



Small Group Games

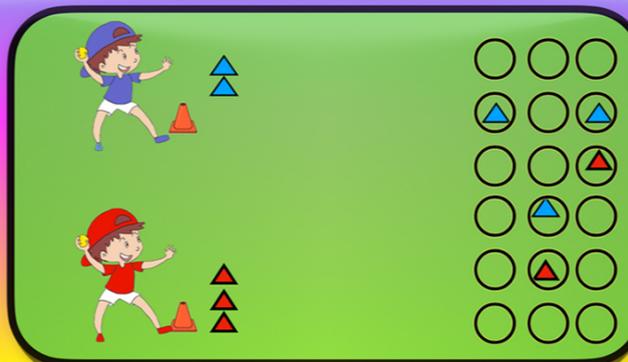


22 FUN ACTIVITIES FOR KINDER TO 8TH GRADE

GOLDEN CHILD



VOLCANOES AND ISLANDS



Setup

▲▲ Two sets of markers each

▲ 2 x Throwing markers



Hula hoops

CASTLES



▲ 1 x Tall marker each



1 x soccer ball for every 3 people in the game

COPYRIGHT NOTICE

IT IS ILLEGAL TO POST THIS DOCUMENT ONLINE

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email support@knowledgespotinc.com to report any illegal distribution.

Copyright © AmericanCoachingAcademy.com and Knowledge Spot Inc. All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

INTRODUCTION

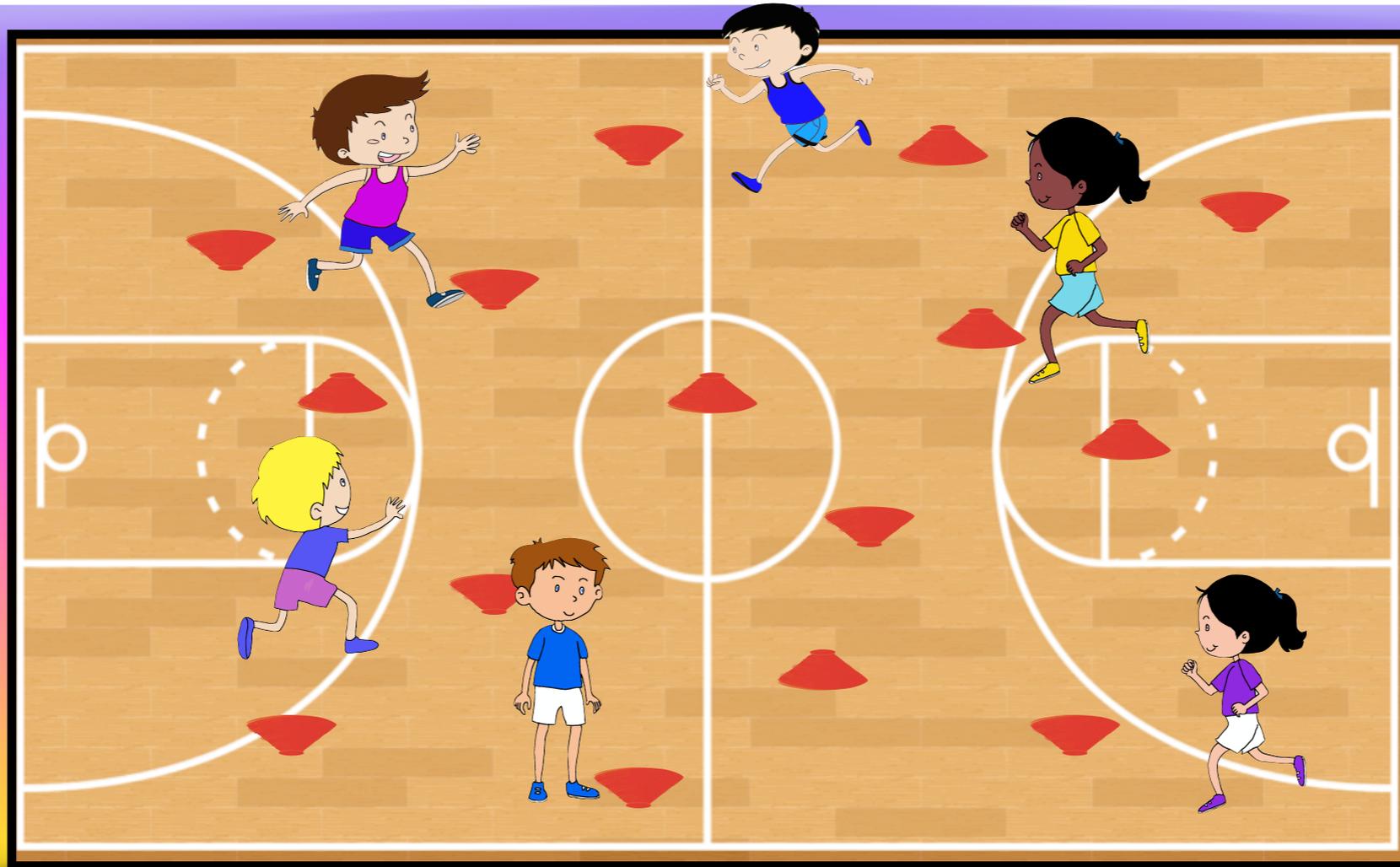
Welcome to Powerhouse PE - Small Group Games!

In this resource, we've provided 22 fun games designed for groups of 2 to 12. You can use these games for PE class, recess, field days, summer camps, or after school sports programs. Many of them can also be used with larger groups with some minor modifications.

Each game is explained with step by step instructions and rules for running the game. Along with a detailed diagram and equipment list showing you exactly how to set up the space. The activities are appropriate for Kindergarten through 8th grade students, and can be done indoors or outdoors.

Let's get started!

