

# DIRECTIONS FOR FITNESS GAMES

## Ruland/Galiszewski

### ELBOW TAG:

1. **Begin with a group of 20-30 players (Can have many more as well).**
2. **Ask the players to stand in either a large circle, or spread out in pairs around the gym, space, or field where you will be playing.**
3. **Each grouping should consist of 2 (a pair).** Don't make the groupings any larger unless you have an uneven number of players and need to include one group of three. Players should not be holding hands; just linking arms or just standing side by side is fine. They need to stand directly next to their partner so there is no confusion.
4. **Keep two players aside from the groupings.** One person will be reserved as "It" and other person will be the runner.
5. **Start the game.** The objective is for "It" to tag the runner. The runner will be trying to get away and not become "It". A runner can avoid capture and be "safe" if he or she links arms onto one end of a human chain. However, when the runner joins a pair of linked students, it sets off a chain reaction which forces the person on the opposite end of the human chain to become the next runner.
6. **Reverse roles if "It" captures the runner.** The runner should immediately link with one of the human chains to have a rest! "It" will then start chasing the new runner.
7. **Play until exhausted.**

### ELBOW TAG VARIATION:

If you have the space and students are familiar with the rules and pace of Elbow Tag, you may want to add an additional Runner and "It". The second "It" is only allowed to chase their own Runner, resulting in two games being played simultaneously with all of the human chain pairs considered to be fair game for either or the Runners. Confusion will ensue! This variation works best with older students OR younger students who are fairly skilled at the original version of Elbow Tag, as it is very fast paced, and requires a high level of concentration/spatial awareness.

### **BUMPER TAG:**

Bumper Tag follows the same exact rules and structure as Elbow Tag, but in Bumper Tag you lay on your belly side by side with your partner, as opposed to standing up and linking elbows. Follow all the same rules and directions for this game as listed above for Elbow Tag.

**\*\*Fun Fact!** The reason it is called bumper tag is because when the runner lays down next to someone who is laying down, they are usually going pretty fast and end up bumping into the person they are laying next to.

### **ROCK, PAPER, SCISSORS:**

1. **Students are split into two equal teams.** They get together in their teams and collaborate with one another and decide what the team as a whole is going to play 'rock', 'paper', or 'scissors'. Usually you have one or two students who take the leadership role in this situation which is good. If not then the teacher can assist as needed. They then “face off” at the center line of a gym or field and on the count of three they play their rock, paper, or scissors.
2. **Remember, paper beats rock, rock beats scissors, and scissors beats paper.**
3. **Whichever team has the winning item then chases the other team to the end line of the field or gym and catches as many people as they can on the way.** Those that are caught now join the other team. It is important to monitor the game to ensure that all students on the same team throw the same thing so there is no confusion. If one team throws multiple items, they should be given a do-over the first time. After the first time, the students who are throwing the wrong item should automatically be placed on the other team as if they were caught during the chase.
4. **The game continues until all the players from one team are caught.** This game is suitable for all ages

### **COKE & PEPSI:**

1. **Divide all students into pairs.** If there is an uneven number, a student volunteer can be the caller, a judge OR the teacher can pair with them.
2. **Have all students stand in two lines on opposite sides of the space, facing their partner.** The space in between the partners should be a minimum of 20 feet but could be as long as you like, based on the size of your space and the age/ability level of the students.
3. **This is an elimination game.** Each time the Caller gives an instruction, the last person to get back to the starting line AND THEIR PARTNER are eliminated. You play until you get down to one winning pair. As students are eliminated, they become judges for the remainder of the game.

4. **Start the game.** One entire line of the students will be referred to as Coke, and the other line will be Pepsi. Each pair should be made up of one student standing on the Coke line, and one standing on the Pepsi line. The following are the list of Sodas/Actions that we use, but they could be amended and adapted to fit your age group, ability level, and to include skills you have been working on in class.  
**COKE:** all students in the Coke line run across the room to their Pepsi partner and either high five or sit on their knee depending on what your students can handle  
**PEPSI:** same action as Coke, except this time the Pepsi students run to the Coke side of the room  
**MOUNTAIN DEW:** students meet their partner in the middle of the space, put their arms over their heads and double high five as if they are making a “mountain”  
**SPRITE:** students meet their partner in the middle of the space, link elbows, run around each other in a circle, and run back to their spot on the line  
**ORANGE CRUSH:** students drop all the way down to their bellies on the floor as quickly as possible  
**DR. PEPPER:** students switch lines. This means the students who were COKE are now PEPSI and vice versa.
5. **The Caller will call out one Soda/Action per round.** The last person to complete the action, is eliminated along with their partner. Repeat until only one winning team remains.

#### **MINGLE:**

1. **All students start spread out in the space.** The students are going to be moving continuously until you tell them to stop. If you have the ability to use music in your gym/space they will just move until you pause the music.
2. **When you stop the music/tell students to stop moving, call out a number.** Whatever number you call is the amount of students that have to group together in order to stay in the game. For example, if you call “THREE” they need to make a group of three, if you call “TEN” they need to make a group a ten, and so on.
3. **Any students who are not in a group with the correct number of players are eliminated.**
4. **Repeat until you are down to two winners.**

## SHIPS & SAILORS

This game is similar to Coke & Pepsi except instead of playing in two lines, students use the entire space. Additionally, instead of staying with the same partner throughout, they are instructed to make different sized groups or switch partners based on the various Actions called out by the Caller.

1. **This is an elimination game.** Each time the Caller gives an instruction, the last person to get into position is eliminated, OR if it's an action that requires a set number of people (Rowboats, Totem Pole, any of the partner action), the entire group that person belonged to is eliminated. You play until you get down to one winning pair. As students are eliminated, they become judges for the remainder of the game.
2. **Start the game.** The following are the list of Actions that we use, but they could be amended and adapted to fit your age group, ability level, and to include skills you have been working on in class.

**SHIPS & SAILORS:** In pairs- one student lays on their belly on the ground, the other puts one foot on their partner's back (without pressure), salutes with one hand and says "Ahoy!"

**SLEIGH RIDE:** Students make two lines on the floor, sitting one behind the other as if they are on a large sled, put their hands in the air and yell "Wooooo!" as if they are headed down a hill.

**SLEEP:** Students make one giant line, laying on the ground as if they are asleep

**PINKIES:** Students make three circles sitting cross legged on the floor with linked pinkies

**BEACHED WHALE:** Students drop to the ground on their bellies, and grab their ankles while making whale noises

**CRY BABY:** In pairs- one student fake cries until their partner picks them up off the ground

**TOTEM POLE:** In groups of four, students arrange themselves from a low level to a high level so they look like a Totem Pole

**ROWBOATS:** In groups of three, students sit one behind the other and pretend to row a boat

3. **The Caller will call out one Action per round.** The last person to complete the action, is eliminated along with their partner. Repeat until only one winning team remains.