

Game Name: Rock, Paper, Scissors... Football!

Game Objective:

- Score as many points as possible by scoring more touchdowns than the opponent.

Skills and Concepts:

- Hand Eye Coordination
- Sprinting, starting and stopping

Strategies and Tactics:

- Get as many points as possible by reacting as fast as possible.

Equipment:

- Tennis Ball (Any piece of equipment will work), Cones

Set Up:

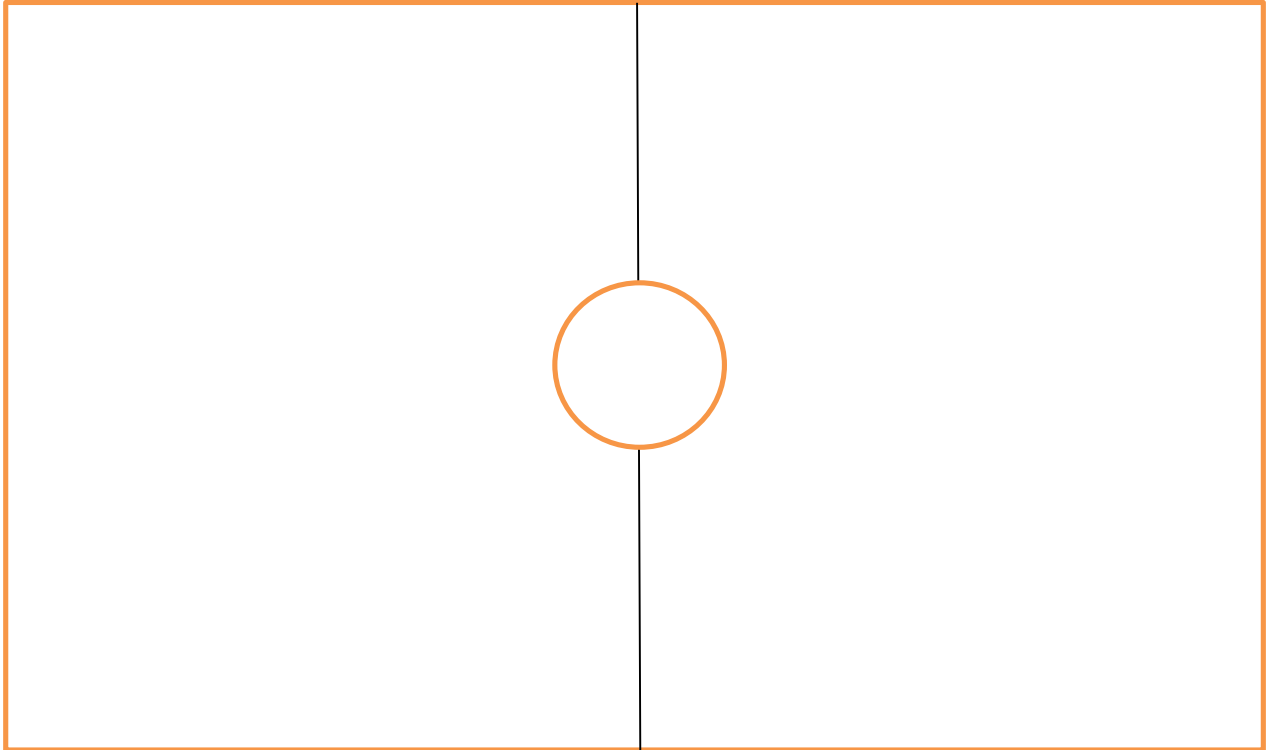
- Create as many single file lines of at least 3 as needed
- There must be an even number of lines facing each other
- Use cones or gym lines to mark "end zones" approximately 4 meters in front of where students are lined up

Instructions:

- One player from one team starts with a tennis ball (or other piece of equipment)
- Players alternate running, one at a time, toward a running member of the opposite team
- Players stop in front of each other and play rock paper scissors, whichever player wins keeps running forward, the player that does not win runs back toward his/her line. If the player with the ball loses, they drop the ball and the other person picks it up.
- As soon as one player loses at rock paper scissors, the next person in their line may run to meet the person who won.
- The goal is to cross the goal line. All players must stay at least 4 meters back from their goal line.

