

Quidditch added by J.Orr

Supplies needed- hockey sticks and goals, a basketball court, a basketball, a soccer ball, a tennis ball stuffed in an old sock.

Set-up- place hockey goals under the hoops of the basketball court.

Rules- Split class into two teams, students place hockey sticks between their legs, like riding brooms. Students will play basketball and soccer at the same time, on the same court, while riding brooms. Pick one student to not have a stick, have them tuck the sock into their waistband with the tennis ball hanging down, they are the golden snitch. The golden snitch may run anywhere they choose as long as they stay within sight of the teacher. If the golden snitch is caught, the person who caught them switches places with them and becomes the golden snitch. Students get two points for a basket, three points for a basket from the three-point line, five points for a goal, and ten points if they catch the golden snitch. Teams are responsible for keeping track of their own scores.

Pin-Huck added by J.Orr

Supplies needed- ten cones, two basketball courts.

Set-up- spread out the cones, five on each side, so they look like five on a dice.

Rules- a variation on capture the flag, played with ten plastic cones. Played best on two basketball courts, but an open field or in a large gym works great too. Break the group into two teams, the group to get all the pins to their side first wins. Cones can be stolen many times over, moving from side to side as the game progresses. If a player runs onto the other team's side, they can either steal a cone or free players, they may not do both. If a player is tagged on his opponents side they do not go to jail as in traditional capture the flag but are frozen as in freeze tag. A frozen player must drop any cone, stand facing their side with both thumbs up. They can only be free when they are touched on both thumbs by a member of their own team, who has not yet been tagged. A non frozen player may only touch one thumb of a frozen player at a time, but may touch as many players one thumbs as they can before returning to their side. Players who get freed have to take a free walk back to their own side, they may not take a cone with them. Playing at the border of both sides can be confusing. As soon as a sliver of a player's pinky toe crosses the line, they can be tagged. If a player is frozen on the line, any player wishing to free them must cross the line to do so. To grab a cone dropped at the line, a player has to be fully on that side, they may not reach over the line to grab the cone. If you are playing on two basketball courts, the area between the courts acts as a neutral zone.

Crab Soccer added by J. Orr

Supplies needed- two beach balls, or large bouncy balls, two goals (or cones to act as goals)

Set-up- place the goals on the far sides of the gym or spread out on the field

Rules- Students must stay down in the crab position at all times. Split the class into two teams, throw out the two balls, and let them try and score.

Human Foosball added by J.Orr

Supplies needed- flag football belts, jump ropes, two goals, a soccer ball

Set-up- use the flag football belts and jump ropes to tie the students into groups of three, place the goals at either end of the gym, or spread out on the field.

Rules- place groups of three into three teams. Two teams play at a time, with rotations every five minutes. Students must work as teams to try and score goals while tethered together.

Tag Games _____ added by J. Orr

Supplies needed- an open space to run around

Set-up- none

Everyone's It- explain to the class that everyone is it. If you get tagged, you must sit down. If you tag someone at the same time they tag you, you both sit down. If there is an argument, you both sit down. The winner is the last one standing, but at any time the teacher can yell "everyone's it!" and everyone is alive again.

Snake tag- just like "everyone's it", but if the person who tagged you gets tagged, you are alive again. If you are out because you tagged each other, you count to one hundred together and you are both back in again.

Hospital tag- also like "everyone's it" but now if you get tagged, you have to cover that wound (where you got tagged) with your bandage (hand), you can keep playing until you can no longer cover all your injuries. When the teacher yells "ambulance!", everyone is healthy again.

Blob tag- everyone finds a partner, links elbows with that person, and spreads out randomly.

Pick one team to disband and pick one of them to be "it". Whoever is "it" must catch the person who is not it. The person who is not "it", can find safety by joining elbows with any pair, but when they do, the person on the other side of the pair must run and find safety elsewhere.

Doctor Dodge _____ added by J.Orr

*a Dodgeball variation

Supplies needed- a basketball court, multiple large bouncy playground balls

Set-up- Split group into two teams

Rules- each team picks one person to be their doctor. When a player gets out, instead of exiting the game, they lie down and wait for the doctor. The doctor can bring any player back to life by standing over them and yelling "One One-Thousand, Two One-Thousand, Three One-Thousand, BREATHE, BREATHE!" If the opposing team gets the doctor out, that team now plays without a doctor and whenever anyone is out, they exit the game as in standard Dodgeball.

Create Your Own Game _____ added by J. Orr

Supplies needed- Time

Set-up- depends on what students come up with.

Rules- after you have played many games with students and modeled good examples like the games you see above, have students create their own games. Let them form their own groups and either come up with an original concept, or modify a game they already know. Have them write out the rules, the supplies, and the set-up. Have them come up with a purpose or goal for their game. Have them test their game on the class. Afterward have them write how it went and any changes they would make. Have them ask for suggestions from the students who played their game. This lesson can cover PE, Writing, and even science if you model the "Create, Test, Modify, Test, Publish" process. And How Common Core?!

Magic Rope _____ added by V. Paratore

Supplies needed - a long piece of elastic rope and a pole

Age group K-2nd grade

The teacher ties the rope around a pole and holds the other end. Students run under the rope, jump over the rope, then jump across the rope river (wiggle the rope on the ground). Then you make a window and students tiptoe through the window, jump in and out, jump in, climb under etc. This covers the running hopping locomotor standards. They can go forwards, backwards, hop, skip jump etc across the rope in various ways.

Kickball added by E. Fishel

*Just plain old kickball

Supplies needed-ball (not too firm), 4 bases (or markers-orange cones work too)

Set-up Set up like a baseball diamond, depending on your students abilities, you can make a small diamond or a large diamond.