VOLCANOES AND TORNADOES



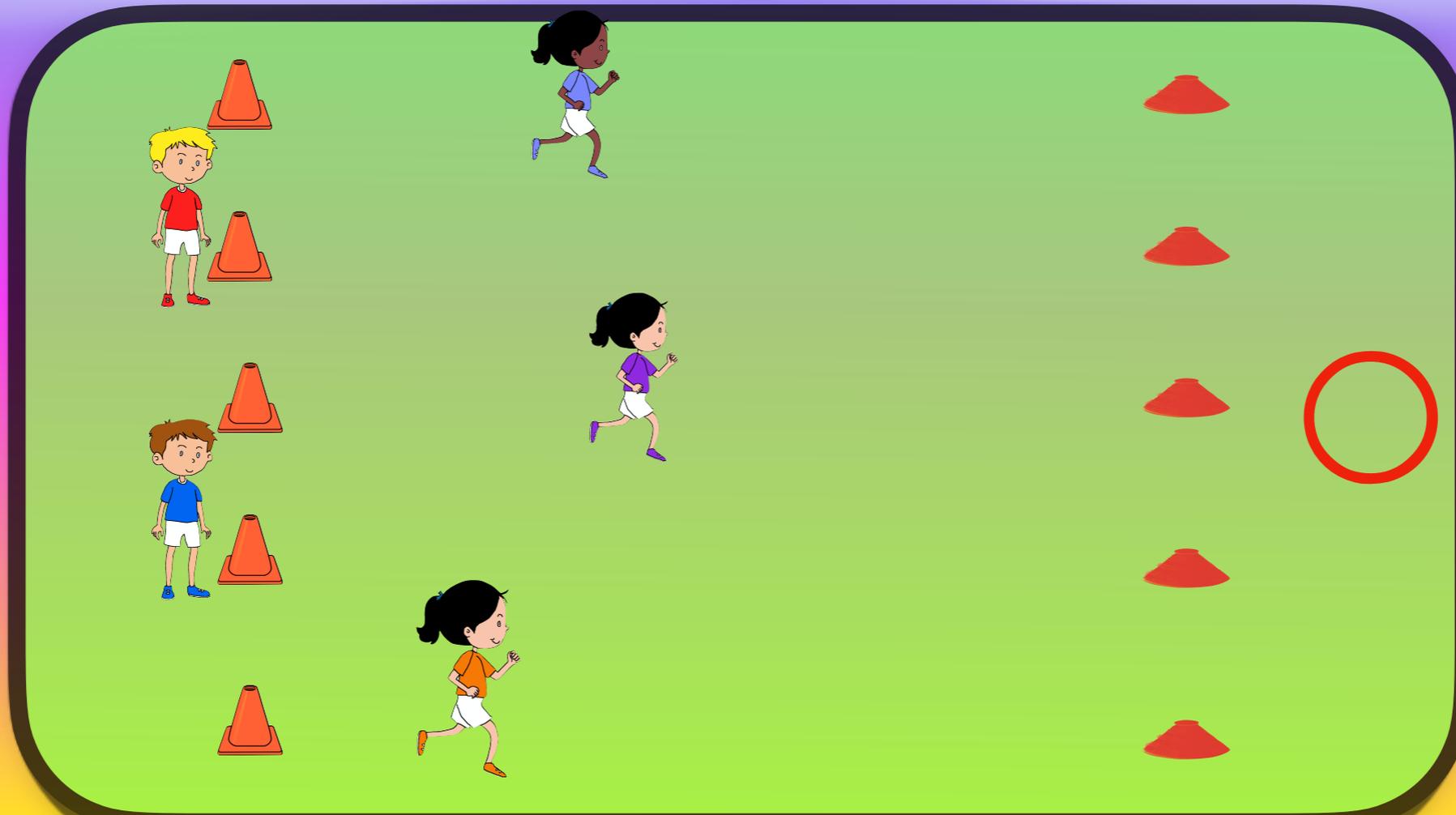
Setup



Markers

Split students into two groups (Volcanoes & Tornadoes) and disperse amongst playing area. On teacher whistle students run around the playing area trying to flip markers to their teams side. Winning team is the team with the most at the end of designated time. Extension: Use with dribbling, non dribbling, dribble with opposite hand, no basketball and change the locomotor e.g skipping, defensive slide etc

Fruit SALAd



Setup



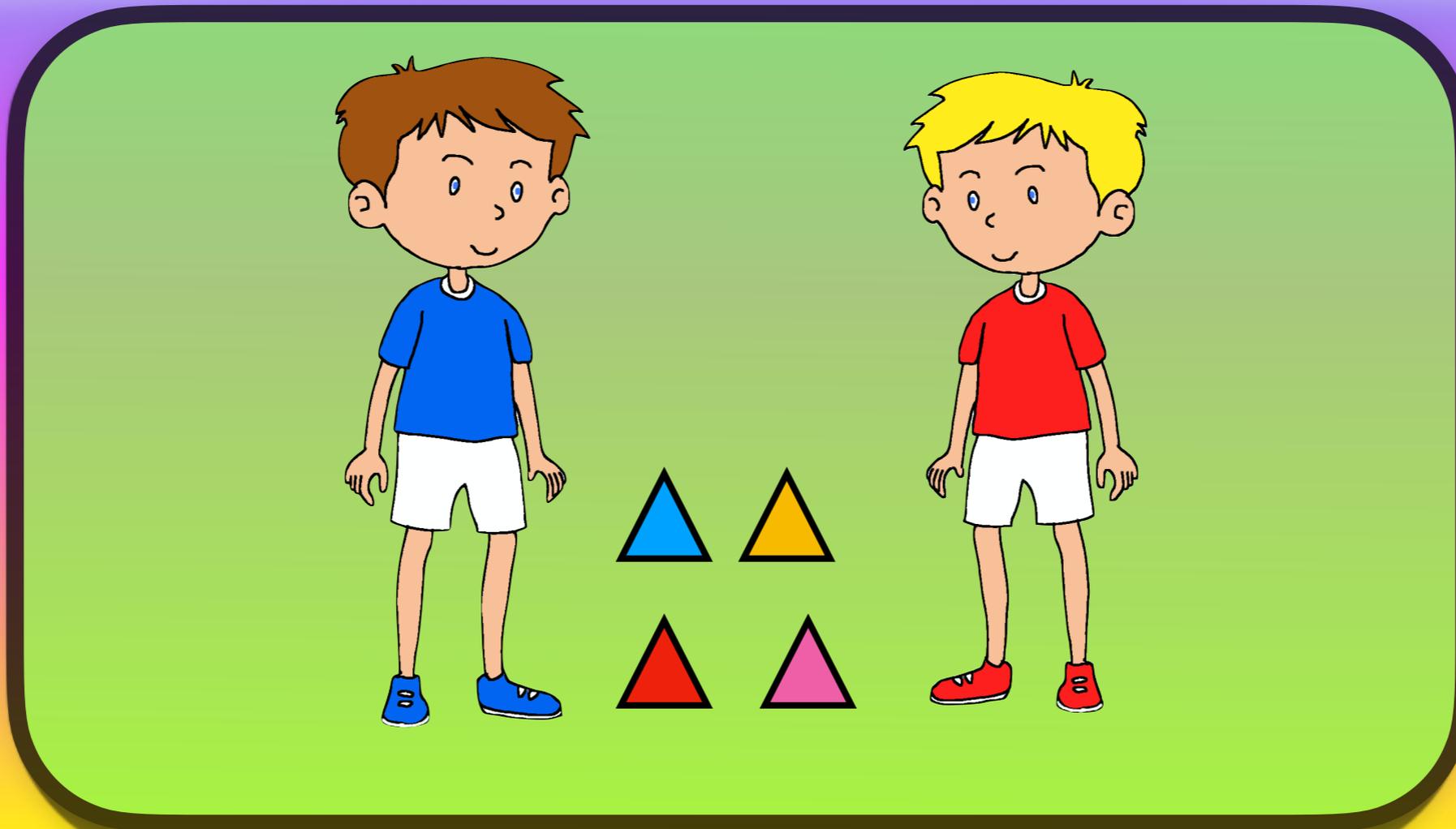
markers



hoops

Line up students along a lined set of markers (or lines on courts). Have students name 5 fruits and then assign each student one of those 5. There should be an even amount of each 'fruits'. When a teacher calls a fruit, those students must travel around the end marker and back. The last students to get back is in the 'fruit salad bowl'. When the teacher calls out 'fruit salad', everyone in the bowl is back in the game. Mix up the locomotor often and adjust students starting positions adjust for skill levels.

