SPEED, BODY PARTS, RELAY GAMES

1. Shark and Minnows

It's a tag game where one student i.e., the shark chases the rest of the students i.e., minnows. Consequently, every tagged student becomes a shark until there is a single minnow left- the winner of the game.

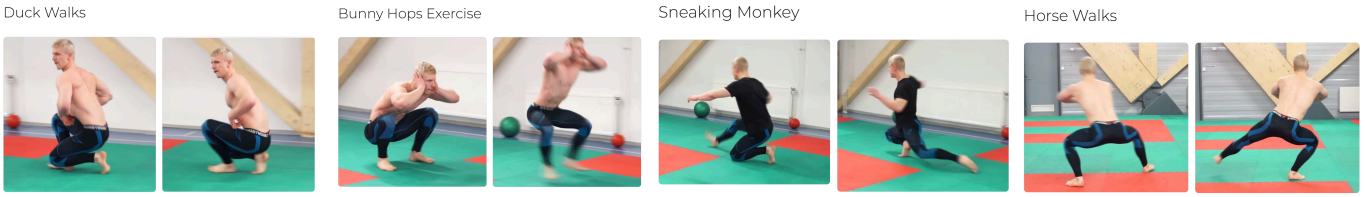
2. Freeze tag

This is another tag game that starts out like a traditional tag. However, once a student is tagged, they are "frozen" until another player tags them. They can then rejoin the game. The last player to be frozen gets to be "it" in the next round.

3. Animal walks 01

Line your PE class up at one end of the gym or playing field for this game. Call out an animal and students have to race to the other end, walking like that animal.

- Duck Walks. Duck walk is a moving squat position where you are trying to stay as low as possible the entire duration of the exercise.
- Bunny Hops. If you want to develop explosiveness in the lower body, just vary the height and distance of your bunny hops. The higher and further you jump, the more plyometric strength the move will require.
- Sneaking Monkey. This is a movement pattern where you are moving forward by leaning towards your knees and leaping forward (or backwards) with your legs.
- Horse Walk. You take the traditional horse stance (an ancient exercise in Shaolin martial arts) and then just start moving forward while trying to keep the depth of the hips as low as possible.



4. Body Parts Game 02

(1) Review body parts vocabulary: ankle, knee, elbow, head, neck, hand, arm, leg, foot, spinal cord, wrist, shoulder
(2) Review direction vocabulary: forward, backward, to the front, to the back, to the left, to the right, turn around
(3) Divide into two teams with different colors of shirts. Stand in a circle, listen to order and react

- touch your own knees
- touch the elbow of the person on your right
- left foot to the front, right foot to the back
- jump three times and touch your neck
- turn to your right side and touch your own feet
- turn around and hug your arms
- touch the shoulder of the person on your left and raise your right feet

- hook the arms of the person on your left
- listen to the rabbit song bit

5. Relay game 01

Remain in the same team, Each group is separated into 3 relays. Play this game until each person gets to try the three relays.

- Relay 1: Run and relay the racket paddle to the Relay 2
- Relay 2: Use the racket paddle to relay the basketball to Relay 3
- Relay 3: Try to send the basketball to the goal and run back to be the Relay 1

6. Clap and catch

Arrange the class into a large circle. Give one player the ball and have them get ready to toss it. Players must clap before they catch the ball. If a student doesn’t clap or drop the ball, they are out.