leader attempts to sit in a seat. One fullback is left out; he/she calls a new position, and the game continues.

NOTE: Students can sit on desktops.

SEVEN UP

Seven children are chosen to stand side by side in front of a room. The appointed leader of this group gives the command, “Heads down – Thumbs up!” On this command, the seated children close their eyes, lower their heads, and leave one thumb extended in the air. At this time, each of the seven players quietly circulates among the tables or desks and touches one of the seated children on the thumb. Each child returns to his/her original position in front of the room. When all 7 players return to the front of the room, the leader says, “Heads up, Seven up!” On this command, all children raise their heads, and the 7 tagged children try to guess who it was that tagged them. If they guess correctly, he/she takes the place at the front of the room, and the player that tagged him/her sits down and participates.

SIX OBJECT BASKET RELAY

EQUIPMENT: Bean Bag or Eraser

Children are seated in rows. Each row constitutes one team. All rows must have the same number of players. The first player in each row is the Captain. On his/her desk is the same number of objects as there are players in the row (Captain included). A container – basket, box, circle drawn on the floor, etc. – is placed in front of each Captain. On a given signal, each Captain picks up one object and passes it over his/her left shoulder to player #2, who passes it to player #3, and so on. This action is repeated by each player on every team. When the last player in the row receives the object, he/she leaves his/her seat, walks swiftly, but safely, to the front of the row and deposits the objects in the basket. At this time, all players in the row rise and move back one seat. This action leaves the front seat vacant for the player who put the objects in the basket. When this player is seated, he/she picks up another object from the top of the desk and passes it back as before. Note: have players and captains use the same side to make the switches.

VARIATION: Use one eraser per row. Have the last player bring the eraser to the front desk, sit down, and pass it back when everyone is back in position. The relay is over.

PASS ‘N DUCK CLASSROOM RELAYS

Players stand in lines beside their desks with the Captain standing about 5’ away facing toward the relay team. The Captain passes the ball to #1 player. #1 player passes it back to the Captain and ducks. The Captain passes the ball to #2 player; #2 player passes the ball back and ducks. This continues until the last player passes back to the Captain, ducks; and the Captain ducks and yells, “Done.” The first team to finish wins the round. Pick new captain; continue.

RING ON A STRING

EQUIPMENT: one large string, 15’ approximately, tied together at ends with ring attached.

Circles of 10 players are formed with 1 player standing in the middle. The string with the ring is held loosely in both hands by all players in the seated circle. The object of the game is to slip the ring along the string from one player to the next while “It” tries to locate the ring or who has it. The player who is successful, changes places with the one under whose hand the ring was. If unsuccessful, he/she continues as “It.”

WHO CHANGED THE MOTION?

The whole class plays. Players sit in a circle. One player is “It” and leaves the room. Another player is selected to be a leader and starts a motion (swings arms, taps head, wiggles foot, etc.) which the other players immediately follow. “It” is called back into the room, and the group follows the leader, changing from motion to motion. “It,” standing in

the center of the circle, tries to guess who is the leader, and players try to confuse “It” by looking at each other as they follow the changes. The leader also tries to confuse “It” by looking at another player as though that player was the leader.

DICTIONARY “HIDE-IT”

The whole class plays in rows, with a dictionary and one eraser for each row. One person, from each row, comes forward and stands in front of his/her row, facing the front of the room. As the leader reads words from the dictionary, at a fairly rapid rate, the players in each row quickly pass the eraser up and down from one person to the next. As soon as the leader stops reading, the person with the eraser quickly hides it. At the same time, the same time, the person standing at the front of the row whirls around to identify who has the eraser before he/she can hide it. If the player at the front of the row identifies the person with the eraser, they change places and the game continues. Suggestion – teacher can also use a record instead of a dictionary.

DO THIS, DO THAT

One child is the leader and performs various movements which are accompanied by either “Do This” or “Do That.” All players must execute the movements which are accompanied by “Do this.” If the directions are “Do That,” no one is to move. Those who move at the wrong time are eliminated and sit down in place. (take off on Simon Says). Show child movements performed by any part of the body to music. Class will need help building up their vocabulary of body parts.

