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Foreward

Habits learned in childhood often last a lifetime. By establishing healthy habits early, children increase their chances for healthy productive lives. Let's Play, developed by the Wet Virginia Department of Education, Office of Child Nutrition, addresses two important areas of healthful living - physical activity and nutrition.

Experts cite poor eating habits and the lack of physical activity as the causes for what has been characterized as the most critical public health issue facing the nation. Obesity, including childhood obesity, has reached epidemic proportions. This trend has led health officials to conclude that today's children are at greater risk for poor health than past generations.

Families, schools and communities have a shared role in reversing this trend by providing opportunities for children to practice healthful eating and physical activity and by modeling healthy lifestyles. Let's Play will help educators, parents and others undertake these responsibilities by following these key recommendations for promoting healthful behaviors:

1. Meet children's interests and needs;
2. Build skills and knowledge;
3. Encourage active participation; and
4. Ensure activities are creative, safe and fun.

Let's Play is a revision of the resource published in 2002. It complements the Let's Party resource published in 2010. Each publication reflects West Virginia Board of Education policies and high standards for nutrition integrity in public schools.

Jorea M. Marple, Ed.D.
State Superintendent of Schools
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Richard J. Goff
Executive Director
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Abbreviations
  c. = Cup
  T. = Tablespoon
  t. = teaspoon
Introduction
WHY AN ACTIVITY AND NUTRITION BOOK?

The development of Let’s Play was prompted by the increased emphasis on the need for physical activity in kids and adults. Increasing physical activity in our daily lives is more easily accomplished through the development of habits, such as walking, taking the stairs instead of the elevator, or even doing yard work. However, children would rather be active through games or doing something fun. Games that require movement and activities that are fun and creative entice kids and adolescents to become physically involved without focusing on exercising.

Let’s Play was created as a companion to Let’s Party, a booklet of recipes, party ideas, and nutrition tips centered around twelve party themes. Let’s Party was developed as a resource for parents and educators when planning parties at home and school or for preparing nutritious snacks or nutrition education experiences.

Let’s Play contains a variety of games, activities, recipes, and tips also centered around twelve themes. It may serve as a resource, not only for planning play days and parties at home or school, but also for preparing nutritious snacks. Those working with church or after-school programs, Scouts, and other kids’ groups will find lots of innovative ideas. Some of the games are newer versions of old ones. Others are unique activities created to challenge players with fitness or problem solving skills.

Let’s Play was developed as a resource for parents and educators when planning parties at home and school or for preparing nutritious snacks or nutrition education experiences.

The activities were especially designed for elementary school-aged children. Some of the activities may not be developmentally appropriate for younger-aged children. All activities that involve children in motion have the potential for accidents; therefore, caution should be taken at all times.

It is the sole responsibility of the users of these games and activities to provide a safe environment for moving. The authors and publishers of this book recommend qualified supervision of children, practice of safety procedures and skills, modification of the play area, and continual reminders of safety precautions.

The simple recipes and snack suggestions are included in order to encourage healthy eating. Most of the snack ideas are easily prepared and served during activities. Encourage children to participate in the preparation of the foods. Involving them in the planning and preparation creates a variety of opportunities for learning, including a positive incentive to try new foods.

It is hoped that Let’s Play will help make physical activity and healthful eating fun and exciting for children and those who help shape their attitudes toward food and fitness.
NUTRITION AND ACTIVITY
WHAT’S THE CONNECTION?

Food is fuel for the body. While the body does use some of the calories or fuel in the food we eat to maintain it, most of the calories are used when we expend energy. The more active we are, the more calories we will burn.

Today’s society is much more sedentary. Many illnesses in later life are a direct result of the food we ate and the activities we participated in much earlier in life. With the onset of many more sedentary activities in childhood such as watching television, playing video games, and using a computer, children of today are showing signs from the lack of activity and increased intake of calories. More children than ever are obese or overweight, lethargic, and unable to pass the President’s Physical Fitness Test.

Research has shown that active individuals are leaner, have more energy, a better self-image, shorter bouts with illnesses, and live longer than their sedentary counterparts. However, activity doesn't necessarily have to be exercise. Any activity that involves movement can increase strength, endurance, or flexibility depending on the duration and type of movement used. Combining these benefits through play motivates kids and rewards them by having fun.

Maintaining a healthy, active lifestyle begins as a child. As adults, we are role models for children. Encourage kids to eat nutritious foods, spend some time being active, and most of all, have fun.
WEST VIRGINIA
SCHOOL NUTRITION
STANDARDS

Schools are responsible for providing opportunities to learn healthy lifestyles, including good nutrition. Students learn these “lessons” not only from teachers and textbooks, but also from their experiences at school. These include experiences with foods sold as snacks, served for school lunch and breakfast, offered as treats, and served at parties.

Schools that offer nutritious foods encourage students to make healthy choices. To help identify these foods, nutrition standards have been established for all foods sold and served during the school day*. The recipes in this booklet meet these standards. To decide whether other foods or recipes may be served at school, ask these questions:

1. Is it candy, soft drinks, chewing gum or flavored ice bars (Popsicles)?
2. Does it contain more than 35% of calories per product excluding fruits?
3. Does it contain more than 8 grams of fat per ounce?**
4. Is it a fruit drink with less than 20% real juice?

If the answer is YES to any of these questions, the food should not be served during the school day. (Hint: The food label will help you answer these questions).

* West Virginia State Board of Education Policy 4321.1, Standards for School Nutrition.

** Foods that are approved school lunch items are not required to meet this standard. Check with the cafeteria manager or food service director to be sure.
PLAYING IT SAFE

Keeping children safe is a top priority when playing games or participating in activities that involve movement. To supervise the activities in this book does not require specialized training, however, it is recommended that leaders should not agree to supervise activities that require qualified instructors. Consider the following points when leading children in physical activities.

1. Supervise players at all times. Do not become distracted.

2. Practice and review safety procedures for each activity every time it is performed. Remind players to take turns, observe their space, not to touch other players, follow the rules, and immediately stop moving when the leader indicates stop.

3. Choose activities and equipment that are suitable for the age of the players. Children are not little adults, so modify the play area and equipment for younger players. Examples include:
   - Use larger, non-sting balls, sock or yarn balls. Try balloons or beach balls.
   - Change the size of the boundaries. Younger age players need a smaller play area; older players may use a larger area.
   - Provide visual cues for boundaries or obstacles (safety cones, flat, non-skid spot markers, directional arrows, tape, chalk, or even flour. Make safety signs that resemble traffic signs).

4. Check the play area for obstacles or potentially dangerous conditions.

5. Make regular safety inspections of equipment.

6. Place equipment around the outside of the play area where it can easily be utilized and returned. (Note: Do not put out a box of equipment and expect players to choose. This encourages disagreements and inappropriate behavior).
EQUIPMENT NEEDS AND WANTS

The games and activities contained in Let’s Play have been created and chosen because they require minimal equipment that is easy to find. Check the resource section for a list of resources and catalogs of suggested equipment or materials. The following items are recommended for use with Let’s Play.

1. Beanbags – have at least one per player. Fill small plastic bags with ½ cup of dried beans. Squeeze out the air and seal with a twist tie. Place each baggie in a sock (or use brightly colored fabric) and seal with twine, yarn, or sew with needle and thread.

2. Foam balls – collect 3-5 balls about 6” in diameter for use in tagging games.

3. Frisbees – are also used for games and as bases or spot markers. Begin with at least 5 in different colors. Store them in a laundry basket. Many businesses offer Frisbees as promotional items, or check discount stores.

4. Hula-hoops – are used for games, to designate stations, and as targets. Try to collect at least 5 in different colors. Store them by tying with a rope. Check discount stores or children’s toy stores.

5. Jump ropes – collect 5 ropes in sizes ranging from 7 feet to 10 feet, and 2 ropes 15 feet or longer for group jump rope games.

6. Parachute – just one will do. If a parachute is not available, use a king size sheet.

7. Quoits (rubber rings) – collect 5 quoits to use for games and as spot markers.

8. Safety cones – try to collect 12 of these about 9” in height. Orange or other brightly colored cones are available at discount stores.

9. Utility balls – begin with 3 balls about 8 ½” in diameter. These are also readily available at discount stores.
WAYS TO ADAPT ACTIVITIES OR SUBSTITUTE EQUIPMENT

Change the Game

Games and activities may be played in many different ways. The most important things are to get everyone to participate, and to communicate how to play. Let’s Play contains suggested procedures, but many of the activities can be easily adapted by changing one or more of the following:

• Number of players
• Boundaries
• Rules
• Equipment

Be creative! Invent new ways to play or let players design new games. Stress safety and respect for all players.

Change the Equipment

Each game or activity begins with a list of suggested materials. Many of the materials could easily be changed depending on the availability of the equipment and age of the players. Try some of the following ideas or create your own alternatives.

• Instead of balls use balloons.
• Instead of commercial spot markers use Frisbees, tape, chalk, or even flour.
• Instead of foam balls use rolled up socks or yarn balls.
• Instead of buckets use boxes, baskets, coffee cans, or plastic bowls.
GLOSSARY OF TERMS

The following terms are used in this book.

**Bear Walk** – an animal move done by bending forward and touching the ground with both hands. Players travel forward by slowly moving the hand and foot on the same side of the body simultaneously.

**Chicken Walk** – players squat down with hands tucked under their arms to form wings which they flap as they move forward or backward.

**Crab Walk** – players squat and reach back, putting both hands on the floor without sitting down.

**Elephant Walk** – players bend forward and clasp hands together in front of the body to form a trunk, swinging clasped hands left and right as they move forward.

**Galloping** – this is a one-count movement done by stepping forward with the lead foot, and the trailing foot following quickly.

**Golf tubes** – plastic inserts used to separate golf clubs in a golf bag. These may used as tunnels or paths for an obstacle course or connected as towers.

**Gorilla Walk** – players let arms hand loosely at their side, bend their knees, and lean slightly forward, while moving.

**Group size** – a small group is 2-6 players, a medium group is 6-10 players, and a large group is 10 or more players.

**Hopping** – a movement executed by propelling the body up and down on the same foot.

**Jumping** – a movement executed by propelling the body up and down on both feet.

**Kangaroo Walk** – players carry arms close to their chest with the palms of their hands facing downward.

**Leader** – the individual guiding the activity. Usually this would be the adult supervising the activity, but it could also be one of the players.

**Leaping** – a movement executed by a long step designed to cover distance or to move over an obstacle.
Locomotor – skills that move the body from one place to another or to project the body upward.

Running – a movement that is done so rapidly both feet are off the ground at the same time for a brief moment. Running varies from trotting (slow run) to sprinting (a fast run for speed).

Safety cone – sometimes referred to as a traffic cone, these brightly colored cones are used to designate boundaries, as spot markers, or as a piece of equipment used in the game.

Skipping – a movement that involves a series of step-hops done with alternate feet.

Sliding – a one-count movement done to the side, with the lead foot stepping to the side quickly followed by the trailing foot.

Spot markers – anything used to mark a spot. Flat, non-skid markers are available from physical education supply catalogues, however, safety cones, Frisbees, tape, chalk, flour, etc. may be used depending on the surface and availability of materials.

Walking – players move each foot alternately, with one foot always in contact with the ground or floor. Pace may be determined by the type of walking (slow, normal, or speed).
Play Themes
WITH FUEL FOR FUN SNACK IDEAS
Animal Farm

Chicken Dance

Materials needed:
• CD or cassette of the “Chicken Dance” song
• CD/cassette player

The object of this group activity is to complete the dance movements in time with the music.

