**River Bank**

Split participants into two groups.

Have them stand in two lines, with the first people in line facing one another on the side of a line (a line on a court or field, or really, anywhere).

Explain that one side of the line is the “river” and one is the “bank”.

When the coach calls river or bank, the participants have to jump to that side of the line. If they are already on that side of the line, they still have to jump (just jump straight up).

Call out river and bank until you crown a winner (the person who can last the longest jumping to the right side of the line).

Modification: You can have the folks who get “out” go to the end of the line to keep them moving. You can still crown a “champion” who never had to go to the back of the line!

**Box game (or boxy lady)**

Divide the participants into 4 equal groups.

Arrange each of the 4 groups as the side of a box, all facing the center of the box.

The coach should stand in the center of the box.

Explain to the teams that no matter where you are, they always have to arrange themselves just as they are- facing the same part of you and in the same order that they are standing. For example, if the team is facing your right shoulder, they must always be facing your right shoulder, standing next to the people they are currently standing next to.

The team to reorganize the fastest wins (they should put their hands up).

This game involves a certain level of chaos that comes from reorganizing. It requires that the participants safely weave in and out of other people (and work together with their team to help them weave in and out of other people). If playing with kids who may not be fully able to control their bodies or may intentionally try and run into one another, you can have them put up their “bumpers” holding their hands in front of their chests to protect themselves. You can also require that they not be allowed to run (or have to play heel-toe).

Coach should spin around and/or move throughout the space so that teams are challenged to reorganize.

\*\* Note: This is a great game to play on days when you want the participants to think about things in a new way. It’s a great opportunity to talk about perspective.

**RPS- Hoop Hop Showdown**

Divide the participants into 2 teams.

Using hula hoops or cones, create a wandering course and have each team stand at one end.

One person from each team will start hopping through the hoops or to the cones until they meet eachother somewhere in the middle. When they meet, they will do RPS to see who is able to continue along the course. The winner keeps hopping towards the other team, while the loser goes back to the end of their team’s line.

If a player makes it all the way to the other team’s line, they score a point. They can stay at that end of the court until everyone on one team scores a point!

Link: <https://www.youtube.com/watch?v=3mUuvdKFfmk>

**Full Body RPS**

Instead of hands, this version uses motions- the motion for a rock is curled up like a rock (arms up around face/head); the motion for scissors is like an alligator chomp; and the motion for paper is two hands next to face, yelling paper.

Partners should stand back to back and on the count of 3, turn around and show either a rock, scissors or paper. Once they are done with that round, they should join forces and find another team to play (team of 2 vs team of 2); continue rounds until you have 2 teams playing against each other (4 vs. 4; 8 vs. 8; etc.)

**Bocce**

This game can be played as individuals or as teams. Teams can have the same color balls or not, just so long as they know which colors are “theirs”.

There should be one target ball or “pallino”. This ball is thrown out first and the players try to place (by rolling or throwing) their ball as close to the pallino as possible.

Traditional bocce is played on a court, but informal bocce can be played anywhere.

**Everyone’s It**

Everyone should be standing inside a designated area of the gym, field or court. On “go” everyone is “it” and should be trying to tag the other players. If you get tagged (on the arm), you sit down until the person who tagged you gets tagged. Then you are back “in” and can start tagging people again.

This game can be played at full running speed, or if you have a small area to work with, a walking version can be played. In that version, they must go heel-toe.

**Beach Ball Handball**

Create two endzones at either end of a space. Divide the group into two teams and assign them each an endzone at which to score. In order to score, someone must enter the endzone in control of the beach ball.

When a person is holding the beach ball, they may pass it to another member of their team, or take no more than 3 steps with it.

The defensive team can intercept a pass but can not knock the ball out of anyone’s hands.

This game can be played at full running speed or as a walking game (heel-toe) in a small space).

**Human Tic Tac Toe**

Create a large tic tac toe board (with tape, chalk, hula hoops). Divide the group into two team.

Mark off a place for the two teams to line up, one team holding one color balls (or pinnies, bean bags, etc.), the other team holding the other color balls. On go, one member of each of the two teams will run to the board and place their balls wherever they would like to play their “turn”.

They will run back and tag their next teammate to take a turn. The team that gets to the board fastest gets to play their balls first. 3 in a row wins.

Link: <https://www.youtube.com/watch?v=IRDp5HcZyVA>

**Thunderdome**

Divide the group into teams. Give all the teams a question. Their job will be to make sure that they send the person to me who best represents your group on that skill. That person will compete with the other people to score a point for your team if they have the best skills. Keep in mind you won’t be able to send me someone more than once. Here’s the first challenge:

* The person who can jump the furthest
* The person who can do the longest plank
* The person who was born the furthest away from here
* The person who can juggle the best
* The person who has worked for GrizzFit the longest