Questions for Understanding:

- What skills from this game can be applied to real world scenarios? Transferred to other games?



Game Name: Scavenge and Protect

Game Objective: To have the most amount of flags in your flag area at the end of the time limit

Strategies and Tactics:

- Students must strategize how they'd like to defend their territory and obtain flags from other groups.
- Students must execute getting in to an opponent's zone to obtain a flag

Equipment:

- Flags (pinnies, bean bags, etc.. work as well)
- Cones, Pinnies

Set Up:

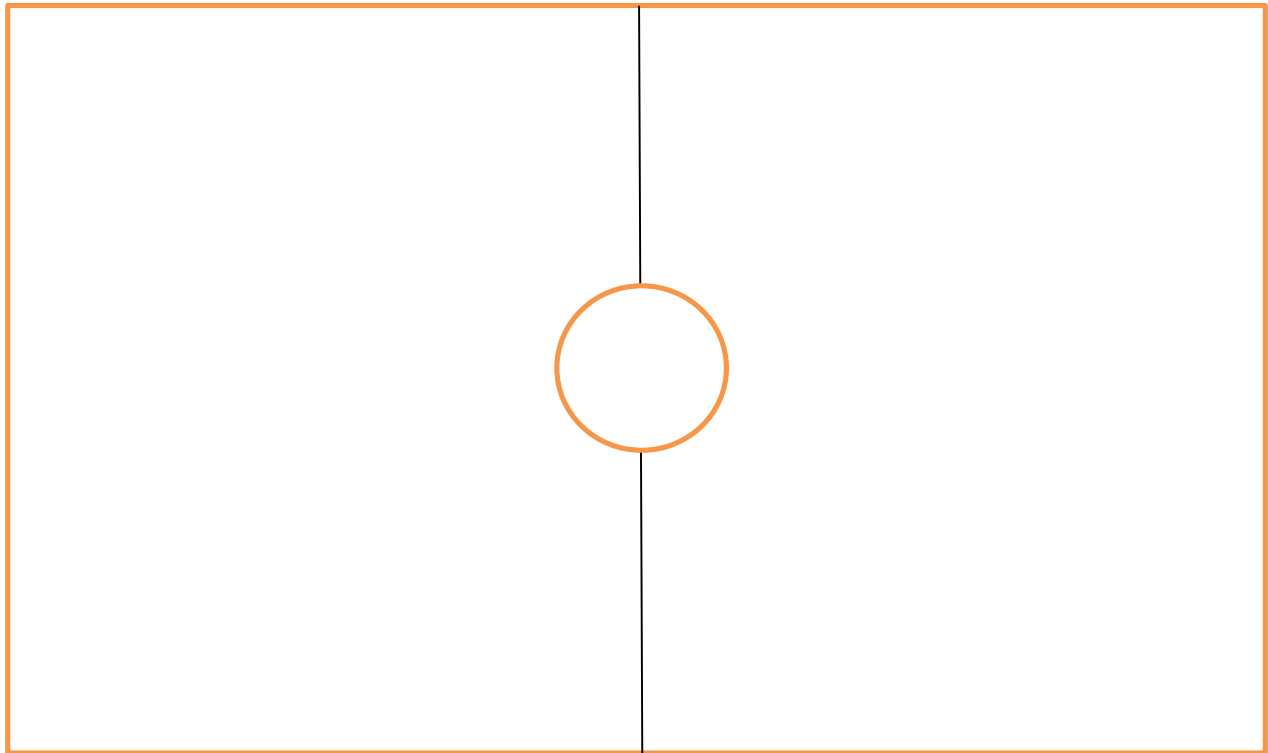
- Divide the gym into 4 with a small free range zone in the middle (about 3 meters of free space)
- Put a small zone in the back corner of each students quarter for students to put flags (mark with cones)