Preparation: None

Players: Small to large group

Directions:

1. Practice the following movements before beginning the music.
   • Open beaks 1,2,3,4 – open and close hands while forming a beak.
   • Flap wings 1,2,3,4 - tuck hands in armpits and move elbows like wings flapping.
   • Shake tail feathers 1,2,3,4 – bend knees slightly and twist hips.
   • Clap 1,2,3,4 - clap hands.
   • Hold hands and circle to the right using a skipping or polka step. When the music changes, circle back to the left. Players should return close to their original position.

2. Players begin in a large circle. A leader may stand in the circle or the center of it. Play the music. Change movements when the music changes.

3. The music gets progressively faster.

Variation: Players may lock arms with a partner and swing instead of skipping in a large circle.
Turkey Trot

The object of this relay game is to successfully balance a feather and a paper plate on each player’s head while following the leader’s commands.

Materials needed:
- 1 paper (or plastic) plate and a handful of lightweight craft feathers for each group
- 2 spot markers, masking tape, or chalk for each group

Preparation: Place two spot markers (or make lines with masking tape or chalk) about 15-20 feet apart for each group. (Remember to remove tape or chalk immediately after the activity).

Players: Small groups

Directions:

1. Divide players into teams. Place half of the players for each team behind each of their team’s spot markers or lines.

2. Choose a player from each team to begin the game. This player places the paper plate with a feather on top of it on his/her head. Note: If balancing the plate on the head is too difficult or younger players are participating, have players balance the plate on their fingertips like a waiter/waitress. Also, try different size and textures of feathers.

3. On a command from the leader, such as walk, run, skip, etc., the player moves toward the opposite mark. If the plate or feather falls off, the player must start over.

4. When player one crosses the opposite mark, the next player places the plate and feather on his/her head and moves to the other mark.

5. Continue until all players from one team have successfully completed the task.

Variation: Place plate and feathers on the player’s stomach and crab walk, or place them on the player’s back and crawl. Team members may need to alert the player when feathers or plate falls off.
Talk to the Animals

The object of this listening activity is to gather like animals together using only animal noises.

Materials needed:

• CD/cassette of “Talk to the Animals” or other animal-related music
• CD/cassette player
• Optional - blindfolds

Preparation: None

Players: Medium to large group

Directions:

1. Have players stand in a circle and count off by 4’s (larger groups may be used as players' skill develops).

2. Assign an animal name to each number. For example:
   1 - Pigs
   2 - Cows
   3 - Roosters
   4 - Sheep

3. Players then scatter about the playing area.

4. On a signal from the leader or when the music starts, players begin making animal sounds. As players find another animal making the same sound, they work together gathering all the other animals of the same type in one area.

5. Note: Softly playing music increases the difficulty.
Milk Pail

The object of this relay game is to transfer the “milk” (water) from one pail to the other.

Materials needed:
- 10 pails
- 5 sand shovels or large spoons
- 10 spot markers, masking tape or chalk lines
- Water

Preparation: For each group, place two spot markers (or make lines with masking tape or chalk) about 15-20 feet apart. (Remember to remove tape or chalk immediately after the activity). Place a pail filled with water behind one of the spot markers and an empty pail behind the other spot marker.

Players: Small groups

Directions:

1. Divide players into five groups.

2. On a signal from the leader, the first player in each group fills the sand shovel or large spoon with water, walks to the opposite mark, and pours it in the empty pail. The player returns and hands the shovel or spoon to the next player in line.

3. Play continues until the leader signals stop.

4. Set a time limit for the activity and then measure the amount of water transferred.
Fowl Croquet

The object of this fun activity is to move a balloon through all six “noodle” wickets and touch the bottle with the least amount of strokes.

Materials needed:
- 1 rubber chicken per player
- 6 swim noodles and stands (hula hoops may be substituted)
- 6- 2 liter bottles
- 1- 8 ½ “ balloon per player

Preparation: Set up a croquet course using the swim noodles (or hula hoops) as wickets. Bend the noodles into a half-moon shape and secure in stands. Place the two liter bottles behind the wickets and number these 1-6.

Players: Pairs

1. Divide players into pairs.

2. Using the rubber chicken as a mallet, players take turns hitting their balloon through each wicket. As in croquet, the balloon must hit the peg (bottle), and then go back through the same wicket.

3. Players try to navigate the course in sequence by hitting the pegs in order 1-6.

4. Note: The course may be shortened or lengthened by moving the “wickets.”

Variation: Play Fowl Golf. Use the rubber chicken as a golf club and lay the hula-hoops flat on the ground. Players would keep track of the number of strokes taken. The lowest number wins.
**Milk Jug Aerobics**

The object of this fitness activity is to exercise to music and make lots of noise!

Materials needed:

- 2 clean milk jugs, any size (must have handle and lid), per player
- Dried beans or rice
- CD/Cassette “Wooly Bully” (or other appropriate music)  
  Note: Choose music that has a good beat, but is not too fast or too slow.
- CD/Cassette player

Preparation: Fill milk jugs with several tablespoons of dried beans or rice and replace caps.

Players: Individual

Directions:

1. Players perform exercises such as jumping jacks, windmills, arm curls, side stretches, or jog in place to the music. A leader could model the exercise and signal when to change, or players could take turns. Players could also make up moves throughout the song. The only rule is to keep moving and shaking!

2. The activity ends with the music or signal from the leader.
Fuel for Fun

Create an Animal

- Assorted vegetables
- Assorted fruits
- Chow mein noodles
- Pretzel sticks
- Slivered almonds
- Soft cream cheese
- Raisins
- Toothpicks

1. Wash and clean fruits and vegetables.
2. Cut or slice fruits and vegetables into various shapes and sizes.
3. Attach pieces with toothpicks, chow mein noodles, pretzels, or cream cheese.
4. Serve with animal crackers and milk.
5. Serves 20.
A Cornucopia of Good Times

Football through the Hoop

The object of this activity is to throw a football through a hoop.

Materials needed:
• 2 volleyball standards or any means to anchor ends of rope
• 25’ rope
• 4 or 5 hula-hoops
• Duct tape
• 4 or 5 spot markers (paper plates, Frisbees, carpet squares, etc. may be used, or make lines with masking tape or chalk)
• 4 or 5 footballs

Preparation: Set volleyball standards or other anchors about 25’ apart. Secure hoops to rope using duct tape. Place the spot markers about 10-15’ away from each hoop.

Players: Small groups or large group

Directions:
1. Divide players into groups.
2. Line players up behind spot marker.
3. Have the first person in each line move to the area behind the hoops to be the first retriever.
4. Players must throw from the spot marker. The retriever returns the ball to the next player in line and goes to the back of the line while the thrower takes the retriever’s position.
5. Play until the leader signals stop.
Garden Gloves Relay

The object of this game is to unwrap and chew crackers while wearing garden gloves.

Materials needed:
• 1 pair of clean garden gloves for each team
• 1 package of crackers for each player

Preparation: None

Players: Small groups

Directions:

1. Divide players into equal groups.
2. Give each team one pair of new garden gloves and each player a package of crackers.
3. On a signal from the leader, the first player on each team puts on the garden gloves, opens the package of crackers, takes out one cracker, chews it, and then passes the gloves to the next player in line. This process is repeated for each group member.
4. The first team to complete the task wins.

Variation: Use two packs of crackers per player so that each player would have to do it twice.
Veggie Race

The object of this game is to be the first group to pass the vegetables as directed.

Materials needed:
- 1 veggie per team (gourds and miniature pumpkins work well)
- 1 spot marker per team (May use paper plates, Frisbees, or carpet squares. May also use masking tape or chalk. Remember to remove tape or chalk when finished).

Preparation: Place spot markers.

Players: Small groups

Directions:

1. Divide players into groups. Line teams up behind spot markers facing forward. Give each team a veggie.

2. On a signal from the leader, players begin passing the veggie. The first time through, have players pass it overhead to the back of the line, then back to the front.

3. Next round, have the first player pass the veggie overhead to the next person, who passes it between their legs, and then continue, over, under. When the last player receives the veggie, he/she runs to the front of the line.

4. Finally, have players pass the veggie while holding it under their chin and without using any hands.

Variation: Set up a second set of spot markers. Challenge players to crabwalk to the marker and back with a veggie on their abdomen. The next person in line receives the veggie and continues. Or have players balance the veggie on their shoulder or elbow and walk to the marker and back.
**Boxer Run**

The object of this activity is to be the first group to complete the boxer run.

Materials needed:

- 5 to 8 XL or larger boxer shorts (try to find ones with seasonal decorations)
- 2 spot markers per group

Preparation: Place two spot markers (or make lines with masking tape or chalk) 15-20’ apart for each group. (Remember to remove tape or chalk immediately after the activity).

Players: Small groups

Directions:

1. Divide players into groups. Place half of the players for each team at opposite spot markers.

2. Choose one player from each team to begin the activity. Give this player one of the boxer shorts.

3. On a signal from the leader, first player puts on the boxer shorts and runs to teammate at opposite spot marker, takes off the boxers, and goes to the end of the line while their teammate is putting on the boxers and running back.

4. Continue until each player has completed task.

Variation: Try a two-legged race. Have two players put one leg each in the boxer shorts.
Dress the Scarecrow

The object of this activity is to be the first group to completely dress and undress the scarecrow.

Materials needed:
- Old newspapers
- 25 medium-size garbage bags
- 5 pairs of sweatpants
- 5 flannel shirts
- 5 bandanas
- 5 ball caps
- 5 balloons
- 5 rolls of masking tape
- Tape, twist ties, or string

Preparation: Construct garbage bag scarecrows. Over stuff one of the garbage bags with crumpled newspaper for the scarecrow’s body. Tie it or tape it closed. Under stuff the four remaining bags, shape into long tubes for arms and legs, and tape or tie them closed. Tape or tie arms and legs to the top and bottom sides of the body garbage bag. Do this four more times.

Set out spot markers. Place one scarecrow, a pair of pants, a shirt, bandana, a balloon (deflated), a roll of tape, and a ball cap across from each spot marker (approximately 20’ away).

Players: Small groups

Directions:
1. Divide players into groups.
2. Line up behind spot markers.
3. On a signal from the leader, the first player runs to the scarecrow and dresses it with one piece of clothing and runs back. The next player in line runs to the scarecrow and puts on another piece of clothing, and returns. This continues until only the balloon and ball cap are left.
4. The next player in line will need to blow up the balloon for the head and tape it on.
5. Then the next player adds the ball cap.
6. The game could end here, or continue by undressing the scarecrow in the same manner.

Variation: Add more clothing pieces. Try gloves for hands, a vest or jacket, socks, etc. Have the last player draw on a face with a marker.
Make-a-mitt

The object of this quiet time activity is to create a paper baseball mitt.

Materials needed:

- 2 paper plates for each player
- 1 Styrofoam bowl for each player
- 1 paper fastener for each player
- Single hole punch
- Yarn
- Crayons or markers to decorate

Preparation: Make several templates for players to use when marking where to hole punch on the paper plates. Punch 10-15 evenly spaced holes around the perimeter of the plate, leaving a 5-6 inch opening (see illustration).

Players: Individual

Directions:

1. Using the template as a guide, have players punch the plates leaving a 5 to 6 inch opening that will not be punched or woven with yarn.

