

# CARDIOVASCULAR GAMES

ping. RIGHT – Run to the line on the right, back to the center line, and continue hopping. Once they get the concept or once the entire class does it correctly, tell them they are now to do the opposite. So LEFT is now RIGHT, RIGHT is now LEFT, UP is DOWN, and DOWN is UP. SWITCH doesn't change. Similar to a simon says concept, but with exercise skills.

## JUNKYARD

Two students are picked to be "Wreckers" and two students are the "Mechanics". The rest of the class becomes "Cars." The "Wreckers" stand in the center of the gym. The "Mechanics" are in an area marked off with the cones, which is their "Shop" and only THEY can be in it. The "Mechanics" are safe in the "Shop", and they are the only players that have a base. The "Wreckers" try to tag the other students (cars) with the balls. (They have to TAG them with the balls—not throw them.)

If a "car" is tagged (which means it's wrecked), it has to go to the junkyard, which is a gym mat. They stay in the junkyard until one of the "mechanics" comes and tags them back into the game. The mechanics can also be tagged out by the wreckers. The mechanics are safe in their "shop" and while they are in the "junkyard". The "mechanics" may not stay in the junkyard to let "cars" out. They have to run back to the "shop" each time after tagging a car back into the game. If one mechanic gets tagged by a wrecker the other mechanic can tag him/her out of the "junkyard".



## IT STINKS TO BE IT TAG

Four students are designated as taggers ("it"), and must wearing a certain color. The taggers will be chasing and trying to tag all other students throughout the playing area by performing a specific locomotor movement (not running is best to start). The remainder of the class must avoid the taggers by performing the same locomotor movement as well. If a tagger manages to tag a person from the class, that person must freeze. Anyone who wishes to free any frozen person must stand near them and perform 10 jumping jacks with them in order to continue the game. When both children are doing the jumping jacks, they are "safe" and cannot be tagged by an "it".

However, all of the taggers ("its") are being chased by a "super-it" who is wearing a different color. They also must move doing the same locomotor movement as the rest of the class. If the "super-it" manages to freeze an "it", the "it" must freeze in the high-five position (hence the name of the game). The only way for the "it" to be free is for another team member (an "it") to come over and give him/her a high five. If the "super-it" manages to freeze all of the "its", the game starts over with students in new positions. Begin the game over every minute or so even if all of the taggers (it's) are not frozen. You choose the locomotor movement.

## AMOEBIA TAG

Two people are "it." They hold hands and chase the other players. Any person they catch joins the chain by linking hands. When another person is caught, they can stay together or split into two pairs, but they must split into even numbers. The game is over when all the children have been tagged.

## CATCHING THE DRAGON'S TAIL

Gather 10 or more children in a line. Each person places his/her hands on the

shoulders of the person in front of him/her. The first child in line is the "head" of the dragon and the last child is the "tail." The head tries to catch the tail by maneuvering the line so he can tag the tail. When the tail is tagged, he/she moves to the front of the line to become the new head. The old head is now second in line.

## CORNER TAG

Set up the designated playing area into four sections using cones, tape or any other piece of equipment, and place hula hoops in the far corners of each section. Divide the children into four teams and give each team a foam ball and a designated area to defend. On the word "go," the children will try to steal the other three teams' foam balls. When a child is tagged in another team's designated area, he or she must go to that team's time-out area and wait to be freed by a teammate. When the tagged child is waiting to be freed, he or she must do some type of exercise such as 20 jumping jacks, 20 sit-ups or 10 pushups. If a child is freed, his or her teammate must escort him or her back to their side before returning to play. The game is over when one team has stolen the other three teams' foam balls and has placed them in their hula hoop.

## CRAZY LEGS

Children stand in a big circle an arm's length from each other. One child is chosen to be "Crazy Legs" and kicks a ball around the outside of the circle, then kicks the ball through the ring into the circle. The child it touches becomes "Speedy." Speedy chases Crazy Legs around the circle, trying to catch him/her before they reach the empty circle spot. Meanwhile, the circle of children kick the ball back and forth and must keep it moving. To increase the activity of the game, add a second ball and a second Crazy Legs.