HEADS, SHOULDERS, KNEES AND CONES



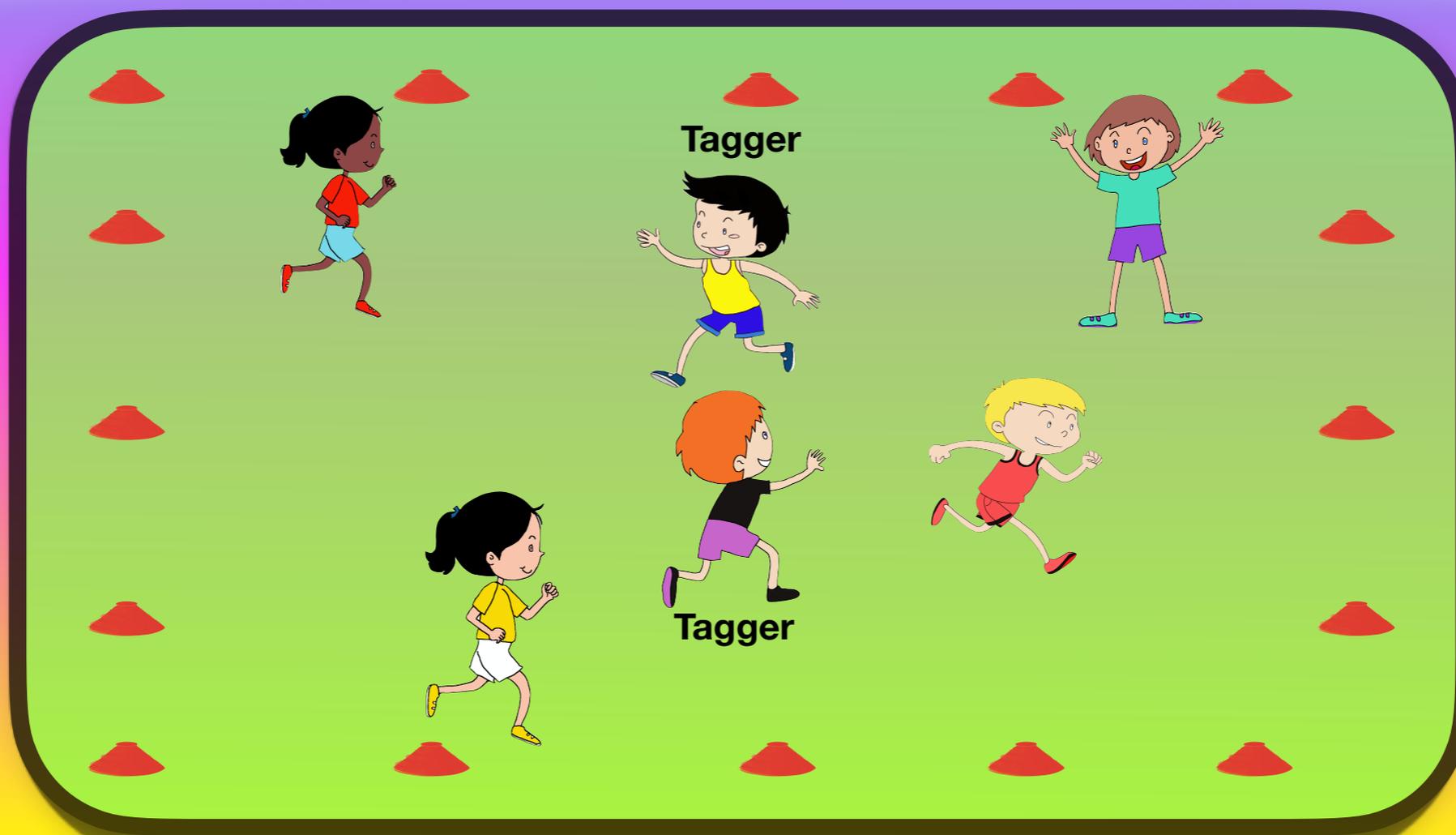
Setup



markers - 4 different colours. Each group should have one of each

Students partner up. Each group should have the same 4 coloured markers. The teacher calls out commands such as 'heads, shoulders, knees, toes etc. Students copy. When the teacher calls a colour, students must try and pick that coloured marker up before their opponent. Mix up call commands and starting position often.

OCTOPUS

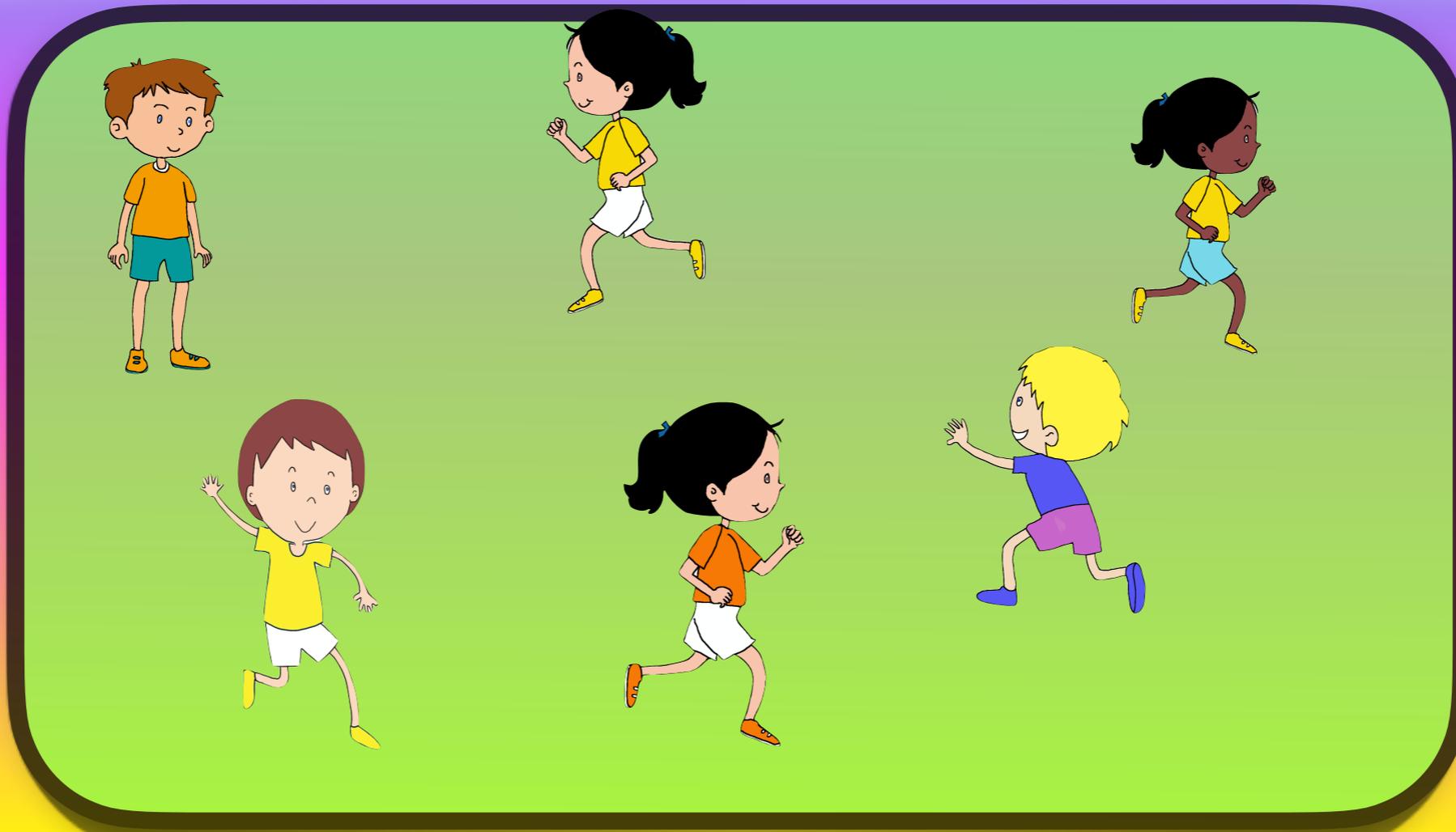


Setup

 Cones to design playing area

Students (Fish) line up on one end. Choose 3-4 people to start as 'taggers' (Octopus). The aim is to reach the other side without being tagged by one of the 'taggers'. If you are tagged, you turn into 'seaweed' where you were tagged and go to your knees. Seaweeds can tag fish, but cannot run. Last student left is the winner.