2. Attach the bowl with a paper fastener to the center of one plate. Nest the other plate behind it, and use yarn to attach the plates together. Thread in one set of holes, knot it, then continue sewing over the top, through next set of holes, etc. Knot the yarn again after the last hole. Players may wish to decorate their mitts with crayons or markers.

3. Players can insert their hand between the plates and play catch using a scrap paper ball.
Fuel for Fun

Grinning Jack-O-Lanterns

- 6 rice cakes
- ¼ c. sliced almonds
- 1 c. red seedless grapes
- 3 oz. Neufchatel cheese (tinted orange)
- ½ c. raisins
- 1 c. carrots, shredded
- ½ c. miniature marshmallows

1. Spread 1-tablespoon Neufchatel cheese on a rice cake.
2. Decorate the pumpkin face with raisins, sliced almonds, shredded carrots, grapes, and 2 or 3 marshmallows.

Pumpkin Seeds

- Washed pumpkin seeds, strings removed
- Salted water
- Seasonings

1. Soak pumpkin seeds in salted water overnight.
2. Bake in 300-degree oven for approximately 25 minutes.
3. Serve plain or lightly sprinkle with your favorite seasoning. Try cinnamon and sugar, Parmesan cheese, or garlic powder.
**Hit the Beach!**

**Soap Floats or Blow, Blow, Blow Your Boat**

The object of this activity is to move your boat from one end of the trough to the other by blowing on the sail.

Materials needed:
- 1 wallpaper trough per team
- 1 bar of soap that will float per team (seal in small plastic bags to prevent melting)
- Water
- Sails made from small squares of paper skewered with toothpicks

Preparation: Fill wallpaper troughs with water. Make and attach a sail to each bar of soap. Test each sailboat for seaworthiness.

Players: Small to medium groups

Directions:
1. Divide players into groups.
2. Have teams set up on each side of the water trough
   
   XXX --------- XXX
   
   XXX --------- XXX
   
   XXX --------- XXX
3. On a signal from the leader, the first person in line blows on the sail of the boat. When the boat arrives at other side, a new team member starts the boat back.
4. Continue playing until all members on one team have successfully “rowed” their boat.

Variations: Use a wading pool for water source. Or blow through a straw or tubing of choice, or use a paper fan to create air source.
Hungry Sharks

The object of this game is to be the first group finished with the most fish caught.

Materials needed:
- Paper fish with magnetic strip attached - 8 more than the total number of players
- 4 fishing lines with magnetic strip or metal paper clip attached
- 4 designated shark cages
- Large circle

Preparation: Prepare fishing lines. (Fishing line, yarn, or string can be used). Randomly place magnetic fish in a large circle. The circle represents the ocean and the fish represent food for the hungry sharks.

Players: Small to medium groups

Directions:

1. Divide the players into 4 groups of sharks. Each group is assigned a corner of the play area with a fishing line and are numbered off – 1, 2, 3, etc.

2. On a signal from the leader, all number ones take the fishing line and run to fish in the ocean. Using the fishing line, players may “capture” only one fish at a time and bring it back to their shark cage. If the fish falls off, they must pick it up again with their line and continue on to the shark cage. As soon as number one returns the fish to the cage, number two may run to the ocean.

3. Continue until all fish have been taken from the circle and placed in one of the four cages.

4. The sharks that have the most fish in their cage at the end of the game are the winners.
**Toe (Phalanges) Fishing**
*(You’ll really enjoy watching everyone’s expressions as they stick their feet into the water!)*

The object of this game is to use only toes to collect the most marbles in a bucket.

Materials needed:
- Wading pool
- Large sand buckets (one for each team)
- Marbles

Preparation: Fill a wading pool with water and drop in marbles. Number or label sand buckets for each team. Place the buckets around the pool.

Players: Small to medium groups

Directions:

1. Divide the players into groups.

2. Using bare feet, have one player at a time from each team try to “fish” out one of the marbles and place it in a sand bucket beside the pool with their team name or number on it.

3. If a marble is dropped before being placed in the team’s bucket, it must be retrieved using only the player’s toes.

4. When everyone on a team has successfully caught a “fish,” the team wins.

Variation: Try placing ice cubes in the water to practice “ice fishing”.

![Toe (Phalanges) Fishing illustration]
**Towel Volleyball**

The object of this activity is to toss a ball in the air and catch it in the towel.

Materials needed:
- 1 towel for each pair
- 1 tennis ball or yarn ball for each pair

Preparation: None

Players: Pairs

Directions:

1. Divide players into pairs.
2. Each player holds one corner of the towel in each hand.
3. Place a ball in the center of the towel and toss it in the air.
4. After some practice, challenge players to toss the ball higher and higher.
5. Then challenge players to toss one ball from one group to another, adding groups until all are included.
6. As a final challenge, have all players form their towels into a U-shaped track. Working as a cooperative group, players pass the ball through the track, from one towel to another. (Hint: Players will have to figure out that one group will need to be higher than the other in order to move ball through towel track).
Beach Umbrella Toss

The object of this game is to get the most balls into the umbrella.

Materials needed:

- 1 umbrella for each group
- 3 or more sock or yarn balls per player
- 1 bucket for each team (a box or other container could be substituted)
- 1 spot marker per group, masking tape, or chalk

Preparation: Using spot marker, masking tape or chalk, mark lines to designate where teams should line up. (Note: Be sure to remove lines when the game is over). Set opened umbrellas upside down about 10 - 15 feet away in front of each line.

Players: Small to medium groups

Directions:

1. Divide players into equal groups, and give each group a bucket of balls. (Try to have 3 or more balls for each player in the group).

2. Have players line up behind a mark.

3. Players take turns trying to toss the balls into the open umbrellas.

4. Each player goes to the end of the line after an attempt.

5. Play ends when the group’s bucket is empty.

6. The group who gets the most balls in their umbrella is the winner.

Variation: Use tennis balls and challenge the players to bounce the ball at least once before it goes in. Then make the challenge to bounce it two or more times.
Lobster Tag

The object of this activity is to gather as many clothespins as possible in the time allotted.

Materials needed:
- 5-10 clothes pins for each player
- 1 large, old shirt for each player
- Rope, flour, or markers to outline the play area

Preparation: Mark off a play area of at least 30 ft by 30 ft by putting rope on the ground (may use flour, or markers to line off area instead).

Players: Large group

Directions:
1. Give each player 5-10 clothes pins to clip on the back of their shirt.
2. Begin by having players spread out around the edge of the boundary.
3. On a signal from the leader, players enter the play area and try to remove clothespins from each other’s shirt. When a player captures a clothespin, they are to go down on one knee while pinning it on their back. While on one knee, clothespins may not be captured.
4. Players, who go out of the play area, lose a clothespin.
5. Remind players there is no pushing, and only clothespins can be touched. Touching the body or pulling clothes is prohibited. Violators will lose one clothespin to the victim.
6. The winner is the player with the most clothespins at the end of the game.
Fuel for Fun

Beach Balls

Freeze various colors of seedless grapes and serve them as miniature beach balls. If you prefer a little “sand” on your beach balls, dip grapes in pasteurized egg product and roll in powdered gelatin.

Fish Food

Serve fish-shaped crackers and water, of course, to drink!
“The ‘Purr’fect Party”

“Cat”apult

The object of this activity is to catapult a beanbag in the air and have it travel the farthest distance or height.

Materials needed:
- 1 cat-shaped beanbag or beanbag decorated with a cat face
- 1 utility ball per group
- Measuring tape or yarn

Preparation: None

Players: Pairs or small groups

Directions:

1. Divide players into pairs or small groups.

2. Place a beanbag on a utility ball (8½”), and hold it in both hands at arms length.

3. Release the ball dropping it straight down.

4. The “cat” should ride the ball to the ground and then be propelled in the air as the ball rebounds.

5. Using a measuring tape or yarn, measure the distance or height traveled by the “cat”.

Variation: Have each team try to catch the cat with a towel, basket, etc.
Cat & Mouse

The object of this game is to chase and catch the mice as they move in and out of the mousetrap. Mice are caught when tagged with a ball or when trapped inside the circle.

Materials needed:

- 2 foam balls

Preparation: None

Players: Large group

Directions:

1. Players join hands and form a circle. This is the mousetrap. (Optional: Hold socks instead of hands).

2. To open and close the mousetrap, players raise joined hands to open, and lower hands to close it. (Have players practice this several times before beginning the game).

3. Choose 2 cats and 3 to 4 mice and have them stand outside the mousetrap.

4. As a leader calls out to open or close the mousetrap, the cats and mice move in and out of the circle. Cats try to tag mice with a foam ball either inside or outside the circle. Mice must move in and out of the trap. They may not circle only on the outside.

5. Any mouse caught inside the closed circle or tagged with a ball is out, and rejoins the circle as part of the trap.

6. After all mice are caught, choose new cats and mice and play again.

Safety note: Remind players not to slide or dive in and out of the trap, and to remain on their feet at all times.
Alley “Cat”ch

The object of the game is for the chaser to catch the runner while navigating the ever-changing streets and alleys.

Materials needed:
- 1 foam ball

Preparation: None

Players: Large group

Directions:

1. Choose one player to be the runner and one player to be the chaser.

2. Divide remaining players into an equal number of rows.

   X   X   X   X
   X   X   X   X
   X   X   X   X
   X   X   X   X

3. Players line up so that fingertips almost touch when arms are extended and legs are together. This is an alley.

4. Explain to students that they will be changing positions by stepping one foot forward and making a ¼ turn, legs will be now be shoulder width apart. Take this position when street is called. When alley is called they return to their original position. These motions allow the students to become a moving grid and provide a changing pathway for the runner and chaser.

5. Practice movement change as the leader calls out “street” or “alley”:

   (alley)         (street)

6. Instruct runner and chaser to stay on the human course. Chaser may only tag with a foam ball. No diving, sliding, or running through hands is allowed.

7. When the runner is tagged, the chaser becomes the runner, a new chaser is chosen, and the previous runner returns to the grid.
“Cat”napping

The object of this fitness activity is for players to “cat” nap (collect) the most cats.

Materials needed:
- 2 spot markers per player (paper plates, Frisbees, or carpet squares may be used)
- 2 small stuffed cats or beanbag-shaped cats per player (substitute white socks rolled up with cat faces drawn on)
- CD or cassette of theme music
- CD/cassette player

Preparation: Spread spot markers randomly around the playing area. Place a stuffed cat on each marker.

Players: Large group

Directions:

1. Players choose a home spot marker.

2. Play begins when the music starts. Players leave home spot marker, take a cat from another spot marker (“cat”napping), and then return that cat to their home spot marker. Players may take only 1 cat at a time. Guarding home spot is not allowed. Remind players to stoop rather than bend over as they pick up a cat.

3. Game ends when the leader stops the music.

4. The winner is the player with the most cats.

Safety note: Players should be reminded not to touch or bump other players. They must stay on their feet, no sliding should be allowed. Cats are to be placed on spot marker, no throwing.
“Cat”nip

The object of this game is to use clothespins to pick up cats and place them in a container in the time allotted.

Materials needed:

- 5-10 cut out cats for each player, creased to stand upright
- 1 clothespin for each player
- 1 container for each group (In keeping with the theme, use a basket or pet bed. If those are not available, use any container large enough to hold several cutouts).
- Optional: Music and a cassette/CD player (Try to find music with “cat” in the title).

Preparations: Make paper cats. (If you plan to play this game more than once, laminate the cutouts. Fashion cats like a table tent so they can stand upright). Scatter cats around playing area. Place one collection container in each corner of the playing area.