Rules

Standard kickball rules-

Class splits into two teams with even number of boys and girls. There should be a minimum of:

1 roller (pitcher)

1st baseman

2nd baseman

3rd baseman

catcher

3 outfielders

Other kids can spread out as necessary

One team kicks and one team fields. The roller for the fielding team rolls the ball and the kicker for the kicking team kicks. The goal for the fielding team is to A) catch the ball before it touches the ground, or B) get the ball and throw it to the first baseman before the kicker runs to first base. If the kicker does not make it before the ball reaches first base, they are out.

(Alternate rules-if your teams are just learning, it may be ok to have them throw the ball at the runner to try to get them out as well-this is up to the teacher's discretion)

Fly ball rule and tag up rule

If a kicker makes it to first base, then they are safe and another kicker attempts to kick the ball. The player on first base must run to second unless the ball is kicked in the air. If the ball is kicked in the air, the runner on first base must wait to see if the ball is caught. Once the ball is caught, or dropped, they may proceed to second base. If the ball is caught, the kicker is out as before, but the previous runner must stay on first base (or whatever base they were on) until the ball is caught. If they decide to run, they can do so after the ball is caught. If they run and the ball is caught, they must go back to the previous base they were on or they will be out. This is called the tag up rule and is very standard in baseball.

Force Outs

A player is forced to run if they are directly ahead of the batter on the bases (example, runner on first). Since the runner on first base has to run to second (because only one player can share a base at a time), then the fielders only need to throw the ball to second and the runner is

out. They can also then throw the ball to first base after. If the fielders only throw to first base, then the runner going to second is safe. The runner on second is no longer forced to run since there is an open base at first. They can choose to run on the next kicker's turn if it is advantageous.

A force out also occurs when there is a runner on first and second. The runner on second must run to third and therefore there is a force out at third. The fielders only have to tag the base with the ball in their hand. There is also a force out at second because the runner on first has to run to second or they will be run over by the kicker.

When there are three outs, the teams switch sides. Whichever team scores the most runs, wins

ELEMENT OF SPORTSMANSHIP-students must maintain positive sportsmanship throughout the whole game. If a student displays unsportsmanlike behavior, they may be asked to sit out an inning (or 5 minutes). The goal is to promote positive sportsmanship on both teams for both teams.

*Please feel free to edit

Norwegian Ball submitted by E. Fishel

supplies need ball

Rules

Split the class into two teams. One team acts as the kicking team/throwing team. The kicking team lines up in a straight line, one behind the other.

The other team spreads out on the field.

The first player in line on the kicking team throws or kicks the ball anywhere on the field. Then, the kicker's job is to run around their team (the team standing in a straight line) as many times as possible before the other team can get the ball and have everyone line up behind said person with the ball. Then the player in the front of the line must pass the ball over their head and the ball must be continued to be passed to the rest of the line. When the last person in line receives the ball, they hold it in the air.

The original person who kicked/threw the ball must stop. The number of circles they ran around their own team before the other team's player held the ball up is the number of points the kicking team receives for that round. Then the roles switch.

Note- to more easily keep track, you might want to mark spots where the teams line up after getting the ball.

Also, to better keep track of points, teams should say a point number every time the runner finishes a lap.

Whoosh Bong _____ Submitted b

***An improv game-good for communication and team building as well**

Rules

Students stand in a circle

(Its best to start off with only 2 commands and then work up to more)

ACTIONS

Woosh- a light swiping motion done to the right of the left.

If a person starts whooshing to the **left** they will do so with their **right** hand. Students make a light pushing motion towards the person next to them on their left (in this scenario to the left) with their **right hand** while saying “whoosh”. Students continue whooshing to the left with their right

hand until someone decides to change directions.

BONG- To change direction a student abruptly puts out the opposite hand that everyone was whooshing with and says “**Bong**”. If players were whooshing to the left, the person who wants to change direction puts out their **Left hand (direction that the imaginary ball was being “wooshed” too)** and says “Bong.” Now the ball has changed directions back to the right. Players must continue to “woosh” the ball to the right with their **Left** hand. If someone decides to change direction again, they now must perform the “**Bong**” action with their right hand.

(Here is an easy way to remember, you are always pushing the imaginary ball with the front of your hand, never the back

AND, you always BONG with the opposite hand that is doing the whooshing)

If a there is a mess up, or someone pauses too long, or someone uses the wrong hand to whoosh or says woosh when they did a bong action, then the game pauses for a second, everyone says “Aaaoooooggga” THis is the reset sound and then the game continues. It is meant to teach that everyone makes mistakes and that is just part of learning.

As the students get better, they can speed things up or add more actions, such as

ZAP

When a player wants to shoot the imaginary ball across the circle, they take two hands, clap them together and point at the person across the circle.

They must make direct eye contact.

The person receiving the ZAP must continue whooshing in the same direction. For example, if people were whooshing to the right, someone decides to ZAP across the circle, then the person must continue to woosh to the right.

***YOU cannot ZAP a Zap**

RAMP

Ramp skips a person. People can whoosh in one direction. Someone decides to do the ramp action. The ramp action continues the ball in the same direction but it skips a person and goes onto the next. To perform the ramp, a person puts their elbow up and their hand down, making a ramp with their arm, as if the ball would go on the ramp and over the person next to them.

Then the ball is wooshed around the circle until someone changes directions, zapps or ramps.

If people are passing the right, the right, the right arm must make the ramp. If the person used the left arm, then it is a mistake and an "Aaoooooggaa" is needed.

Feel free to make up more actions if you want.