PIRATE SHIP



Setup

In this game the teacher is the captain and students spread out around the playing area. The captain calls out numerous actions that students have to perform. Here are a few ideas on the following page:

PIRATE SHIP

COMMANDS

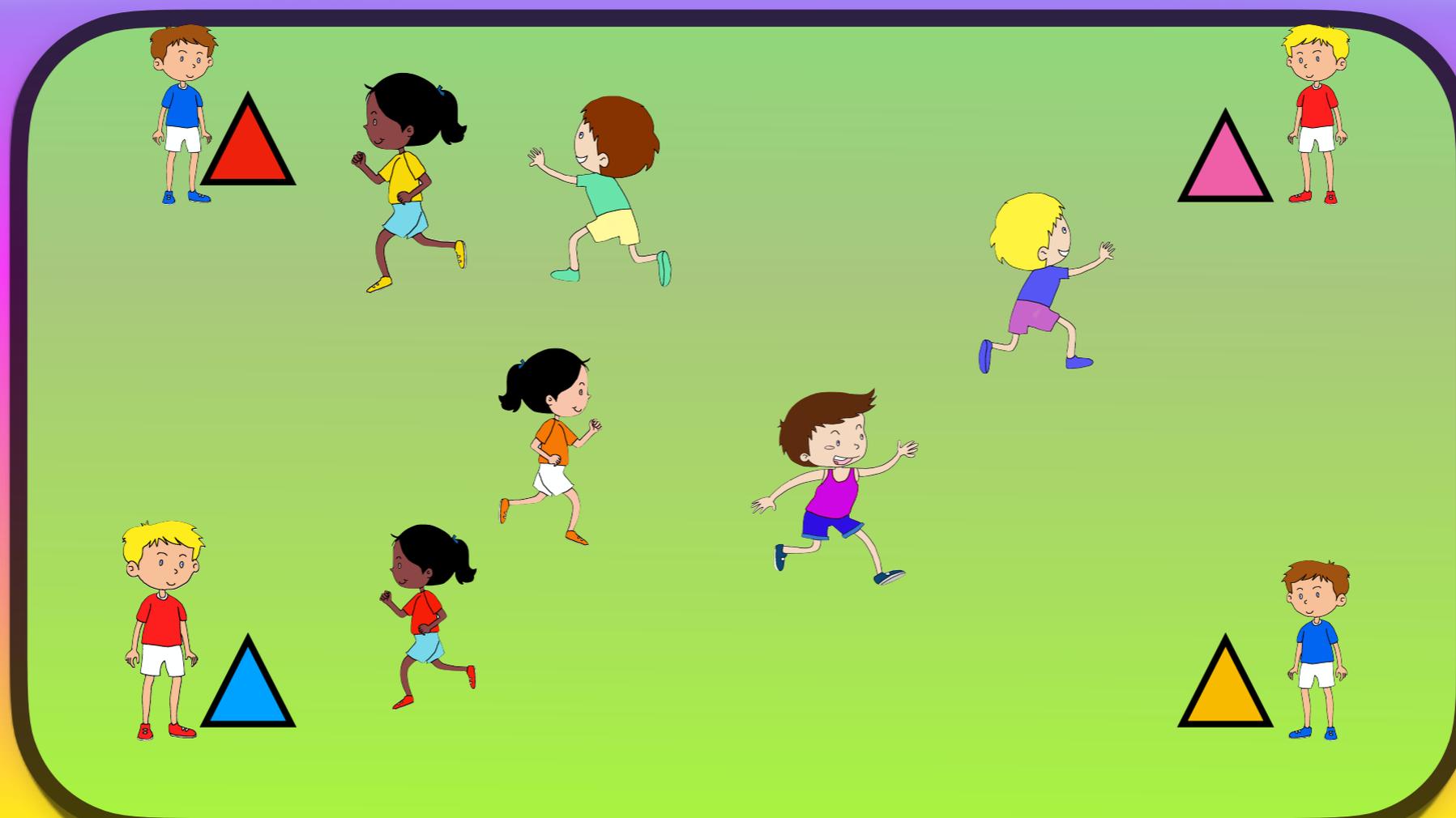
Teacher Calls

Scrub the Deck
Climb the Rigging
Man the boats
Captain coming
Fire the cannons
Man overboard
Walk the plank
Shark Attack
Kangaroos on board
Catch a fish
Hats on
I've gone hopping mad
Stormy Weather

Students

Get down and scrub the floor
Pretend to climb a ladder
Run to any wall in the gym
Salute the captain
Throw beanbag and catch
Lie on floor and pretend to swim
Walk in a line (heel to toe)
Teacher tries to tag students who run in area
Students hop like a Kangaroo
Partner up and throw back and forth (close if young)
Balance beanbag on head
Hop around the area on one leg
Students try to balance on one leg

CORNERS



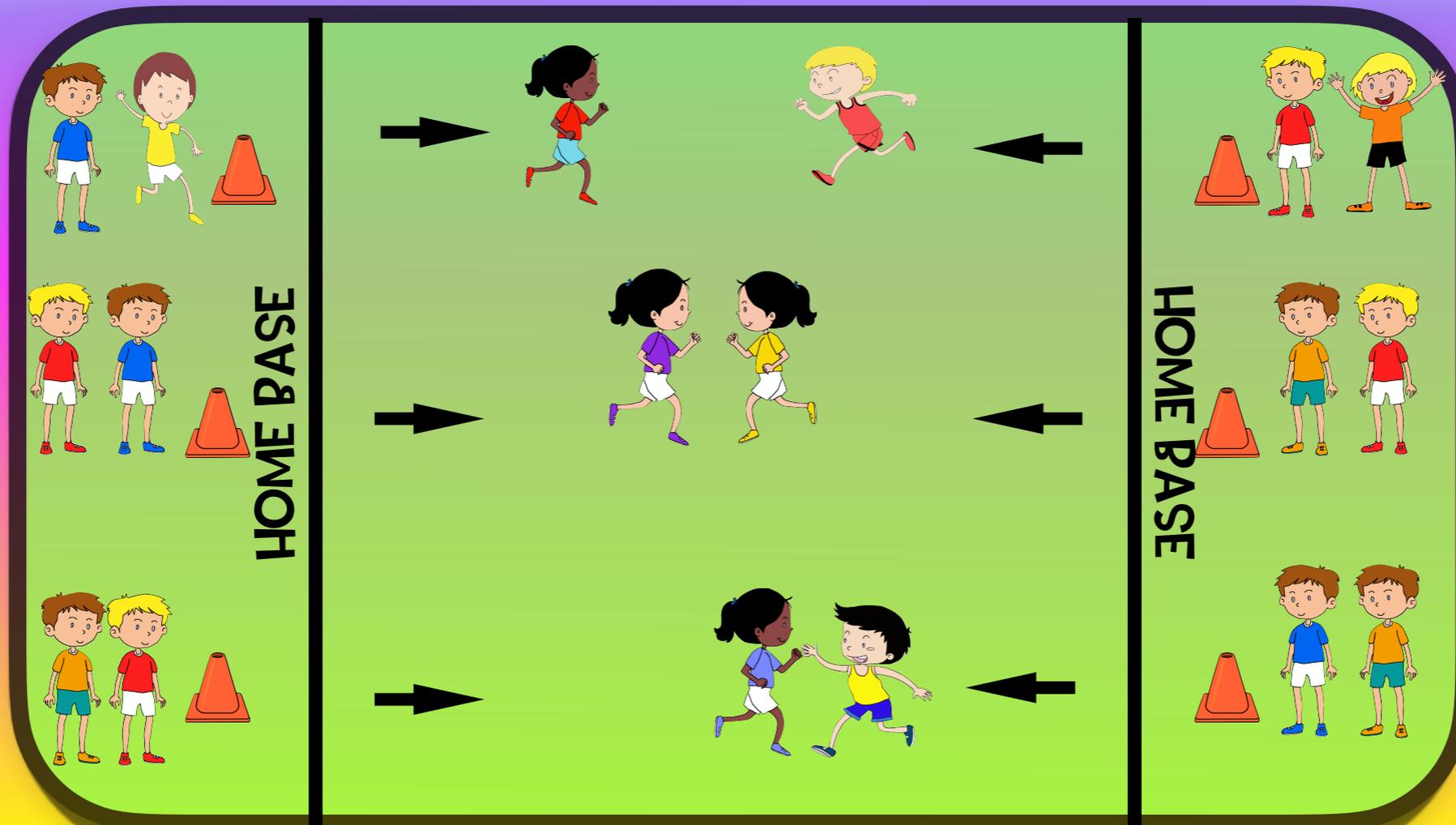
Setup



4 different coloured large markers

Students all start in the middle of the playing area. On teachers command (“5,4,3,2,1 – Find a corner”) students must run and stay at a cone. Teacher spins a spare cone, the group it points to are out and must grab a tennis ball and perform 20 catches with partner / wall before they can come back in. You can choose any skill you wish. The game is continuous with no winners.