Players: Small to medium groups

Directions:

1. Divide players into 4 or more groups.

2. As the music begins or at a signal from the leader, all players gather cats using a clothespin to pick up the cat and then release it into the group’s container. Players may not use their hands when collecting or releasing the cats.

3. Play the game until the music ends or the leader signals.

4. The group with the most cats is the winner.
Cat Tails

The object of this game is to gather the most tails in the designated time.

Materials needed:
- 1 nylon hose per player
- Cassette or CD of theme music (choose songs with “cat” in the title)
- Cassette/CD player
- Rope or string

Preparation: None

Players: Large group

Directions:

1. Players tuck one end of a nylon hose into the back of their pants. (Players not able to do this can tie rope or string around their waist and tuck the nylon hose in it). The loose end of the nylon hose must be dragging on the floor.

2. Leader designates a play area, a waiting area, and a “tail”getter.

3. On a signal or start of the music, the leader calls out a loco-motor movement such as run, skip, slide, gallop, or walk, as players move about the play area. Players must stay moving at all times.

4. Players try to collect tails by stepping only on the bottom of a hose. Players may not guard their tails.

5. Those who lose their tails are out, and must go to a designated waiting area.

6. Lost tails are left on the ground or collected by the “tail”getter.

7. The game is over when the music stops, all but one tail is left, or the leader signals stop.
Fuel for Fun

Cat’s Meow Sandwiches

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 slices of bread</td>
</tr>
<tr>
<td>1 small jar peanut butter</td>
</tr>
<tr>
<td>80 small square cheese crackers</td>
</tr>
<tr>
<td>Pretzel sticks</td>
</tr>
<tr>
<td>Raisins</td>
</tr>
</tbody>
</table>

1. Prepare peanut butter sandwiches. Cut into four triangles.
2. To make cat faces, turn each triangle to point downward. At the top of each triangle, slide two square cheese crackers between each bread slice. Leave them slightly sticking out to look like ears.
3. Using a little peanut butter, glue on raisin eyes and nose.
4. Add pretzel stick whiskers to complete the sandwich.
5. Serves 20.
The Greatest Side Shows On Earth!

The following activities could be organized in stations. Players would rotate among the stations, spending 5-8 minutes at each. This limits the amount of equipment needed and maximizes participation. Play circus music to signal the start of each activity, and stop the music to indicate when to rotate to the next station. Some activities can be adapted to a large group.

Tight Rope Walking

The object of this problem solving activity is to trade places with a partner while staying on the “tight rope”.

Materials needed:
- One 2”x 6” or 2” x 8” board 6-8’ long (choose one that is not warped and lies flat when placed on the floor).

Preparation: Attach non-slip shelf liner to the ends and middle of the board. This will help to anchor it.

Players: Pairs

Directions:
1. Divide players into pairs.
2. Simultaneously, on opposite ends of the board, players begin walking toward each other.
3. Players try to exchange places and end up at the opposite end of the board. No part of the body is allowed to be in contact with floor. Players must start over if this happens.
4. Note: It may be necessary to set a time limit.
Veggie Juggling

The object of this skillful activity is to toss and catch one, two, or three plastic vegetable bags.

Materials needed:
- 3 plastic vegetable bags per player
  Safety note: Do not allow players to place bags over their head. Discuss why this is unsafe.

Preparation: None

Players: Individual

Directions:

1. The leader begins by demonstrating how to “toss up and grab down.” To toss, hold bag in dominate hand, pinching end of bag between thumb and fingers. Palm is facing down and toss is straight up with release overhead. To grab down, grab with thumb and fingers and pull down as bag is coming down.

2. Have players practice using one hand first.

3. After players have mastered one hand, practice using dominant hand to toss and use opposite hand to grab down.


5. Players who are able can now add a second bag. The leader or ringmaster could call out commands: Toss, toss, grab, grab.

6. Then try tossing across the body.

7. If time allows, try adding the third bag. This takes some practice! To start toss, one bag is held by thumb and fingers of each hand, with the third bag held in dominate palm and tossed after the first two. Timing must be established between tosses and grab downs.
**High Wire Transfer**

The object of this activity is to transfer a tennis ball from a cone to a designated spot and back.

Materials needed:

- 1 safety cone per group
- 1 ring that will fit \( \frac{1}{4} - \frac{1}{2} \)" down over the cone opening per group (round metal binder rings work well)
- 6- 8’ lengths of thin string per group
- 1 spot marker per group
- 1 tennis ball per group

Preparation: Evenly space and tie strings to the ring (anchor with tape to keep strings from moving around ring if needed). At the opposite end of each string, tape a mark where players are to hold. Set the safety cone in the middle of the playing area. Place the ring over the cone opening and set a tennis ball on top of the opening. Lay out strings (like the legs on a spider).

Players: Small groups

Directions:

1. Divide players into small groups. (Each player should have a string).
2. Designate a transfer spot in the playing area.
3. On a signal from the leader, players try to figure out how to get the ball to the designated spot and back without dropping it. If players drop the ball, they must start over.
4. Continue until one group successfully completes the task.

Note: Choose a ball larger than the ring. It should be difficult to balance the ball on just the ring, encouraging players to use the strings to support the ball.
“Through the Hoop” Pass

The object of this problem-solving activity is to move a hoop around a circle without unlocking hands.

Materials needed:
- 3 hoops per group (different sizes work best)

Preparation: None

Players: Medium to large group

Directions:

1. Players join hands to form a circle.

2. The leader unclasps hands between two students and places a hoop over one player’s arm. Players clasp hands again.

3. Keeping hands clasped, players try to move the hoop around the circle so that it ends up back where it began. After players have mastered one hoop, add more hoops of varying sizes to increase the difficulty.
**Cannonball Race**

The object of this cooperative activity is to move a “cannonball” from a designated start to finish line using only tubes.

Materials needed:
- 1 plastic golf tube per student in group (substitute with cardboard wrapping paper rolls)
- 1 marble per group
- 2 spot markers per group

Preparation: Mark off start and finish lines about 25’ apart for each group with spot markers.

Players: Small groups

Directions:

1. Divide players into small groups.

2. On a signal from the leader, players try to pass the cannonball (marble) through the golf tubes. Once the cannonball has started, only the tubes may touch it. Players will need to use their problem solving skills in order to cover the distance to the finish line.

3. If the cannonball is dropped, the team must start over again.

4. The group that completes the course first is the winner.
**Balancing Act**

The object of this game is to balance a tennis ball on the highest tower of tubes.

Materials needed:
- 6 golf tubes for each pair
- 1 tennis ball for each pair

Preparation: Squeeze end of all golf tubes without rim and duct tape to hold shape so that it will fit into rimmed edge of the golf tube (approximately 1 ½” to 2”).

Players: Pairs

Directions:

1. Divide players into pairs.
2. Each pair of players places a tennis ball on the rimmed edge of a golf tube. (Other types of tubes or balls may be substituted).
3. Players add one tube at a time to the bottom of the tower while continuing to balance the tennis ball.
4. Measure or count number of tubes used. If the ball drops before a measurement is taken, the pair must start over again.
5. The pair who builds the highest tower and continues to keep the ball balanced wins the game.
**Popcorn**

The object of this lively activity is to “pop” the most tennis balls inside out or right side out.

Materials needed:
- 2 tennis balls cut in half for each player

Preparation: Cut tennis balls in half. Turn half inside out and leave the other half right side out. Randomly place around the play area.

Players: Large group

Directions:

1. Divide into two groups. Designate one group to “pop” tennis balls inside out. Designate the other group to “pop” tennis balls back right side out. Only fingers may be used to “pop” tennis ball.

2. Using circus music or a signal from the leader, start and stop the game.

3. The team with the most “popped corn,” inside or out, wins.
Fuel for Fun

Circus Popcorn

6 c. prepared popcorn   2 t. any flavor gelatin dessert mix
2 T. margarine

1. Keep popcorn warm in oven.
5. Serves 6.

Variation: Substitute various spices for the gelatin mix. Add bits of dried fruit or nuts for added nutritional value.
Westward, Ho!

Bandanna Toss

The object of this activity is to toss a beanbag, land on a bandanna, and score the most points.

Materials needed:
- 9 bandannas (1 red, 4 blue, 4 yellow) per group
- 1 beanbag per player
- Masking tape

Preparation: Set up bandannas in a grid as shown. Secure them to the floor or a large piece of cardboard with masking tape. Use tape (chalk may be substituted) to make a throwing line. This can be adjusted for skill and age of players.

Players: Pairs or small group

Directions:
1. Players stand behind the throwing line and take turns throwing the beanbag using an underhand toss. Players earn points each time the beanbag lands on a bandanna.
   - Red - 4 points
   - Blue - 2 points
   - Yellow - 1 point

2. Tally points after each toss.

3. At the signal from the leader, or when time is up, the player with the most points wins.

Variation: This game can be changed to “Cowboy Tic-Tac-Toe” by adding more beanbags of the same color to serve as markers. When a player gets three in a row, across or diagonally, he/she wins.
Hat Trick

The object of this cowboy favorite is to toss cards into a hat from designated throwing line.

Materials needed:

- 1 cowboy hat per group
- 1 deck of cards per group (colored index cards can be substituted)
- 1 spot marker per group, masking tape or chalk

Preparation: Place hats on the floor in front of each group (leave plenty of room between hats). Mark a throwing line 1-2 feet from hat using spot marker, tape or chalk (remember to remove tape or chalk immediately following the activity). This may be adjusted for player skill level.

Players: Pairs or small groups

Directions:

1. Divide players into groups.

2. Groups line up behind a throwing line. Players use a Frisbee toss (hold card with thumb on top and fingers underneath) and throw the cards with a sidearm flip of the wrist into the hat.

3. On a signal from the leader, players take turns tossing the cards into the hat. When time has expired, the leader signals the end of the game.

4. The player who tossed the most cards into the hat wins the game.
Lasso Triathlon

The object of this game is complete all 3 challenges without stopping, using each hand.

Materials needed:

- 3-4 medium to large lassos (order from catalog “Twirl-A-Loops”, see Resource Section)
- Safety cones (substitute with spot markers, Frisbees, or other safe obstacles)

Preparation: Check lassos for ease of twirling. If rope tangles, loosen screw inside of handle first. Next try cutting off ¼ “ of rope and re-centering screw. Set up cones to form an obstacle course.

Players: Small groups

1. Divide players into groups.

2. Give each group a lasso. Let players practice twirling the lasso. (Hint: Use a “stir the pot motion”).

3. Players then try each of the three challenges. Each player who successfully completes all three challenges is awarded the title, “Lasso Tri-athlete of the Year”.
   - Twirl the lasso using “stir the pot motion” with right hand, then left.
   - Walk, run, or skip from one spot to another while twirling.
   - Navigate an obstacle course (set cones in the path to add difficulty).
Horseshoe Pitch

The object of this old favorite is to get a ringer, or to get the horseshoe as close to peg as possible.

Materials needed:
- 1 horseshoe set per group
- Line markers (use masking tape, chalk, or flour)

Preparation: Mark a pitching line and set up horseshoe pegs for each group of players.

Players: Pairs or small groups

Directions:

1. Divide players into groups.
2. Determine what the winning score will be.
3. Players in each group take turns tossing a horseshoe to the peg, using an underhand pitching motion.
4. When a player’s horseshoe rings the peg, a point is earned. If there are no ringers, the player whose horseshoe is closest to the peg earns a point. Play continues until one of the players earns the winning score.
5. Players could also play by the rules of horseshoe pitching.