## ELBOW TAG

Designate an "it" child and a child being chased. The other children spread around the playing area in pairs with their arms hooked. When the one being chased hooks onto one of the pairs, the second



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person in that pair becomes the new child being chased. When a tagging occurs, reverse the roles. There are no immediate tag backs allowed.

## FITNESS RACE TRACK

Use a large open area that can be made into a 40-foot square. Place cones with signs that have a list of 7-10 exercises at the corners of the square. Have each athlete and his/her partner go to a corner of the square. Make sure the pairs are distributed evenly among the corners. One partner will be the runner and the other will be the exerciser. When the high-energy music starts (or on the coach's signal), the runner will run around the square while his/her partner does the first exercise on the list. When the runner gets back to the corner at which they started, he/she does the first exercise on the list and his/her partner becomes the runner. The teams will continue until all exercises on the list have been completed by each partner. The pair that completes the list of exercises first wins the game. Have the students who are finished walk around inside the square until the other teams have finished the activity.

## HEADS OR TAILS

Have the players divide into two teams. Label one team HEADS and the other TAILS. Lay out two center lines that are parallel and three feet apart. Then set up two boundary lines about 20 feet from the center lines for each team to cross for their safe zone. To start, make teams stand with their backs toward each other at the center lines. Toss a coin into the air. Once the coin has landed on the ground, call out if it is heads or tails. If it is tails, the TAILS team must run to its safe zone. The HEADS team will turn around and try to tag the TAILS team before it reaches the safe zone. After each toss and chase, all untagged players return to the centerline. Play until one team has captured everyone on the opposite team.

## MUSICAL MATS

Each child grabs a mat and the children form a circle with the mats and stand on the outside of the circle. Remove one mat from

the circle, so there is one more participant than mats. When the music starts, instruct the children to walk around the circle of mats. When the music stops, everyone lays on the mat closest to them. Whoever is not on a mat is out. After each elimination, take one mat away. Restart the music, and repeat. The person lying on the last mat wins. To add variety, you can change directions between each elimination, or provide a new movement such as jogging, skipping, shuffling, kickers, bear walks, etc.

## PUSH UP PERFORMANCE

Have the children partner off and get into a push up position. Instruct the pairs to create a push-up routine involving synchronized movements that include:

- Shake hands (right and left hand)
- High five (right and left hand)
- Pat the floor (right and left hand)
- Lift right foot (right and left foot)

Give the children a set length for the routine and five minutes to prepare their routine. Have each pair perform for the class.

## RUN, RUN CHICKEN GO HOME

Designate two objects or areas as safe zones. Select one "it" catcher and have the rest of the children start in a safe zone. The "it" person stands between the two safe zones and calls "Run, Run chicken go home" to signal the others to run across the mid space. Any child tagged becomes part of the catchers for the next run, until the last child is caught. Repeat with the last child caught as the "it" catcher.

## SNEAKER SLAP

Arrange children into two lines. One child from each line, the "Sneaker Slapper", will stand with his/her back to the group approximately 10 yards from their line. Place a beanbag, or a similar object, 5 yards behind them. The Sneaker Slappers raise their hand to start the game. A child from their line approaches a Sneaker Slapper, and lightly slap their raised hand. As soon as they slap the hand, they will pick up the bean bag and run to the starting

line. The Sneaker Slapper chases, and if the child with the beanbag, they become the Sneaker Slapper. If not, the Sneaker Slapper returns to their starting position and the next child goes.

## STEPS

Steps is a fun way to introduce pedometers to young children and to encourage movement during games. When playing games such as two-on-two soccer, have the students wear their own pedometers. At the end of a set playing period, count each team's total amount of steps instead of the total goals. The team with the most steps wins. This is also a great way for educators and coaches to evaluate the fitness of potential games.

## TEAM JUMP ROPE

Divide the children into groups of 3-5 and give them a specific number of minutes they will be jumping. Prior to starting, have each group predict and record how many jumps they think they can do in the given time. (Each group will need a recording sheet with two columns, one for group member names and one to record the number of jumps of each, a jump rope, and a pencil.) One team member jumps per turn until they miss or become tired and stop. Team members count the number of jumps and someone records that number. Repeat with all team member through the allotted time. When time runs out, tally each team's total and acknowledge a winner for actual jumps and closest to prediction.