STATUE

Children mimic animals, merry-go-round, airplane, etc. when the music stops, everyone freezes in the same position. Teacher brings attention of everyone to the “funniest” statue.

BELLRINGER

One person is chosen to leave the room. Players stand shoulder to shoulder, in a row, with their hands behind their backs. One player is given a bell. When the person chosen to leave returns, the player with the bell rings it once. The person then decides who rang the bell. If the person guesses right, he/she gets another turn. If not, the one with the bell gets to leave the room. Have 3 teams; only 2 or 3 guesses.

BALLOON BALL

EQUIPMENT: 5 balloons

FORMATION: Yarn across the middle of the classroom

This is an informal game with children trying to bat the ball back and forth across the rope. Two balloons should be used for variation. If children are sitting on the floor, put yarn 3' from floor; if children are at their seats, put yarn 5' high. Scoring is done when side fails to control a ball and allows it to touch the floor or wall. The balloon can be batted as often as possible.

VARIATION: If a marble or button is put inside the balloon, the balloon will take an erratic path adding interest to the game. Could be 2 against 2 or more.

KEEP THE BALLOON UP FOR TIME

All players are seated – players must remain seated the entire time. (No raising of the bottoms off of the seat.) The teacher passes out 10,11,12,13,14,15 balloons. Students top them up at the same time. The class keeps all of the balloons topped up as long as possible. Set a new record for elapsed time. Break the record – move from this activity to classroom balloon volleyball. Note: Begin with a few balloons.

TIME BOMB

The entire class uses erasers of similar objects. Someone is chosen to leave the class while another person in the class puts the eraser in plain sight. The person outside is called back into the room to look for it. The class counts aloud while the person looks for the object. As he/she gets closer, the class counts louder; and as he/she gets farther away, the class counts softer. Suggestion: Have the person who finds the eraser choose another person to go out. Have the class determine what number they are going to count to before time is up and the time bomb explodes.

DRAW THE OTHER HALF

Find a magazine with some great picture inside. Cut out a picture of a face, ear, or something that interests you. Now, cut the picture in half vertically. Paste half of the picture on a piece of ditto paper and see if you can draw the other half of the picture without looking at it.

VARIATION: Distort the picture. Draw the other half of a car – make it much longer or much shorter than actual size.

EXPAND A PICTURE

Find another interesting picture in a magazine. Cut out a 2" x 2" square of some part of that picture. Now, paste the 2" x 2" square on a piece of ditto paper and create an interesting picture while using the square as a beginning for your creation.

ENLARGE A PICTURE

Find a small picture that you like in a magazine. Draw 1/4" lines both vertically and horizontally across the small picture. Now, draw 1" lines both vertically and horizontally on a piece of ditto paper. Match the lines and spaces and draw just what you see in a square of a larger grid. Result: a copy of the smaller picture enlarged. (Four times larger than before.)

RHYTHM STICK PASSING PRACTICE

Players sit on the floor with legs crossed and are facing each other. Each player is holding two rhythm sticks. Players exchange sticks by tossing sticks that are held in the same hands. Right hand toss – right catch (exchange). In between exchanges, players create taps and stick flips simultaneously.

NOTE: Toss sticks toward partner's chest, not towards hand.

COVER-UP

EQUIPMENT: Penny per couple

Divide class into pairs. Students stand facing each other with hands on corner of desk. Place a penny on desk in middle and on "Go" students attempt to cover penny with one hand. One point for each time they cover first.

THUMB WRESTLING

Divide class into pairs. Students join hands with thumbs pointing up and four fingers hooked together. On "Go" they attempt to pint opponents thumb.

WHO'S MISSING

Have all students cover their eyes except Clue Giver and Hider. Place Hider behind teacher's desk and have class ask for clues as to who's missing, allow one guess every 3-5 questions.

GEIGER COUNTER

Have Finder go outside, select object or one student as target. When finder returns, class claps faster as finder gets closer to target and slower as finder moves away. Allow finder only 3 guesses.

RELAXATION

EQUIPMENT: Tape recorder with music

Students lay on the floor or sit in desk with lights off. With music playing softly lead students through story visualization and body relaxation.