#### Instructions:

- All flags begin in the middle
- Students start in single file lines inside their own flag zone. This is the only time students are allowed in their own safe zone (back corner).
- One at a time students sprint to the middle to retrieve flags, they then return the flags to their own safe zone. Once the flag is put down the next student can go. Students may only take one flag at a time
- Once all flags are retrieved from the middle a 4 minute timer is started, whoever has the most flags in their zone at the end of the time limit wins.
- Students cannot be tagged in their own quarter or the free-zone, however they can get tagged everywhere else. Students can only make tags in their own quarter. If a student is tagged he/she must run back to her own corner (cannot tag people while doing this) and touch the edge of her team's flag zone, once he/she does that, they are allowed back in play.
- ----- Note\* Add that a tag must be made on the knee to make more challenging. You can also get the students to take a knee where they are tagged and have someone rescue them.
- When a student gets into an opposing team's Flag zone he/she is safe. They may grab 1 flag at a time, and they get a free walk back to their own flag zone to drop the flag.
- The team with the most flags in their flag zone at the end of the time limit wins

#### Questions for Understanding:

- What strategies in this game seemed to be most successful?
- How did you change your strategy? Was it a collaborative approach or did someone take a leadership role?
- How do strategies in this game apply to real life scenarios?
- How is the game different when we changed from a tag anywhere to just a tag at the knees or below?



Game Name: Rock, Paper, Scissors... Run

Game Objective: Either tag a person before they reach their goal line, or reach the goal line before they tag you.

Strategies and Tactics:

- Reacting quickly to either tag an opponent or avoid being tagged by one.

Equipment:

- No Equipment (cones optional)

Set Up:

- Set up cones if needed as a finish line

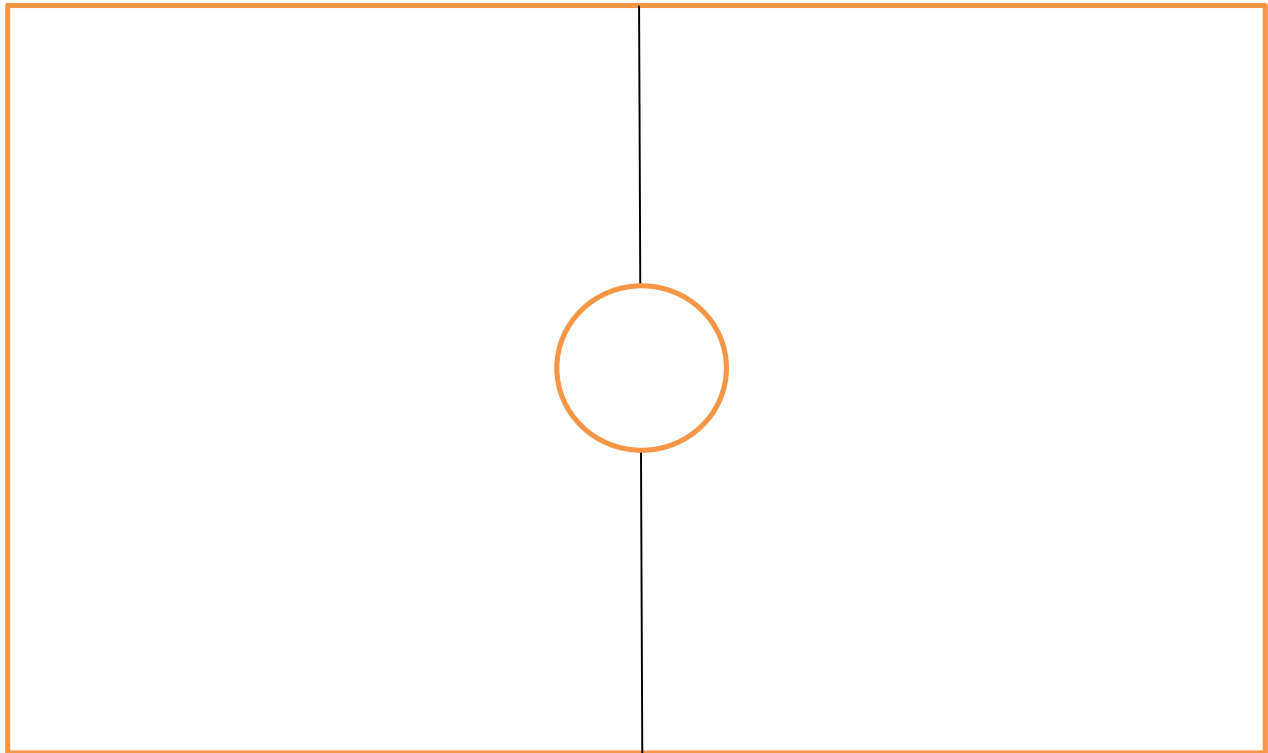
Instructions:

- Divide the class into partners, One partner goes on one side of the gym, the other partner goes on the other. As a group students decide whether they will all be Rock (Low squat, in the shape of a rock), Paper (Star Jump), Scissors (Knees Bent, arms out and spread apart)
- Students walk up and stand on either side of the center line of the gym facing their partner from the other team (start at about 2 meters away from the line on either side)

- Students go through the motions of “Rock, Paper, Scissors” acting out the body movements described above, then say 3, 2, 1 and go into their shape
- If one line chooses rock, and the other chooses scissors for example: Rock would chase scissors. Rock wins if they tag their opponent before their opponent reaches the wall behind them (or the designated area), Scissors wins if they cross the goal line or get to the wall before they are tagged. If it’s a tie they just go back to their team’s wall and choose a sign.
- -----Note\*: To make it more difficult get students closer together at the start. You may add that they need to do extra excersises before showing their team’s example.

Questions for Understanding:

- What skills from this game transfer to other games?
- How could we make this game more challenging?



Game Name: Indoor Kick Ball

Game Objective: To score more runs than the other team

Strategies and Tactics:

- Execute well placed kicks into open space
- Covering as much open space as possible

Equipment:

- Soccer Ball, Cones

Set Up:

- Place Cones along an appropriate line for where runners will be safe

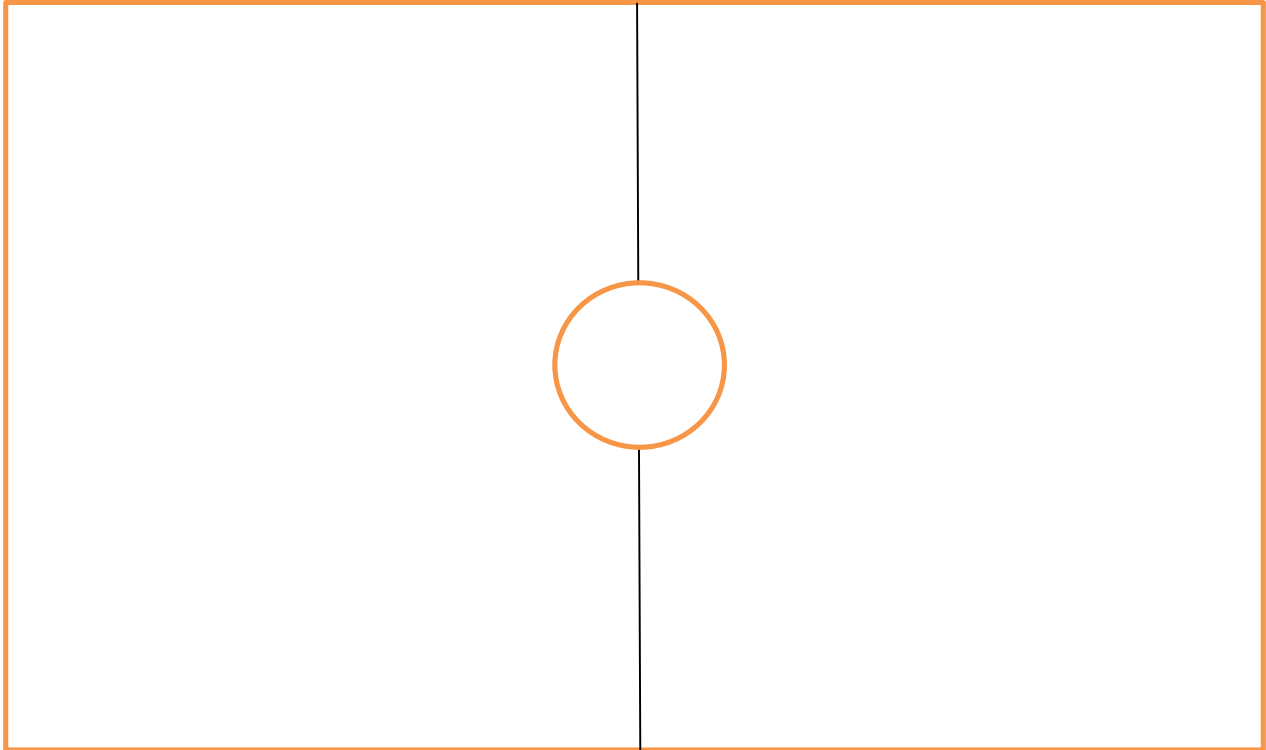
#### Instructions:

- Divide students into two different teams. One team “fields” the other team “bats”
- One student from the fielding team goes in the top half of the semi-circle between the foul shot line and the three point line in the key. Everyone else who is fielding goes in the field. The batting team lines up along the wall facing the pitcher.
- The objective is for the batter to make it to the designated running area before the ball is returned to the pitcher. The pitcher must have possession with the ball and say “stop” in order for the runner to be out. The runner is out if they do not make it to the designated running area, if they make it to that area they are safe.
- There are only two bases. The designated running area ahead of the batter, and a designated running area on the way back (I usually make this the three point line that the pitcher is standing in)
- The pitcher is not allowed to leave the semi-circle at anytime, and must change each inning. Pitches must be soft underhand rolls. The teams switch fielding and batting when the entire lineup has gone. There are no foul balls.
- If a student hits the backboard on the opposite side while batting it is a home run.
- ----Note\* You can modify this game with different equipment, and different ways to get it back to the pitcher. Ex: If the skill you are working on is kicking, students may be able to only kick the ball to get to the pitcher, working on their passing.

#### Questions for Understanding:

- Where are the best places to hit in this game?
- What strategies were successful when fielding?





Game Name: Taps

Game Objective: To complete as many passes in a row as possible

Strategies and Tactics:

- Execute long and short passes
- Find open space
- Clear communication

Equipment: Whichever unit you are doing, that object may be used. Pinnies, Cones, and for the purpose of today we will use team handballs.

Set Up:

- Depending on numbers set up a space outlined by cones for the game to be played in.

#### Instructions:

- The object of the game is for teams to complete as many possible passes as they can in a row. Everytime a team completes five passes in a row they gain one point. If a pass is incomplete (knocked down or dropped) or intercepted, it is the other teams ball.
- The person with the ball is not allowed to move, everyone else is. The person with the ball has 3 seconds to pass or it is a turnover. Everytime a pass is received the receiver must tap the ball on the ground.
- I usually have teams call out their passes (1, 2, 3, 4, 5). Depending on age level and skill levels you may say that the defender guarding the person with the ball must be three steps away.

#### Questions for Understanding:

- What strategies in this game transfer to real life scenarios?
- What were successful strategies in this game? What made it harder?
- Did you find longer or shorter passes were more beneficial? What are some benefits of both? Disadvantages?
- How is specific communication in this game advantageous compared to general communication.

# WARMUP GAMES AND DPA ACTIVITIES

*MICHAEL HARGAS*

*HPEC CENTRAL WEST REGIONAL REPRESENTATIVE*

*GRAND TRUNK HIGH SCHOOL*

[MICHHARG@GYPSD.CA](mailto:MICHHARG@GYPSD.CA)

*780-727-3925 (school)*

*HPEC 2016 MAY 12-14 2016 ©*

