Planet Invasion

1. Separate students into two equal, fair teams.
2. Team Planet: Protect the “Valuables” that are on your planet
3. Team Invaders: Try to get the valuable away from the planet
4. Team Invaders will wear flag belts. They must exit the game (sidelines), perform an exercise (certain number of times), and re-enter the game on “their” side.
5. Game is over when Invaders steal all the valuables or time runs out (give 10-12 minutes).
6. Switch jobs (Planet or Invaders) after time is up or team wins.
7. Each team will be identified by colored pennies (Red and yellow)
8. Exercises to perform out of bounds: Pick one to do 10 times before returning

-Jumping Jacks

-Run in place

-Push ups

-Burpees

-Mountain Climbers

Everyone’s It

1. Set up giant activity area marked by 4 cones
2. Students will partner up: Partner 1 starts by walking, jogging, or running around the “outside” of the cones in a clockwise direction. Partner 2 plays game of flag tag on the inside of activity area.
3. Students keep track of how many times they tag someone (pull their flag). Students use pedometers to keep track of steps taken around the outside of activity area.
4. Students will switch jobs every time a signal is given (whistle/teacher command). Students will switch out pedometer for a flag.
5. See which team gets the most tags (flags pulled) and which team takes the most steps.

Equipment needed for both games:

-4 large cones

-Crate of flags

-15 pedometers (check for working)

-14 large cones (some of different colors)

-bag of flag football belts

-Valuable items: rubber ring, chicken, frisbee, and shoe

-Bag of pennie vests (2 colors)