MUM BALL

EQUIPMENT: 2-4 Nerf Balls

Students sit on desk and they are not allowed to speak. Ball is thrown from player to player; if ball is caught then you stay on desk. If ball is dropped then you sit down. Bad throws cause the thrower to sit down.

COMPOSE AN EXERCISE

EQUIPMENT: Chalk Board/White Board

Using 5 symbols 0 ? * or others, assign each one an exercise. (Example) 0 means student turns in a circle, ? means hop on one foot. Compose a series of exercises. After a few tries – let students design exercises for the class.

KINGS & QUEENS

EQUIPMENT: Chalk Erasers (2)

Students sit on desks with one boy and one girl standing with an eraser on their head. If “King chases Queen” is called, boy chases girl attempting to knock off eraser. Switch means reverse chase.

MAGIC ROPES

EQUIPMENT: One 8 ft. rope per couple

Have students perform various tasks using ropes: shapes, letters, pictures, balance, locomotor skills.

HOT POTATO

EQUIPMENT: 3 Nerf Balls

Each group sits in a circle with legs crossed, on “Go” they roll back and forth in random pattern until “Freeze” is called. The student with the ball on “freeze” gets a point against them. Play game to five, also change ball movement.

JUGGLING

EQUIPMENT: 3 Bean Bags per student

Using beanbags, scarves, tennis balls, have students attempt to juggle. *For pattern and helpful hints see Juggling for the Complete Klutz.

SNOWBALL

EQUIPMENT: 30 paper balls

Students try to throw as many snowballs on opposing sides of class as possible. Both teams pick up balls and continue to throw until the teacher calls out “stop.” Count the balls on each side, the team with the fewest snowballs wins.

FLAG SNATCH

EQUIPMENT: One flag per student

Partners stand back to back with their hands on their head and a flag hanging from their waistlines. On “go” they turn around and attempt to pull their opponent’s flag. Variation: red flags vs. yellow / boys vs. girls

BLOWERBALL

EQUIPMENT: Table and ping pong balls

Divide class into groups of eight. Teams of 4 kneel on sides on the table with their hand behind their backs. On “go” each team attempts to blow ping pong ball off opposing side of table, no hands or bodies allowed.

OBSTACLE COURSE

EQUIPMENT: Desks, chairs, tables, etc.

Arrange furniture for students to go over, through, around and under. Variation: Let students arrange their own row as a course for self then others.

RELAYS

Form teams of 6-8 students. Using equipment ranging from ping pong paddles to Frisbees to spoons and beyond – plan relays for students to take part in.

BALLOONS

Games include; volleyball, silly stomp, movement challenges, swordfights, and bombs away.

PING PONG

Have students play ping pong on a variety of desks and tables. Net can be tape or space between desks.

INDOOR/SIT DOWN SPORTS

Use balloons, Nerf balls or beach balls to play the following games: sit down volleyball, sit down basketball, indoor bowling, indoor boomerball, balloon soccer, nylon tennis.

GOLF

EQUIPMENT: PVC clubs and Balls

Using notebooks, books, and hula hoops – set up obstacles for miniature golf. Plastic cups work great for holes. *Let students set up holes.

CHIP FLIP AND CATCH PARTNER CHALLENGE

Several 1” x 1” posterboard chips should be available to players. The first player sets 2 chips on the back of his forearms, near the elbow, which is bent backward and is parallel with the ground. He/she then straightens arm and catches chips in mid air with the hand. The partner must then repeat this trick. If the partner is successful, he/she then adds a couple of chips and repeats the trick and challenges. How many chips can you catch?

NOTE: Use pennies or plastic chips also. Try the trick with your other hand.

TABLE TOP CARD SORTING

Use a stopwatch and a deck of playing cards. One player times and the other sorts. The task is the separate the cards into two piles.

<u>TASK</u>	<u>TIME</u>
1. Red and Black (face up)	1. _____
2. Red and black (face down)	2. _____
3. Suits (face up)	3. _____
4. Suits (face down)	4. _____
5. By number (1, 2, 3 ... face up)	5. _____
6. By number (face down)	6. _____
7. 7 & below, 8 & above (face up)	7. _____
8. 7 & below, 8 & above (face down)	8. _____

MAKE SQUARES

Two players use pencil and paper. Prepare a sheet of paper for each pair of players with 5 or more vertical rows of dots. Players take turns connecting any 2 dots with a straight line. No diagonal line may be drawn. Each places his/her initial in each square his/her line completes. Each completed square rates an extra turn. When all dots are connected, player with the most completed squares wins.