ROCK, PAPER, SCISSORS WAR

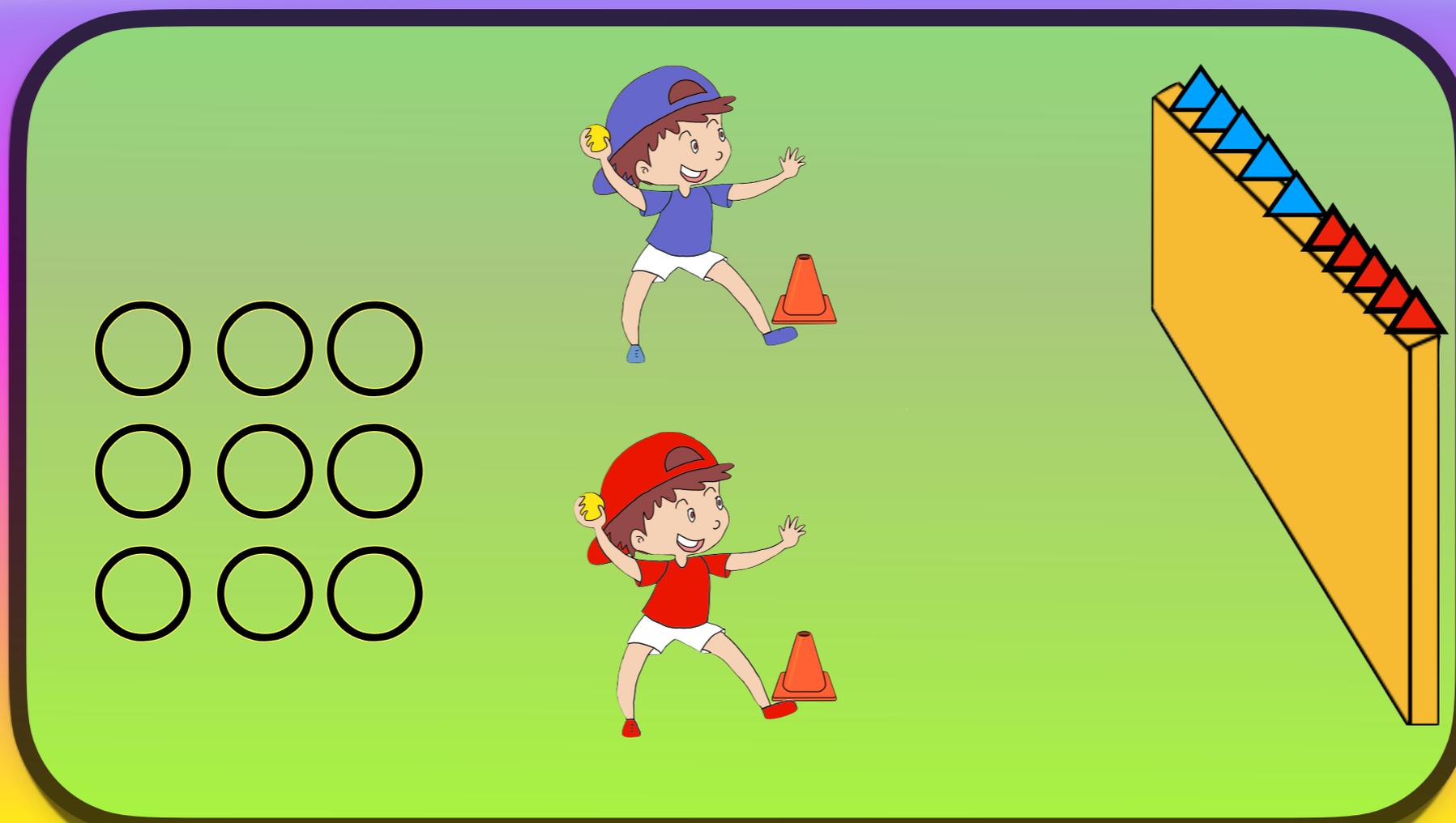


Setup



Setup area as shown. Split class into 4-6 even groups. The aim is to race out and challenge the opposing team in a game of rock, paper, scissors. The winning students continues racing towards the opponents 'home base' line. The loser races back to the end of their teams line. If a student makes it to the other teams 'home base' line and wins a game, their team wins. Tip: The next student in line must be ready to go. Emphasise paying attention. To extend the game, make the playing area larger.

TIC-TAC THROW



Setup



Two sets of 5 markers each



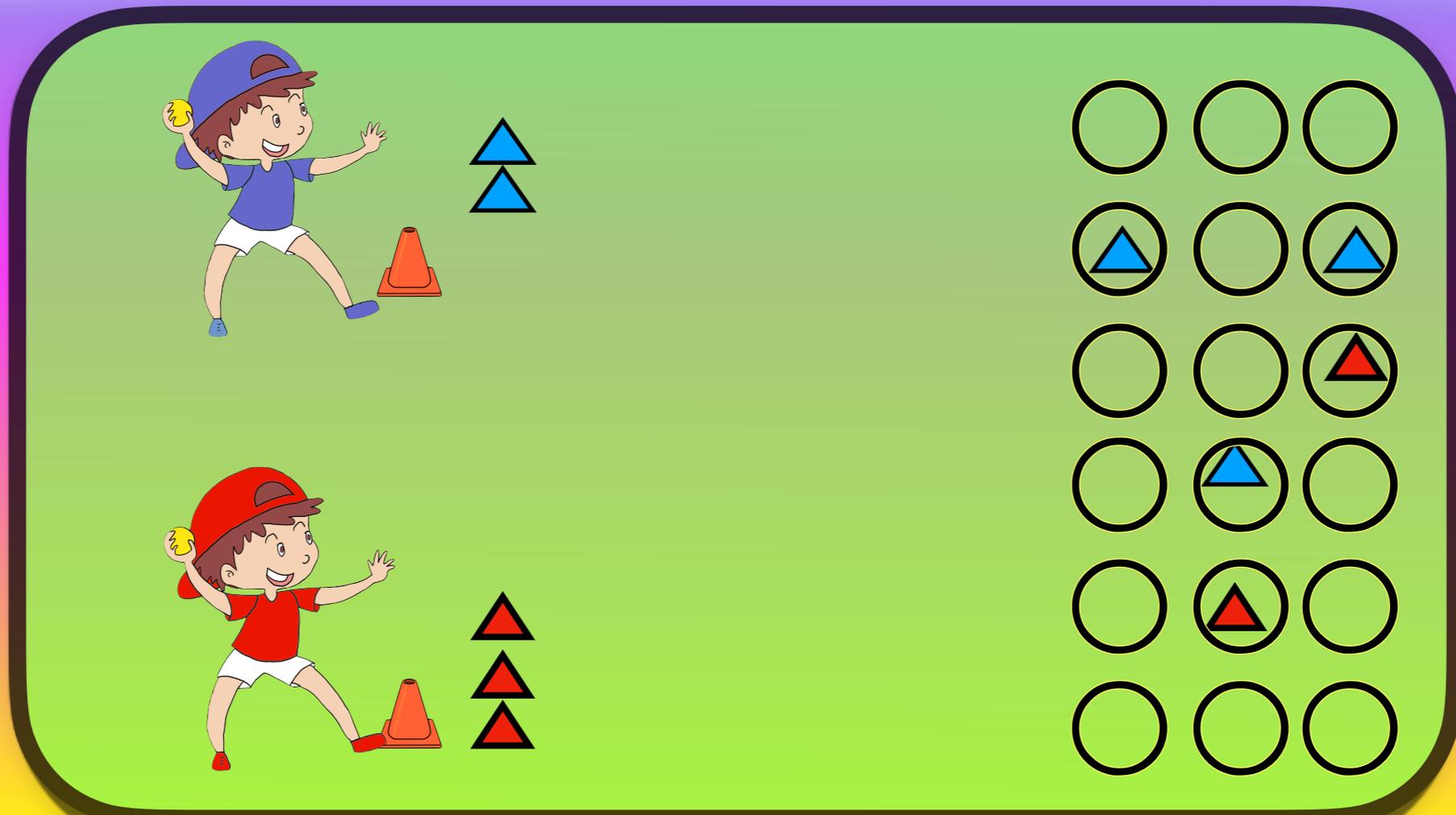
2 x Throwing markers



9 x hula hoops

Group students into teams of 4-5. Teams battle against each to knock off their coloured cones from a bench/table/wall. If successful the student places that cone into one of the hoops at the back of the throwing area. The first team to get 3 in a row (like Tic-Tac-Toe) wins.