Variation: For younger players, toss hula-hoops over safety cones.
Rattle Snake

The object of this listening activity is to catch the “rattlesnake.”

Materials needed:
- 5 to 6 potato chip cans with lids
- Rice or dried beans
- Masking tape
- Traffic cones, flour, or other boundary markers
- 1 blindfold for each player who does not have a rattle

Preparation: Fill the potato chip cans with several tablespoons of rice or dried beans. Secure the lids with masking tape. Mark boundaries for a safe play area.

Players: Small groups

Directions:
1. Choose 5-6 players to be rattlesnakes. Their job is to rattle the cans.
2. Choose 4-5 safety keepers. Safety keepers give directions to keep blindfolded players safely within the boundaries. They do not tell where the snakes are.
3. Blindfold all other players. (Wide headbands work well or masks cut out of construction paper with elastic strings).
4. On a signal from the leader, snakes take a position inside the play area. Then the leader signals “Rattle,” and the snakes begin to shake the cans. Snakes must keep rattling at all times.
5. Blindfolded players listen and try to find a rattlesnake. No running allowed.
6. If a rattler is caught, he/she must leave the play area.
7. When all the rattlers are caught, choose new rattlesnakes and safety keepers, and start the chase again.
Fuel for Fun

Dip for Health

Place several healthy items out in bowls as dips:

Hummus,
Avocado Dip,
Cashew or Almond Butter

Have several whole grain crackers, celery sticks and cucumber pieces.

Let each child taste the variety of dips and talk about the colors, texture and smell of each. Which of the dips could the cowboys take on the trails?

Tip: Be sure to use a separate spoon for each dip so the flavors remain individual.
Hit the Trail Mix

2 c. Cheerios
1 c. chocolate chips
¼ c. peanuts, unsalted
2 c. Rice Chex
1 c. raisins
½ c. coconut
2 c. Puffed Wheat

1. Mix all ingredients together.
2. Store in tightly covered container.

Variation: Experiment with your own ingredients. Most high fiber cereals could be used. Candy-coated chocolate pieces could be substituted for the chocolate chips. Remember that nuts are high in fat, and many cereals have added sugar.
Move Your Feet, Lose Your Seat

Electric Boogie Woogie

The object of this activity is to perform a choreographed line dance.

Materials needed:

• CD/cassette of the song “Electric Slide” (other music with a similar beat and rhythm could be substituted)
• CD/cassette player

Preparation: None

Players: Large or small groups

Directions:

1. Have players stand beside each other in lines facing the leader. It may be a good idea to extend arms and touch fingertips to allow plenty of space between players.

2. Practice the dance steps one at a time. After adding a new step, repeat the entire pattern. Continue until players are able to walk through the dance steps without the music. The suggested steps are:

   • With the right foot take one step to the right, cross the left foot behind the right foot, step the right foot to the right, and then tap the left toe on the floor by the in-step of the right foot while clapping hands.
   • Now repeat the steps to the left. Step to the left with the left foot, cross the right foot behind, step with the left foot to the left, and then tap the right toe on the floor by the in-step of the left foot while clapping.
   • Step back with the right foot, then the left, and then right. Tap the left toe on the floor by the in-step of the right foot, while clapping hands and leaning back slightly.
   • Step the left foot forward, and tap the right toe beside the left in-step while leaning slightly forward and snapping fingers.
   • Step back on the right foot, tap the left toe, and lean slightly backwards while snapping fingers again.
   • Now step forward with the left foot, scuff the right foot on the floor while making a quarter turn to the left.
   • Repeat the steps facing in the new direction.

3. Start the music. The leader may want to turn so his/her back is facing the group. Players can then watch the leader and move in the same direction.

4. As players master the suggested steps, add turns or other movements that compliment the dance.
Y.M.C.A. – Human Spelling Dance

The object of this activity is to perform a choreographed dance.

Materials needed:
• CD/cassette of the song “Y.M.C.A.” by The Village People
• CD/cassette player

Preparation: None

Players: Large or small groups

Directions:

1. Players should be randomly spaced about the playing area. Extend arms to check for spacing.

2. Practice movements before beginning the music. Players should watch the leader until they are familiar enough to change movements with the music cues.

3. Each time the words, “Young Man” is sung, raise the right arm to chest height and point while moving the arm from left to right for 8 counts. Repeat with the left arm. Repeat again to the right.

4. Players may then dance using any free-style movement until the words YMCA are sung.

5. Each time the singers say “YMCA”; players form the letters YMCA using their bodies.
   • Y - put feet together and arms over the head opened to form a v-shape.
   • M - bring arms down to the side and clap in front of the body while leaning forward slightly, at the same time jumping so both feet are shoulder width apart.
   • C - bring feet back together, while holding the right arm over the head slightly rounded with the palm of the hand facing the head. Put the left arm out to the side slightly rounded with the palm facing the ceiling.
   • A - jump so both feet are shoulder width apart again, while raising the arms over the head and placing fingertips together with palms facing each other.

6. Continue until the music ends.

Variation: Choose four different letters that spell an acronym of your choice. Create body movements to form the letters.
Stayin' Alive at the Bus Stop

The objective of this activity is to perform a choreographed line dance.

Materials needed:
- CD/cassette of the song “Staying Alive” by the Bee Gees (similar music could be substituted)
- CD/cassette player

Preparation: None

Players: Large or small groups

Directions:

1. Players stand beside each other in lines facing the leader. Extend arms and touch fingertips to allow plenty of space between players.

2. Practice the dance steps one at a time. After adding a new step, repeat the entire pattern. Continue until players are able to walk through the dance steps without the music. The suggested steps are:
   - Step back with right foot, left foot, right foot, and then tap the left foot beside the right foot.
   - Walk forward left, right, left, tap right foot beside left foot.
   - Step right foot to the right, cross the left foot behind the right, step the right foot to the right, and then tap the left toe on the floor beside right.
   - Repeat to the left. Step left foot to the left, cross the right foot behind, step the left foot to the right, and tap the right toe beside the left foot.
   - Step right foot to right, tap left foot beside the right.
   - Step left foot to the left; tap right foot beside the left.
   - Step right foot to the right and slide the left foot to right. Click heels twice.
   - Tap right heel forward twice, right toes toward the back twice.
   - Tap right heel forward once, right toes back once, tap right toes to the side once, ¼ turn left and step feet together.

3. When players have mastered the pattern, start the music.

4. Continue until the music ends.
**Limbo**

The object of this activity is to clear the limbo pole with the body, while performing suggested movements.

Materials needed:
- CD/cassette of popular dance music such as “Hot, Hot, Hot” or “Limbo Rock”
- CD/cassette player
- Limbo pole (any pole approximately 4-6’ in length; nylon hose or rope may be substituted)
- Spot marker, masking tape, or chalk

Preparation: Using spot marker, masking tape or chalk, mark a starting point for players to line up behind. Remember to remove tape to chalk immediately following the completion of the activity.

Players: Large or small groups

Directions:

1. Players line up behind the starting mark. Choose one or two players to hold the limbo pole. (The leader may wish to hold the pole in order to monitor it). Designate a spot for players to go to who touch the pole.

2. When the music begins, players pass one at a time under the limbo pole without touching it with any part of the body. Players should not start under the pole until the person in front has cleared it.

3. As players move under the pole, they can do the limbo (walk forward while leaning backwards), or other loco-motor movements such as:
   - Chicken walk
   - Crab walk
   - Bear crawl
   - Gorilla walk
   - Elephant walk

4. Any player who fails to clear the pole must go to the designated spot.

5. Each time everyone left in the line finishes, slightly lower the pole.

6. Continue until only one or two players can still clear the pole.

Variation: Tie rubber chickens to the pole for “Chicken Limbo”.
Shake It Up

The object of this noisy activity is to perform dance steps or loco-motor movements to a lively song while shaking a can.

Materials needed:
- CD/cassette of the music “Shake, Rattle, & Roll” or any music with the word “shake” in the chorus
- CD/cassette player
- 1 potato chip can per player (other types of containers could be substituted)
- Dried beans or rice
- Masking tape

Preparation: Fill potato chip cans with two or more tablespoons of dried beans or rice. Seal the lid to the can with masking tape. Randomly place the cans throughout the play area.

Players: Large or small groups

Directions:
1. Remind players not to touch each other while moving about.
2. The leader begins by naming and demonstrating a dance move such as the Twist, the Jerk, Funky Chicken, the Pony, etc. (Loco-motor or animal movements could also be used).
3. When the music begins, players begin doing the movement named while moving around the play area.
4. Whenever the word “shake” is heard, players pick up the nearest can and shake it during the chorus.
5. Players then replace the cans on the floor, and the leader calls out a new move.
6. Continue until the music ends.
Happy and You Know It Hip Hop

The object of this hip activity is to perform a choreographed dance.

Materials needed:
- CD/cassette of the music “Shake It All About” by Little Richard
- CD/cassette player

Preparation: None

Players: Large or small groups

Directions:

1. Players stand beside each other in lines facing the leader. Extend arms and touch fingertips to allow plenty of space between players.

2. Practice the dance steps one at a time. After adding a new step, repeat the entire pattern. Continue until players are able to walk through the dance steps without the music. The suggested steps are:
   - Walk forward right, left, right, together.
   - Step backward right, left, right, together while doing an umpire’s “safe” gesture with arms.
   - Repeat these two steps.
   - Make a ¼ turn to the right, step right, left, right, and snap fingers while leaning down.
   - Turn ½ turn to the left, step left, right, left, and then strike an “attitude” pose.
   - Repeat these two steps.
   - Turn ¼ turn to the right.
   - Jump up with legs shoulder width apart and clap in the air, landing with feet apart. Shift weight and tap right heel on the ground with toes in the air, then shift and tap left heel. Repeat.
   - Place the left arm behind the head, extend right arm in a stop gesture, and jump forward four times.

3. Set the steps to music and continue repeating the pattern until the music ends.

Note: For additional dances, see “Animal Farm” section for Chicken Dance; “A Wide World of Fun and Games” section for Ribbon Dance from China; and “Presidents’ Day Physical Fitness Test Prep” section for Wipe-Out, Show-Me Your Moves, and Chopstick Fitness.
Fuel for Fun

Stayin’ Alive Snacks

Instead of the traditional party fare of chips, soft drinks, and cake, try this heart healthy menu at your next dance party.

- Sliced fresh fruits
- Vegetable tray
- Low fat dip
- Salsa
- Baked tortilla chips
- Flavored or plain water
A Wide World of Fun and Games

Mancala from Africa

The object of this game of strategy is to collect the most beans before one player clears his/her side of the eggcups.

Materials needed:
- 1 dozen size egg carton per pair
- 48 dried beans per pair

Preparation: Cut off the top of the egg carton at the hinge. Cut this top piece in half and place one half on each end of the bottom part of the carton. (See illustration). Number each of the eggcups 1-12. Place four beans in each of the numbered cups.

Players: Pairs

Directions:
1. Divide players into pairs. Choose one player to go first.
2. The first player picks up all the beans in any one of the cups on his/her side of the game.
3. Next place one bean in each cup moving to the right (counter clockwise), including the player’s mancala, but not the opponent’s. The player gets another turn if the last bean is placed in his/her mancala. However, if the player’s last bean is placed in an empty cup on his/her side, all the beans in the opposite cup are taken. Place these beans in the player's mancala.
4. Players must not touch the beans when counting. If the beans are touched, they must be played.
5. Continue playing until one of the player’s has emptied all of their cups. The other player then places all remaining beans into their mancala.
6. The player with the most beans wins.
Bocce from Italy

The object of this game is to throw plastic lids and land closest to the beanbag marker.