GO (TWO PLAYERS)

The object of Go is to get five markers in a row, horizontally, vertically, or diagonally, and be the first of the two players to do so. Play on the 100 square board and use two different sets of markers. Set up an open-ended situation.

SIX TO MAKE FOUR (TWO PLAYERS)

Play on a 36 square board (6 squares x 6 squares). Players play a total of 6 markers each. The object of the game is to be the first player to get 4 in a row horizontally, vertically or diagonally. When the 12 markers are down and no one has a 4 in a row, the player who took the first turn can move one marker and slide one space or jump over another marker (either his/her own or his/her opponent's) to continue to try to get 4 in a row.

TIC TAC TOE (TWO PLAYERS)

Play on a 3 x 3 square board (2 1/2" squares). The object of the game is to get 3 in a row horizontally, vertically, or diagonally. Players play a total of 3 markers each. When all 6 markers are down and no one has 3 in a row, the player who took the first turn can move one marker (his/her own or his/her opponent's) to continue to try to get 3 in a row. Take turns.

JACKS FOR TWO

Using Jacks and ball, players play regular rules for Jacks – pick up ones, two, etc. Players can also play “Can You Challenge?” Jacks and make up challenges for each other.

PICK UP STICKS FOR TWO

Use a set of pick up sticks. Players play regular or classroom rules for pick up sticks – a floor activity.

HUMAN TIC TAC TOE (SIX PLAYERS)

Use three X sheets, 8 x 10, and three O sheets, 8 x 10, with strings attached so that they hang in front of the players. Teams of three put on tagboard Xs and Os. Nine mats or squares are laid out on the floor. One team goes first, a player places himself/herself on a mat; the next team goes, etc. When all six players are on the mats and there is not a tic tac toe, the first team can move one player. Then the other team can move one player until one team out-maneuvers the other team.

HUMAN SWITCH (SIX PLAYERS)

Use three Xs and three Os, 8 x 10 sheets with string to hang around players' necks and hang in front; mats or squares to stand on, 7 per group of 6 players. The object of the

game is to have the three Xs change places with the three Os in the fewest amount of moves possible. Players are allowed to step sideways one place or jump over one player. Players must move one at a time. This is a team effort with team decision-making (15 moves).

MEMORY CARDS (SIX PLAYERS)

Several direction cards are made by the teacher or class. Continuous directions from 2 to ... the card may say “go over to the pencil sharpener, touch it, walk left 3 steps, spin around once, look out the window, walk back to your seat.” The student is given a few seconds to lock it in. then he gives the card to someone and attempts to do what is stated on the card. Cards can be increased or decreased in difficulty.

CIRCLE RHYTHM CLAPPING (SIX PLAYERS)

Players form a circle with number cards placed in order on the floor – 1, 2, 3, 4, , 6 – one in front of each player. The object of the game is to get to be the #1 player and stay there. Someone starts – two knew slaps, two hand claps, snap left hand (thumb and middle finger), snap right hand (thumb and middle finger). The starting player says his/her own number on the first snap. Example: 6 and a new number on the second snap (4). Then everyone starts again: slap, slap, clap, clap, and #4 says 4 on the first finger snap and a new number on the second snap. Continue. If a player misses, he/she moves to card #6, and everyone moves up one card that can move.

WHO CHANGED THE DIRECTION ARROW, SHAPE, NUMBER, COLOR, DICE, PATTERN, LETTER, ETC. (SIX PLAYERS)

Need 6 players, 18 – 9 x 12 cards with a theme. (Example: shapes). One students stands facing away from a line of 5 or 6 students. On “Go,” he spins around and glances at students holding cards with various shapes. He locks it in, spins away. One person changes their shape card or moves it 1/4 turn. Each student would be holding 3 cards, one behind the other. The student facing away spins around again and attempts to select the player who changed cards. If successful, he/she takes his/her place. Each time he/she misses, he/she adds a point to the score. Only one guess per time. Continuous play.