VOLCANOES AND ISLANDS



Setup

- Two sets of markers each
- 2 x Throwing markers
- Hula hoops

Group students into teams of 3-4. Teams battle against each other to claim the most 'islands' (hoops). Students throw a beanbag out and try to land it in an 'island', if so that team claims that island and places their coloured marker (Volcano) inside. Any other beanbag that lands inside that 'island' does not count. Missed throws are picked up and returned to the next thrower in the team. The winning team is the team that claims the most 'islands'

CASTLES



Setup



1 x Tall marker each



1 x soccer ball for every 3 people in the game

Setup area as show. Student each have a marker 'Castle' they need to protect. The object is to knock other students markers over with a soccer pass. Students can protect their marker with the feet or body only, no hands. The last standing 3 castles are the winners. To keep students involved, once they are out they find a partner and perform soccer passing skills at a different station.

Progressions: To make it harder have less balls, lengthen the area or allow hands. To make it easier shorten the area, add kore balls or allow rolling.

LIONS DEN



Setup

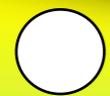
 **Beanbags**

Setup as shown with all students on the 'start' line and one 'Lion' inside the Lions Den. For the first few games with younger students have the teacher as the 'Lion'. The game starts with the 'Lion' facing towards the students, once the lion turns around the students race out, when the lion turns around they must 'freeze'. If any students are moving (or the last to freeze), the lion calls their name and sends them back to the start line. Students who make it to the Lions Den grab a beanbag and run it back down the sideline and place it at the start line. The person who collects the most beanbags wins.

SPACE INVADERS



Setup



throwing polypot markers



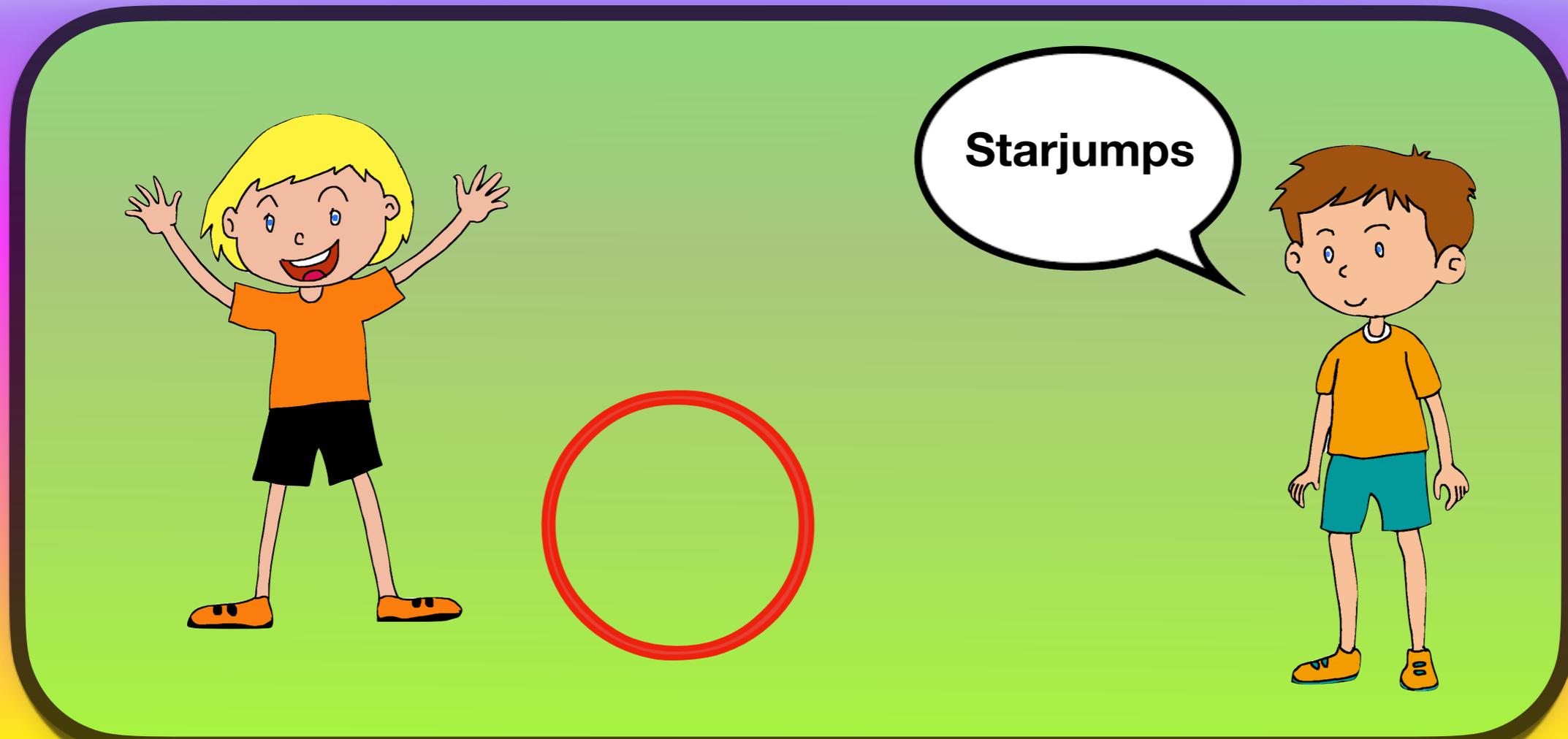
Dodgeballs



markers with balls on top

Setup as shown but with throws all around the playing area. Students can play as individuals or as teams of two. The aim is to throw missiles 'balls' at the 'planets' (balls on markers). If successful the student returns that 'planet' to their own 'solar system' (throwing spot). The student with the most 'planets' is the winner. Progressions: Increase the distance, have smaller missiles and planets, have less planets. For an added fitness level, give students only 1 ball each and they must chase their ball and return it rather than getting a track of balls to throw (make sure they are soft so if they get hit it doesn't hurt, foam dodgeballs are best).