Materials needed:

- 2 matching plastic lids per player (Try various colors of modeling dough lids or color chip can lids with markers or stickers)
- 1 beanbag for each group
- 1 spot marker, masking tape, or chalk for each group

Preparation: If necessary, color or mark lids. For each group of four, mark a throwing line with a spot marker or make a line with masking tape or chalk. Remember to remove lines immediately after the activity. Place a beanbag about 10-15' from the throwing line.

Players: Small groups

Directions:

1. Divide players into groups of four.

2. Players take turns throwing one disk from the throwing line, trying to get closest to the beanbag. After each player has had a turn, throw the second disk.

3. Player with the closest disk wins.

4. Play again until the leader signals to stop.
Ribbon Dance from China

The object of this activity is to complete a rhythmical movement pattern to music using a ribbon.

Materials needed:
- 1-24” crepe paper streamer per player (ribbon may also be used)
- Music – any music with a strong 4/4 beat
- CD/cassette player

Players: Large or small groups

Directions:

1. Players should spread out around the play area. Check spacing by extending arms.
2. Using the paper streamer, players perform the following pattern to the beat of the music.
   - Circle overhead for 8 counts.
   - Circle in front of the body for 8 counts.
   - Circle to the right side 8 counts.
   - Circle to the left side for 8 counts.
3. Repeat the pattern as many times as needed for the music selection.
4. As players become proficient in the patterns, try circling to the right and then to the left in a “figure 8” motion for 8 counts. Then try changing levels by bending or kneeling. Finally, add movement to the dance by walking forward, or backward, to the left or to the right.
Pentathlon (5 events) from Greece

The object of this activity is to complete each of the five events with the best score.

Materials needed:
- 1 score card for each player
- 5 swim noodles
- 5 hose hammers
- 2 Frisbees
- 1 stopwatch
- 5 measuring tapes
- Spot markers, masking tape, or chalk

Players: Small groups

Preparation: Set up 5 stations: javelin throw, hammer throw, discus, standing broad jump, and 50-meter dash. Place a measuring tape at each station except the 50-meter dash; place the stopwatch here.

- Javelin throw - mark a throwing line using spot markers, masking tape or chalk. Place swim noodles behind the throwing line.
- Hammer throw – mark a throwing line. Prepare “hose hammers” by placing a sock ball in the toe of the nylon hose (may want to add a beanbag for additional distance). Tie off the hose just above the sock ball. Fold the top of the hose down, and tie again just above the sock. If the hose will not be reused, cut them to the desired length.
- Discus – mark a throwing line. Place Frisbees behind the mark.
- Standing broad jump – mark a jumping foul line.
- 50-meter dash – mark a start and finish line 50-meters apart.

Directions:

1. Divide players into small groups.
2. Players may rotate among the stations. If several leaders are available, they could measure at each station. If not, players can measure and mark their own scorecards.
3. At the javelin throw, players stand behind the throwing line and toss the swim noodle like a javelin. Measure and record the distance traveled by the “noodle javelin”.
4. At the hammer throw, players stand behind the throwing line and swing the “hose hammer” as they would in the hammer throw. Measure and record the distance traveled by the hose hammer.
5. At the discus station, players stand behind the throwing line and toss the Frisbee like a discus. Measure and record the distance traveled by the discus.
6. At the standing broad jump, players stand behind the jumping line. With feet slightly apart, players bend knees and swing arms as they jump and land with both feet. Measure and record the distance jumped.
7. At the 50-meter dash, have at least two players at a time run. Using the stopwatch, the leader records the time ran.
Luge from Europe

The object of this activity is to move a marble through the “golf tube luge”.

Materials needed:
• 2 spot markers or cones, masking tape, or chalk for each group
• 5 golf tubes for each group
• 1 marble for each group

Preparation: Using spot markers, cones, masking tape or chalk, mark start and finish lines 25' apart for each group.

Players: Small groups

Directions:
1. Divide players into groups. Give each group 5 golf tubes and 1 marble.

2. On a signal from the leader, players try to pass the marble through the golf tubes and reach the finish line. Once the marble has been released, only the tubes may touch it. If the marble is dropped, the group must start over again.

3. The first group to reach the finish line wins.
**Parachute “Team Volleyball” from the United States**

The object of this game is to use the parachute to score the most points.

Materials needed:
- 1 large parachute (a king-size sheet may be substituted)
- Masking or colored tape
- 1 beach ball

Preparation: Using the tape, divide the parachute in half. This will be the volleyball “net.”

Players: Large group

Directions:

1. Divide players into two teams. Choose 2-3 retrievers for each side.
2. Each team holds on to one side of the parachute, separated by the dividing line.
3. The leader begins the game by tossing the beach ball into the middle of the parachute. Using the parachute to volley, each team tries to pop the beach ball off of their side and onto their opponent’s side. If successful, the team scores a point.
4. If the ball misses the parachute, the retrievers may volley it back onto the parachute and save the point.
5. Continue play until one team scores 15 points or any designated number.

Note: It may be necessary to change retrievers often.
Fuel for Fun

Bread Basket

Bagels  Latkes
Pitas    Chapatty (Indian flat bread)
Tortillas French bread
Pumpernickel bread Matzah
Corn bread Rye bread

1. Slice various breads from around the world and place them in a basket.

2. Serve plain or with toppings such as fruit spread, peanut butter, or low fat cream cheese.
Presidents’ Day Physical Fitness Test Prep

Tennis Ball Fitness

The object of this fitness activity is to remain in a “push-up” position while passing a tennis ball.

Materials needed:
- 1 tennis ball per group
- Spot marker, cone, masking tape or chalk

Preparation: Mark spots in the play area where each group will line up. Allow plenty of room between groups.

Players: Large or small groups

Directions:

1. Divide players into equal groups.

2. Players line up behind spot markers allowing about two feet between them, the person in front, and the person behind them. Give the first person in each line a tennis ball.

3. Players stand with feet about 2-3 feet apart and bend over placing hands on the ground. Players should distribute weight evenly between hands and feet (modified push-up position). This position is maintained until the game is over.

4. Players then pass the tennis ball to the next one in line by rolling it between their legs. Each player must stop the ball before passing it on.

5. When the ball reaches the last person, the game continues in reverse. The ball is rolled forward through the legs of the person in front.

6. The game is over when the ball reaches the first player in line.

Variation: Have players assume the same position only in a circle formation. Legs will be inside the circle and hands are on the outside of the circle. They must remain in this position while passing the tennis ball around the outside of the circle, and until the ball returns to the original starter. Each player must stop it before passing it on.
**Wipe-Out**

The objective of this fast-paced activity is to perform the movements as directed.

Materials needed:
- CD/cassette of the music “Wipe-Out” by the Safari’s or Beach Boys (other music with a surfing theme could be substituted)
- CD/cassette player

Preparation: None

Players: Large or small groups

Directions:

1. Begin with an explanation of when to change movements. Players will need to listen to the music, and watch the leader. When the drum solo is played, players jog in place and pretend to drum as fast as they can. When the music changes to the guitar solo, players may move around the play area while performing movements announced by the leader. (The leader should prompt players before each change).

2. Practice movements before beginning the activity. Some suggestions for movements are:
   - Swim strokes such as the crawl, backstroke, breaststroke, butterfly, sidestroke, or treading water.
   - Loco-motor movements such as skipping, sliding, galloping, walking backwards, leaping, etc.
   - Animal movements such as jumping like a frog or kangaroo, walking like a monkey or an elephant, creeping like a spider, waddling like a penguin, or slithering like a snake.

3. When players are ready, begin the music. The leader should model and call out the movements.

4. Continue until the music ends.
Crazy Eights

The objective of this activity is to perform eight sets of eight exercises.

Materials needed: None

Preparation: None

Players: Large or small groups

Directions:

1. The leader will direct this activity.

2. Players will perform each exercise, as demonstrated by the leader, for eight counts.

3. Four exercises are done, and then repeated in reverse order. Four suggested exercises are as follows:
   - Begin with eight jumping jacks. Everyone counts out loud.
   - Next, do eight toe-heels. On the count of one, start with feet together and rock back on heels while pointing toes outward and away from the body. On two, roll forward onto the balls of the feet and point heels outward from the body. Place feet down when completed. Continue alternating on heels and then toes. If done correctly, players will slowly end up in a standing straddle position. Remind players to move on the count and keep their balance.
   - Then reach overhead and slap hands together eight times while slowly bending to touch the floor.
   - Finally, shift body weight onto hands and slowly walk hands forward for eight counts. The body should be in a push-up position. Again, remind players to keep their balance.
   - Repeat the exercises in reverse order. Walk hands back for eight counts, slap hands together while rising to an upright position for eight counts, do heel-toe movement for eight counts (feet should now be together), and then seven jumping jacks.

4. On the eighth count of the final exercise, players go “crazy” by shaking, stomping, dancing, etc. Remind players to remain in their space and not interfere with other players.
Show-Me Your Moves

The object of this activity for is for players to model and perform a movement of their choice.

Materials needed:
- Cassette/CD player
- Whistle
- Cassette of CD of Jock Jams “Like Mike” or other current music with a strong beat and rhythm

Preparation: None

Players: Large or small groups

Directions:

1. Players should spread out around the playing area. Check spacing by extending arms.

2. Discuss different ways to move (twist, stretch, bend, simple exercises, dance movements, etc.; do not allow gymnastics).

3. Players take turns demonstrating a movement of their choice. The leader may suggest one, if necessary. Practice the movements.

4. When the music begins, the leader points to a player who performs their movement. All players must perform the movement until the leader blows the whistle and designates a new leader.

5. Continue until the music ends or each player has had the opportunity to lead the group in a movement.
**Roll the Dice Relay**

The object of this relay activity is to perform an exercise the number of times designated by the number on the dice.

Materials needed:
- 4-5 large foam dice
- 8-10 spot markers, masking tape or chalk
- 4-5 jump ropes
- 4-5 Exercise Cards marked:
  1. V-sit
  2. Jog
  3. Sit-ups (curls)
  4. Jumping jacks
  5. Push-ups
  6. Jump rope

Preparation: For each group, place two spot markers, or make lines with masking tape or chalk, about 15-20 feet apart. (Remember to remove tape or chalk immediately after the activity). Designate one spot marker as the starting line, and place one die, one jump rope, and one exercise card on the opposite mark.

Players: Small groups

Directions:
1. Divide players into teams.
2. Review and practice the exercises listed on the card.
3. On a signal from the leader, players move from the starting line to the opposite mark performing a designated movement (run, skip, slide, walk backwards, etc.).
4. When players reach the dice, they roll them and perform the corresponding exercise from the numbered chart. For example, if players roll the number 4, they do four jumping jacks. If players roll the number 6, they pick up the jump rope and jump 6 times.
5. As players finish, they return to the starting line performing the designated movement, and take a seat on the floor at the back of the line.
6. When the team finishes, they must all raise their hands to signal the leader.
**Chopstick Fitness**

The object of this activity is for players to continue moving throughout the song while using chopsticks to keep the beat.

