District of Parry Sound Best Start Network

Month 2: Walking and Running
School Age

Frozen Beanbags
- Give each child a bean bag and tell them to put it on their head
- When you give the signal, they start moving around the space
- If their bean bag falls off, they are "frozen" and can't move until another child comes and puts it back on them
- 4 year olds will need to hold onto their own bean bag when they bend down
- When children get better at the game, they can move faster
* This game builds a spirit of cooperation and helping others*

Sleep Walking Relay
- What you need: one robe per team, one pair of slippers per team, one teddy bear per team
- The first player in each line puts on the robe, the slippers and holds the teddy bear, stretches their arms out and sleep walks to the finish line and back
- They then pass everything on to the second person, who repeats the process
- Whatever team is finished first wins
- If anyone has a problem figuring out what sleep walking looks like, have them not bend their knees

Walk This Way
- What you need: four bases, four or more players
- Place the bases in a baseball diamond configuration
- Choose two teams and have both line up at home
- Before play starts, decide which team will walk clockwise and which will go counterclockwise
- One the count of three, one player from each team sets off around the bases, walking heel-toe – one foot placed directly in front of the other – as quickly as that strange gait allows
- When the two walking players meet on the diamond, they stop and play a quick game of rock, paper, scissors.
- The winner continues around the bases, while the other player turns around and runs home
- The next player in his team starts walking heel-toe around the bases to head off the advancing opponent and try to stop him with rock, paper, scissors
- When a walker makes it home, her team wins a point and two new players come up to "bat"
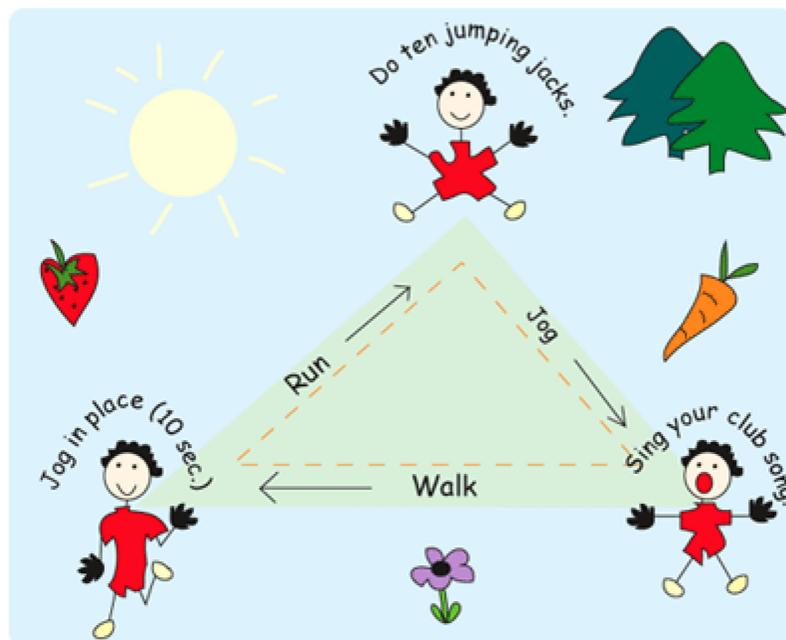
Excuse Me!

In a relatively large area have the children spread out. Lay down hula-hoops depending on the size of the group (more or less). Select a few children to be "it". Like the rules of tag, once a person is tagged they are now "it". The hula-hoops are safe areas; if there is someone being chased they can find sanctuary in a hoop. If someone else is standing in a hoop, you may say excuse me and they must now run and find a new sanctuary.

A Spin on Things

Dividing the group into two teams, have each team line up behind their own spinning object. This could be a bat, stick, or any 2-3 foot tall object. The first players of each group, on "GO", will grab the object and spin on it by placing their foreheads on one end and the opposite end on the ground. They must make full 10 spins on objects. After they have made their spins, the two now dizzy individuals will race to the mid-line and back. They will tag the next player in line and repeat until all players from each line have gone.

Triangle of FUN!

Chose three activities that can be done on the spot: (running on the spot, marching, singing, etc.). In a large area, split the group into three. Have the first group start at the designated station. The other 2/3 of the group will watch and laugh. Time each station for approximately 10-15 seconds. As soon as the timer goes, the starting group will run to the second station. The diagram below depicts different ways of making it to each station. Have the entire group complete the circuit twice or three times.

The Octopus Game
Octopus Tag -2 lines defined about 20 yards apart on the soccer field. The lines are the "shores" and the "ocean" is the area in between.

One person is selected to be the "Octopus". The Octopus wanders around the ocean while the rest of the players are swimmers standing on the shore behind one of the goal lines.

The object of the game is for the swimmers to cross to the other shore without getting caught by the Octopus. Swimmers dash across the water when the Octopus yells "Octopus".

If there is a larger group present or you wish to make the game go quicker, feel free to add more octopi in the ocean to start.