HULA SPINNER EXERCISE



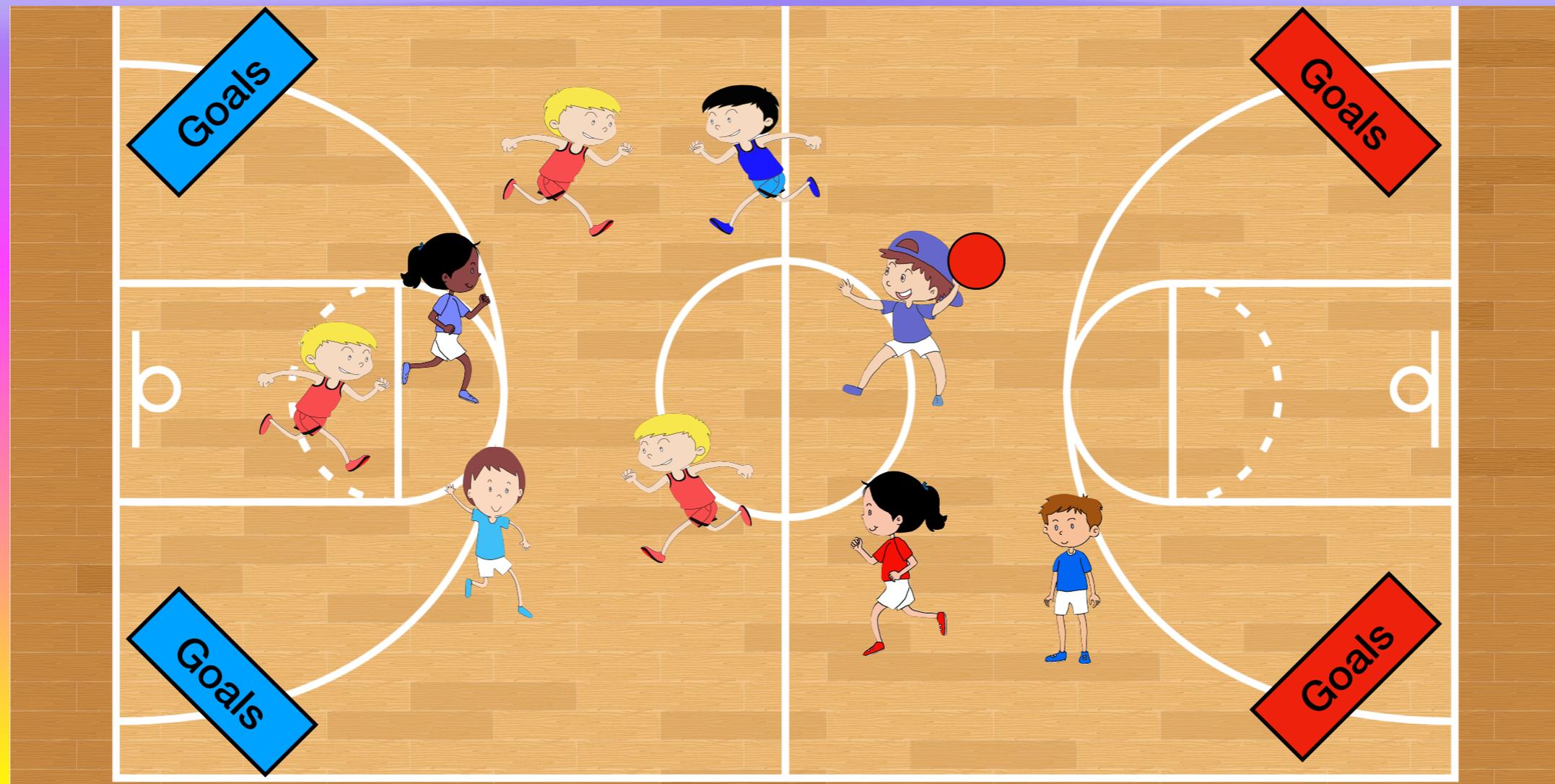
Setup



Hula Hoops

In this quick warm up, students partner up and have one hula hoop between them. One person starts as the caller, one person starts as the spinner. The caller says an exercise and the spinner spins the hula hoop. The spinner must continue to perform that exercise until the hula hoop has come to a complete stop. Switch roles after every spin. To extend this warm up: give each student a hula hoop and they perform the exercise the teacher calls out. Alternatively have a list displayed on a projector / board that students can choose from.

SPEEDBALL



Setup

Goals

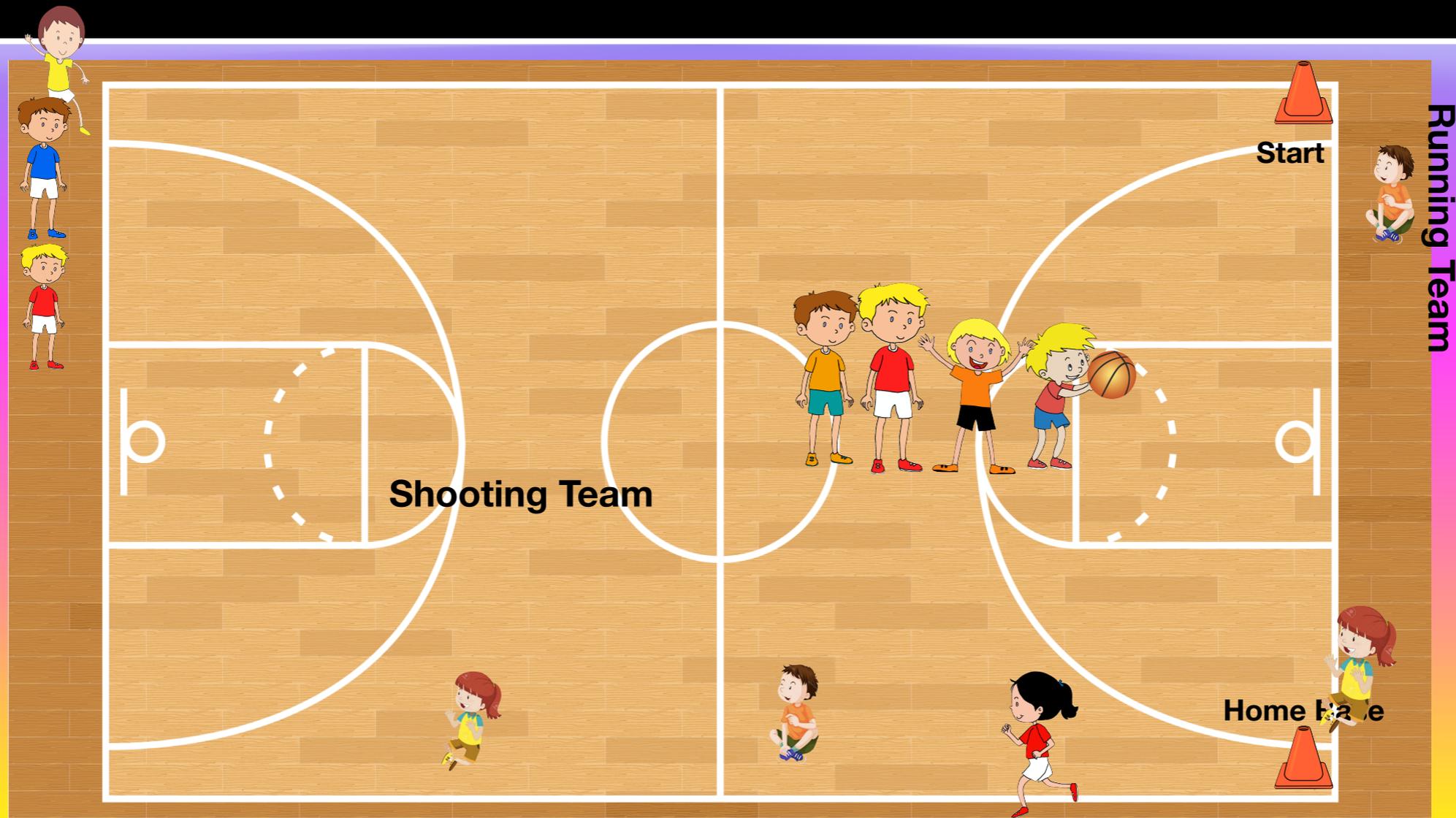
4 x goals



1 x ball

Use a normal indoor basketball court with 4 soccer / hockey goals that are placed in either corner as shown. Each team has a basketball net and 2 soccer / hockey goals at each end. Teams pass the ball in the air like basketball (but no dribbling is permitted). If the ball falls to the ground it is now played as soccer with indoor soccer rules. A player may kick the ball into his team mates hands, but picking up from the ground with hands is not permitted. Basketball goals are worth 2 points, soccer goals are worth 1 point.