Materials needed:
- 1 set of chop sticks per player (two unsharpened pencils may be substituted)
- 1 chair per player (tables or desks may also be used)
- CD/cassette player
- CD/cassette of lively music with a strong beat (Oldies music works well)

Preparation: None

Players: Large group

Directions:

1. Review safety rules for using chopsticks. Remind players to keep the sticks away from head and eyes, not to touch others, stay in own space, and do not put them in the mouth. Sticks should rest in an X pattern overhead, when not in use.

2. When the music starts, the leader models various movements while striking the sticks in time with the beat of the music. Players follow along and imitate the leader.

3. Keep moving until the music stops.

4. Once players have the idea, encourage free-style movements.
Fuel for Fun

Lincoln’s Stovepipe Hat

20 round snack crackers
20 cheese cubes
Mustard, low fat mayonnaise, or cocktail sauce

1. Put a small amount of mustard, low fat mayonnaise or cocktail sauce in the center of each cracker.
2. Place a cheese cube on top of each cracker, using the condiment as “glue”.

Variation: In honor of President's Day, serve both Lincoln's Stovepipe Hats with apple slices and cherries to pay tribute to George Washington and Abraham Lincoln.
Spring Fling

“Eggs”citing Spoon Race

The object of this ‘eggs-citing' activity is to carry and pass an egg without dropping it using only a wooden spoon.

Materials needed:

• 1 plastic egg per team (have a few extra in case some are broken)
• 1 large wooden spoon per team
• 2 spot markers, masking tape, or chalk per team

Preparation: Place spot markers or mark lines with tape or chalk about 15-20 feet apart for each group. Place a piece of tape about 2-3 inches from the end of each wooden spoon handle. Put a wooden spoon and one egg at each group’s starting mark.

Players: Small to medium groups

Directions:

1. Divide players into teams. (All teams may be stationed on one side of the playing area and move to the opposite mark and back. Or divide each team in half, and place the groups on either side of the markers to increase the speed of play).

2. The first player in each group holds the wooden spoon behind the tape on the end of the handle and places the egg on the spoon.

3. On a signal from the leader, players move as quickly as possible to the opposite mark and back, trying not to lose the egg. Only one hand may be used to steady the spoon, and may not go over the tape boundary. If a player drops the egg, he/she must begin again.

4. The player returns and passes the spoon to the next player in line. (Players may take the spoon above the tape boundary, but may not move until hand is behind the tape).

5. Continue until all teams have completed the activity. The first team to finish wins the game.

Variations: Blindfold players and have a team member talk them through a shortened course. Or have players try walking backwards. Change the game by using the spoon as a stick and have an egg-rolling contest.
Capture the “Bunny”

The object of this activity is to capture as many bunnies as possible.

Materials needed:
- 15-20 white and/or pink 8” balloons
- 15-20 cotton balls
- Tape or glue
- 6 lollipop paddles (large foam or lightweight plastic paddles, or nylon hose stretched over large ring could substituted)
- 6 large boxes or laundry baskets

Preparation: Blow up balloons, draw on bunny faces with markers, and attach a cotton ball for a tail. Place boxes (bunny hutchies) and balloon bunnies around the play area.

Players: Small to medium groups

Directions:

1. Divide players into groups. Give each group a paddle and assign them a hutch.

2. Using only the foam paddle, players gently guide (do not hit) bunnies into their group’s hutch. Players must keep the bunny close to the ground, or it will get away. Only the paddle may touch the bunny.

3. On a signal from the leader, one player from each group begins the game. When that player has captured a bunny, he/she hands the paddle to another group member, and play continues until all group members have had a turn.

4. Note: While this game can be done using a large group, it works well as a station with only six players trying to capture bunnies at one time.
Crack the Egg

The object of this game is to pop another player’s balloon (egg) while protecting your own.

Materials needed:

- 1 8” balloon per player
- 1 nylon hose per player
- CD/cassette player
- CD/cassette of “The Bunny Hop” (Other music may be substituted)

Preparation: Tie balloons on to nylon hose. Leave about 2 ½ feet of hose for players to tie around ankles and still extend 24 inches. Players may wish to decorate their “eggs” with markers.

Players: Small to medium groups

Directions:

1. Players tie nylon hose around one ankle.
2. When the music starts, players try to step on each other’s balloons while protecting their balloon.
3. Players are out if their “egg” is cracked.
4. The game ends when the music stops or only one player remains.
“Eggs” hilarating Egg Hunt

The object of this activity is to find and collect as many eggs as possible in a specified time period.

Materials needed:

• 36 plastic eggs
• 48 plastic cups large enough to cover the eggs
• 1 spot marker, masking tape or chalk for each group
• 1 basket per group

Preparation: Randomly hide eggs under cups scattered about the play area. Place spot markers, or draw a line with the masking tape or chalk, for groups to line up behind. (Remember to remove tape or chalk immediately following the activity). Place baskets at each spot marker.

Players: Small to medium groups

Directions:

1. Divide players into groups. Line up at spot markers.

2. On a signal from the leader, one player at a time runs into the egg field and looks under a cup. If an egg is found, the player picks it up, replaces the cup, and takes the egg back to the group’s basket. The next player continues. If no egg is found, the player replaces the cup, returns to the group, and the next player continues.

3. Play until all group members have had an opportunity to hunt or until all eggs are found.

4. The group with the most eggs in their basket is the winner.


**Chicken Bowling**

The object of this activity is to knock down the most pins using a rubber chicken.

Materials needed:

- 1 rubber chicken for each lane
- 10 bowling pins (substitute plastic soda bottles or potato chip cans)
- Gym tape, masking tape, or chalk

Preparation: For each group, mark a foul line with the gym tape. (If using masking tape or chalk, remember to remove it immediately following the activity). Place a rubber chicken at each lane. Make bowling scorecards using a chicken theme.

Players: Small group

Directions:

1. Divide players into groups, and assign each group a bowling lane.

2. Using the rubber chicken as a bowling ball, players take turns trying to knock down the pins.

3. Play according to bowling rules. Each player gets two opportunities to knock down all the pins. If the player succeeds in one throw, it is recorded as a strike. If the player succeeds in two throws, it is a spare. Otherwise, record the total number of pins knocked down.

4. The group with the highest total score wins the game.
Frisbee Golf

The object of this game is to toss a Frisbee into nine sequentially numbered hula-hoops.

Materials needed:
- 1 Frisbee per player
- 9 hula-hoops
- 9 numbered flags/cones
- 9 spot markers for tees
- 1 golf scorecard and pencil for each team

Preparation: Spread hula-hoops on the ground around the playing area. Place the numbered flags/cones in sequential order inside the hoops (these are the holes). Place one spot marker (or use tape or chalk to designate each spot) 10 feet or more in front of each hole.

Players: Small to medium groups

Directions:

1. Divide players into teams. Give each player a scorecard. Explain how to mark the scorecard. (Record the number of tries it takes to toss the Frisbee into the hoop).

2. Each team begins at a different hole, and must record the number of the hole where they began on their scorecards.

3. Players take turns standing at the spot marker and tossing the Frisbee into the hole. The Frisbee must stay within the hoop to count as a score.

4. Record the number of tosses made on the scorecard before moving on to the next hole.

5. Players may not play through, and must walk through the course.

6. Collect pencil, scorecards, and Frisbees as players exit the course.
Fuel for Fun

Ants on a Log

8 stalks of celery
8 T. peanut butter
½ c. raisins

1. Wash and clean celery.
2. Spread 1 T. of peanut butter on each stalk of celery.
3. Press raisins into peanut butter.
4. Cut into sticks approximately 3” long.

Rabbit Snacks

Carrots  Yellow squash
Green peppers  Cherry or grape tomatoes
Snow peas  Zucchini
Cucumbers  Onions
Broccoli  Sprouts
Cauliflower  Celery
Radishes  Mushrooms

1. Wash and clean vegetables.
2. Cut into sticks or bite-size pieces.
3. Serve a variety of the vegetables in small plastic bags or on a “garden” of lettuce.
Soar Into Summer

Sky-jack

The object of this game is to pick up one plane at a time while bouncing and catching a ball.

Materials needed:

• 10 small plastic planes per player or pair
• 1 ball per player or pair

Preparation: None

Players: Individual or pairs

Directions:

1. Hold all 10 planes in one hand and then make a single toss to scatter the planes on the playing area.

2. Toss the ball up, pick up one plane with the hand used to toss the ball, allow the ball to bounce once, and then catch it in the same hand.

3. Each time the ball is tossed, progressively increase the number of planes picked up. (For example, the second time – players pick up two planes, the third time – pick up three planes, and so on).

4. Players must begin at one if any of the following fouls occur:
   - Uses wrong hand to catch ball.
   - Fails to pick up correct number of planes.
   - Allows the ball or planes to touch any other part of the body.
   - Uses two hands to catch the ball.
   - Drops a plane or the ball.
   - Touches any other plane while attempting to pick up planes.
   - Allows the ball to double bounce.

5. The player who is able to progressively pick up the most planes at one time is the winner.
Balloon Flight Tower

The object of this activity is to build the highest freestanding flight tower out of balloons.

Materials needed:

- 1 bag of assorted shaped balloons per group
- 1 roll of masking tape per group
- 1 large sheet of construction paper per group
- 1 stopwatch or clock
- 1 measuring tape

Preparation: Place a sheet of construction paper, a bag of balloons, and a roll of masking tape for each group around the play area.

Players: Pairs or small groups

Directions:

1. Divide players into groups.

2. On a signal from the leader, players blow up the balloons and plan how to construct a freestanding tower that will fit on the sheet of construction paper.

3. Allow about 10-15 minutes to build the towers.

4. Measure to see which group built the highest tower.
Bubbles

The object of this light-hearted activity is to make bubbles by using various materials.

Materials needed:

- 1 plastic soda six pack ring holder per player
- 1 plastic wading pool
- Containers to hold bubble solution (buckets, dishpans, aluminum pans, etc.)
- 1 hula-hoop
- Several pieces of string in various lengths tied into circles
- 1 towel per player
- Bubble mixture

Preparation: This activity works well when set up in three stations. Leave plenty of room between stations for players to chase the bubbles. For the first station, cut plastic six pack holders into three sections (players will use one ring as a holder, and the other is placed in the bubble solution). Put some bubble solution in the containers. At the second station, fill a wading pool with about an inch or so of bubble solution. The third station consists of containers with bubble solution and the string.

Players: Small groups

Directions:

1. Divide players into three groups. Give each player a towel or have towels available at each station for clean up.

2. Players rotate through the stations on a signal from the leader.

3. Station 1: Players dip one ring of the plastic holder into the bubble solution and wave or blow on it to create bubbles.

4. Station 2: Players take turns placing the hula-hoop in the solution, and then carefully pick it up and wave it to create a “huge” bubble.

5. Station 3: Players place the string circles into the bubble solution, carefully hold around the edges, and then wave or blow on the string circles to create various size bubbles.

6. Note: Depending on the playing surface, remind players that the bubble mixture can make the playing area slippery.

Variation: Be creative. Use other objects to create interestingly shaped bubbles. Instead of buying prepared bubble solution, make your own using liquid detergent and water.
Looney “Ballooney”

The object of this game is to toss a water-filled balloon the farthest without bursting it.

Materials needed:
- 1 water-filled balloon per pair
- Old clothes (players could cut head and arm holes in a large garbage bag and wear as a “raincoat” – remember safety rules when using plastic bags)
- 1 towel per player

Preparation: Fill balloons with water. Make a few extra in case some burst before the game begins.

Players: Pairs

Directions:
1. Divide players into pairs.
2. Have players line up facing each other, equal distance apart from all other players.
3. Give one player from each pair a balloon. (Players may decorate balloons before the game begins).
4. On a signal from the leader, players use an underhand toss to throw balloon to teammate. If the balloon bursts, the players are out of the game.
5. The leader moves the remaining groups one or two steps further apart after each toss.
6. Play continues until only one pair is left.
Rope “Run” Challenge

The object of this old favorite activity is to make it through the spinning rope without getting caught.

Materials needed:
- 1 large rope (48” or longer)
- CD/cassette of music with a strong beat
- CD/cassette player

Preparation: None

Players: Small group

Directions:
1. Choose two players to be rope turners. Practice turning the rope to the beat of the music.
2. Players line up and try to run through the spinning rope one at a time. Remind players that timing is important to avoid being caught by the rope. Leave plenty of space between runners.
3. Continue trying until all players have successfully run the rope challenge.
4. Note: May need to alternate rope turners.
“Carry On” Luggage

The object of this activity is to carry a can (luggage) using only the body part designated by the leader.

Materials needed:

- 1 potato chip can per team
- 2 spot markers, masking tape, or chalk per team

Preparation: Tape lids to cans to secure during play. Set up two lines about 10-15 feet apart using spot markers, masking tape or chalk. Remember to remove tape or chalk lines immediately after the activity. Place one can at each starting line.

Players: Small groups

Directions:

1. Divide players into relay teams.

2. Line up behind starting lines. Players should remain seated while waiting for their turn.

3. The leader calls out a body part and the first player on each team picks up the can, carries it to the opposite line, and then returns to the starting line, using only that body part. Suggested parts: wrists, one elbow, both elbows, chin and neck, ankle, knee, or waist.

4. Continue playing until one team finishes.

Variation: Use small carry-on luggage or backpack. Players could carry it or roll it on wheels.
Fuel for Fun

Airplane Snacks

Since this play theme focuses on soaring in the air, why not serve traditional airplane snacks? Put pretzels or peanuts in miniature snack bags. Serve with small cans of juice or bottled water.
“Snow” Much Fun!

Cross-country Skiing

The object of this wintertime activity is to move around a designated area without losing contact with the skis.

Materials needed:
- 2 paper plates per player
- 2 nylon hose per player
- Optional: cones, hula-hoops, Frisbees

Preparation: None. If optional materials are chosen, scatter cones (trees), hoops (ponds), and Frisbees (rocks) around the playing area to create obstacles.

Players: Medium to large groups

Directions:

1. Players tie one end of a nylon hose around each ankle and put their hands through the other end (ski poles). Players then stand on the plates. Players must keep their feet on the plates at all times.

2. On a signal from the leader, players try to ski from one end of the playing area to the other. Obstacles make the game more like cross-country skiing.

3. Players, who reach the opposite end of the playing area, can be named honorary Ski Patrol members.
**Igloo Without Glue**

The object of this problem solving activity is to build the tallest igloo within a specified time.

Materials needed:
- 60 foam or plastic cups per group
- 1 large sheet of construction paper per group
- 1 measuring tape
- Stopwatch or clock

Preparation: Count out cups for each group. Randomly place construction paper and cups around the playing area. Leave plenty of room around each construction site.

Players: Small groups

Directions:

1. Divide players into groups. Each group chooses a construction site.

2. Players use only the cups to build an igloo of their own design. The base must be built on the construction paper and is not to extend past the edges. All cups must be used, and the igloo must stand without any support other than the cups.

3. On a signal from the leader, players begin building. When time has expired, players must stop.

4. Using a tape measure, the leader measures each igloo.

5. The group with the tallest igloo wins.
**Snowball Battle**

The object of this activity is for the team to finish the game with the least amount of snowballs on their side of the floor.

Materials needed:
- 4 or more white socks per player
- Spot markers, rope, or cones

Preparation: Place spot markers, rope or cones to divide the playing area into two sections. Roll socks into a ball.

Players: Large group

Directions:

1. Divide players into two groups. Each group is assigned a section of the playing area. The dividing mark is the snow wall.

2. Give each player four snowballs (sock balls).

3. On a signal from the leader, players begin tossing snowballs over the wall. Players use an underhand throw, must stay in place while throwing (may not cross the snow wall), and throw over the wall, not at someone.

4. When the leader signals stop, count the snowballs. The group with the least amount on their side wins the game.

Variation: Play winter music to start and stop the snowball battle.


**Snow Shoveling**

The object of this game is to quickly shovel the most snow from one side of the floor to the other.

**Materials needed:**
- 1 small plastic shovel per group
- 1 bag of cotton balls per group
- 2 spot markers, masking tape, or chalk per group

**Preparation:** Mark start and finish lines by placing spot markers, masking tape or chalk lines, about 20-25 feet apart. Place a bag cotton balls and a shovel at each starting line.

**Players:** Small to medium groups

**Directions:**

1. Divide players into groups.

2. The first player in each line quickly shovels some of the snow (cotton balls) across the floor to the finish line, runs back, and hands the shovel to the next player in line. Only the shovel can touch the snow, no hands or feet are allowed.

3. Play continues until each player has had an opportunity.

4. The group with the most snow shoveled wins the game.
Straddle Snowball

The object of this activity is to prevent the snowball from going between the player’s legs.

Materials needed:
• 6 ½ “ or 8 ½ “ white ball

Preparation: None

Players: Small to medium groups

Directions:

1. Divide players into groups.

2. Players form a circle and stand in a wide straddle with their feet touching the player beside them.

3. The snowball is put into play by rolling it in the circle using hands only. Players must bend over to roll the ball. Note: caution players not to lock their knees.

4. Players try to roll the ball between the legs of the other players, while keeping it from going between their own legs.

5. When the ball goes between a player’s legs, that player receives a point. The player with the least amount of points is the winner.

6. Continue playing until a designated number of points are accumulated or for a designated time limit.
Icebergs

The object of this game is to place as many players as possible on the least amount of icebergs.

Materials needed:
- 7 Frisbees or hula-hoops
- CD/cassette player
- CD/cassette of winter music

Preparation: Randomly place Frisbees or hula-hoops around the playing area.

Players: Large group

Directions:

1. When the music starts, players move about the play area in the manner specified by the leader (bear walk, skip, slide, hop, etc.).

2. When the music stops, players are to go to the nearest iceberg and place one foot on it, without touching anyone else. (It is not how quickly this is done, but how carefully they can fit as many players as possible on the iceberg without touching anyone.

3. The leader then removes one iceberg each time the music begins.

4. Continue until only one or two icebergs are left.
**Fuel for Fun**

**Snowman Soup**

- 1 packet hot chocolate mix
- 1 c. low fat milk
- Marshmallows
- 1 cinnamon stick

1. Heat low fat milk.
2. Add hot chocolate mix.
3. Stir in a few marshmallows with the cinnamon stick.
Appendices
How active are you? Use The Kid's Activity Pyramid to guide your physical activity choices. Strive to add moderate physical activity for 60 minutes to your daily tasks. Participate in aerobic activities or intense recreational activities for at least 30 minutes three to five days a week. Increase flexibility and strength with activities that involve stretching and progressive resistance at least 2-3 times a week. Try cutting back on television watching and games that require sitting for more than 30 minutes at a time. Get up, get outside, and get moving!
The Surgeon General’s Recommendation For Physical Activity and Fitness

Physical inactivity has become a serious, nationwide problem. After decades of research, the Surgeon General and the Centers for Disease Control and Prevention have compiled a report that recommends moderate amounts of physical activity for people of all ages. What is a moderate amount of physical activity? That depends on the type of activity; it’s duration, intensity, and frequency. For example, the same amount of activity can be obtained in longer sessions of moderately intense activities (such as brisk walking for 30 minutes) as in shorter sessions of more intense activities (like jogging or jumping rope for 15 minutes).

Regular physical activity has many benefits. It reduces the risk of developing or dying from some of the leading causes of death in the United States, such as heart disease, colon cancer, and diabetes. In addition, it reduces feelings of depression and anxiety, helps control weight, and helps build and maintain healthy bones, muscles, and joints.

Children and adolescents have gradually become more inactive. Enrollment in daily physical education classes has dropped significantly in the past 10 years. Studies have shown a dramatic increase in obesity and overweight children and adolescents. It is now recommended that children and adolescents participate in 60 minutes of physical activity daily.

What can we do to improve physical activity levels in children and adolescents? First, create more opportunities for physical activities that are enjoyable, promote confidence, and involve friends, peers, and parents. Secondly, be a role model. Show kids how to be more active by participating daily in some activity. Plan family activities as well as individual ones. Play games that require movement and focus on fun rather than competition. Get up, get out, and get moving! It’s time to feel better, look better, and be healthy.
DIETARY GUIDELINES 2010

Take action on the Dietary Guidelines by making changes in these three areas. Choose steps that work for you and start today.

Balancing Calories
• Enjoy your food, but eat less.
• Avoid oversized portions.

Foods to Increase
• Make half your plate fruits and vegetables.
• Switch to fat-free or low-fat (1%) milk.

Foods to Reduce
• Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
• Drink water instead of sugary drinks.

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## Healthy Eating for Kids

Children need many kinds of food for good health and growth. Here is a simple pattern to follow when planning food for children ages 4-10.

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>HOW MANY SERVINGS*</th>
<th>SOME SERVING SIZES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits and</td>
<td>5 daily</td>
<td>½ cup juice</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td>½ cup vegetable, fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 medium apple, banana, orange</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ grapefruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¼ cantaloupe</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¼ cup dried fruit</td>
</tr>
<tr>
<td>Grains</td>
<td>6 daily</td>
<td>1 slice bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 oz. ready-to-eat cereal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup pasta, rice, grits, cooked cereal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 English muffin</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 hamburger, hot dog bun</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 tortilla or muffin</td>
</tr>
<tr>
<td>Meat</td>
<td>2 daily</td>
<td>2-3 oz. cooked, lean meat, fish, or poultry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 whole eggs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 T. peanut butter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¼ cup nuts, seeds</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup cooked, dried peas or dried beans</td>
</tr>
<tr>
<td>Milk</td>
<td>3 daily</td>
<td>1 cup milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup yogurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 ½ oz. cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup ice cream, ice milk, or frozen yogurt</td>
</tr>
</tbody>
</table>

* Serving sizes and amounts are only recommendations. Parents should consult their child’s physician or a registered dietician for specific help and detailed questions.
Resources

The following list offers some available resources or catalogs for ordering equipment and supplies for the activities described in the book.

FLAGHOUSE
1-800-793-7900
Regular and Special Population editions are available.
www.flaghouse.com
Catalog request

GOPHER Sport
1-800-533-0446
www.gophersport.com
Catalog request

Oriental Trading Company, Inc.
1-800-748-2323
Novelties and inexpensive theme decorations are available.
www.oriental.com

SPORTIME
1-800-283-5700
www.sportime.com

To order nylon hose:  Send a letter of request and a check or money order made payable to Sara Lee Hosiery and marked for “Waste Hose” in the amount of $10 per box (approximately 240 waste hose per box) for shipping and handling to:

SARA LEE HOSIERY
WASTE WORK PROGRAM
PO Box 719, Highway 576
Marion, SC  29571

*Note: Hose come in white only, but may be dyed to any desired color.
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Y.M.C.A. - Human Spelling

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Straddle Snowball
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