GOLDEN CHILD



Setup



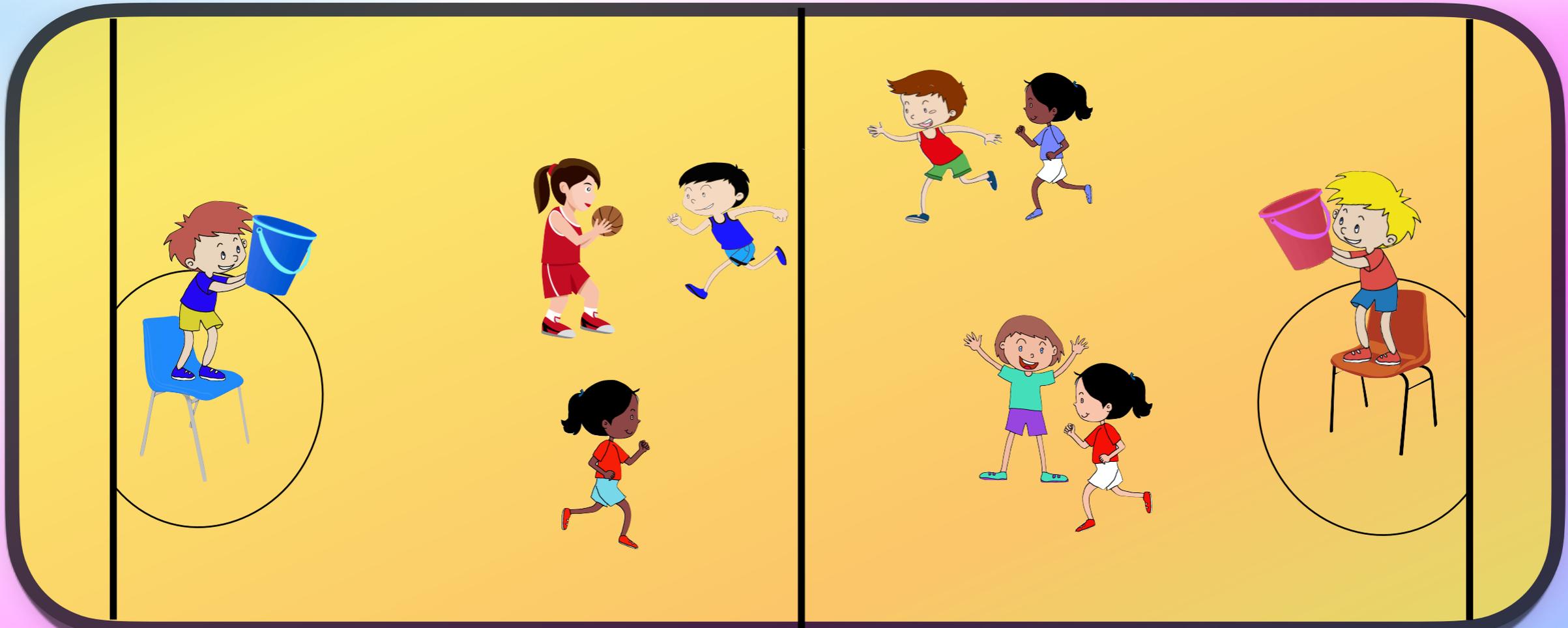
Markers



1 xBasketball

Split students into two team (if you have access to kore courts, split into smaller teams so there is less waiting). Have one shooting team and one running team. On teachers command, the first person in the running team runs around the court from the star marker to the 'home base' If a student reaches this point without the shooting team making a basket, they score a run and join the end of the line. If the shooting team make a basket they yell 'freeze' and the runner needs to sit down where they are up to. The last person in line is the 'golden child'. When they run they tap the head of the students that are 'frozen' and they get up and continue to try and get to home base along with the 'golden child'. If they make it home before the shooting team makes a basket they all score a run, if the shooting team saes a basket they all freeze and the teachers counts the runs. Switch shooting team and running team. Winning team is the team that has the most runs.

BUCKET BALL



Setup



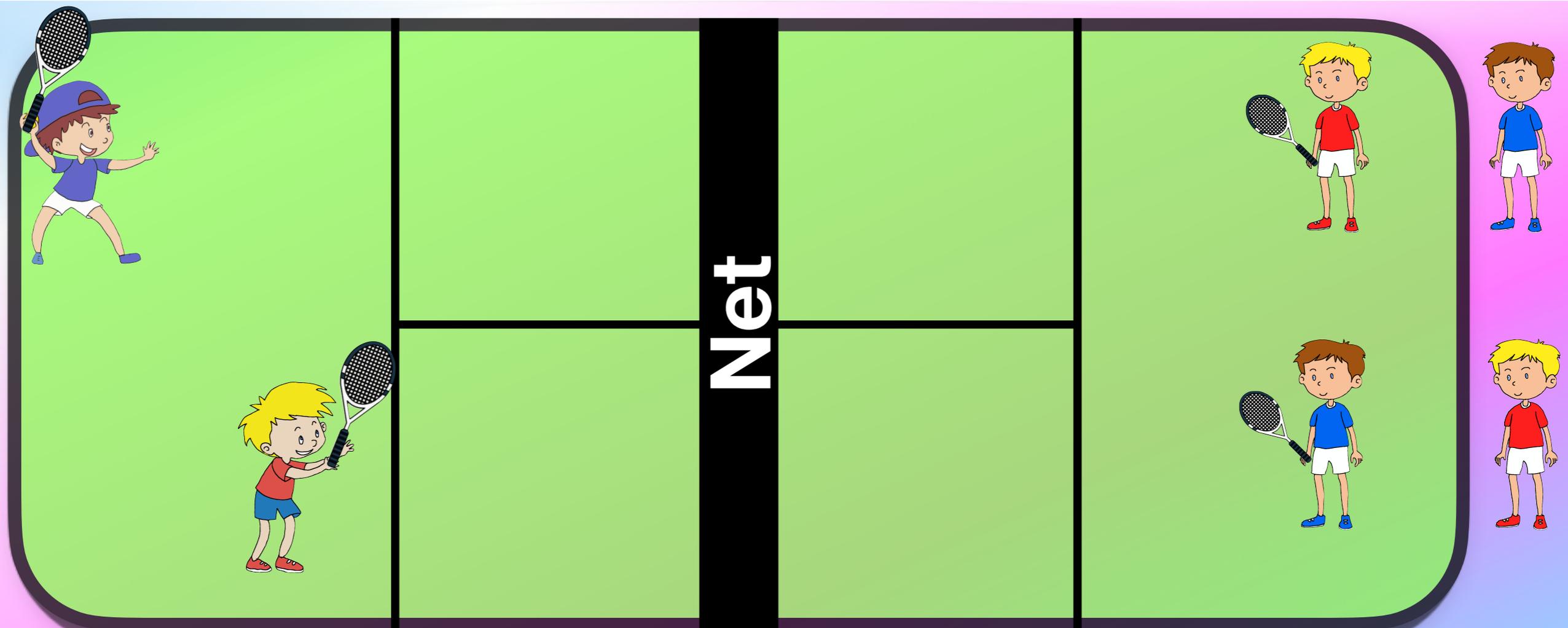
x 2 buckets



x 2 chairs (or similar)

1. This game is best played indoors or on a basket ball court
2. The aim of the game is for offensive players to pass their ball to their 'catcher' to score a goal. The catcher can only use the bucket and not their hands to catch a pass. Offensive players must make 3 passes before passing to the 'catcher'
3. Players can only 'pivot' with the ball, no dribbling or running with the ball permitted. Players move without the ball to get open. Offensive players have 3 seconds to dispose of the ball. If not a turnover occurs.
4. Defenders can 'intercept' a ball but cannot steal a ball out of the opponents hands.
5. A ball that is on the ground (missed pass) = any team can collect. If both players grab the ball and tussle over it = jump ball (like in basketball). Another way you can do it is to alternate the possession arrow each time.
6. Only the catcher are permitted into the circle area. at each end.

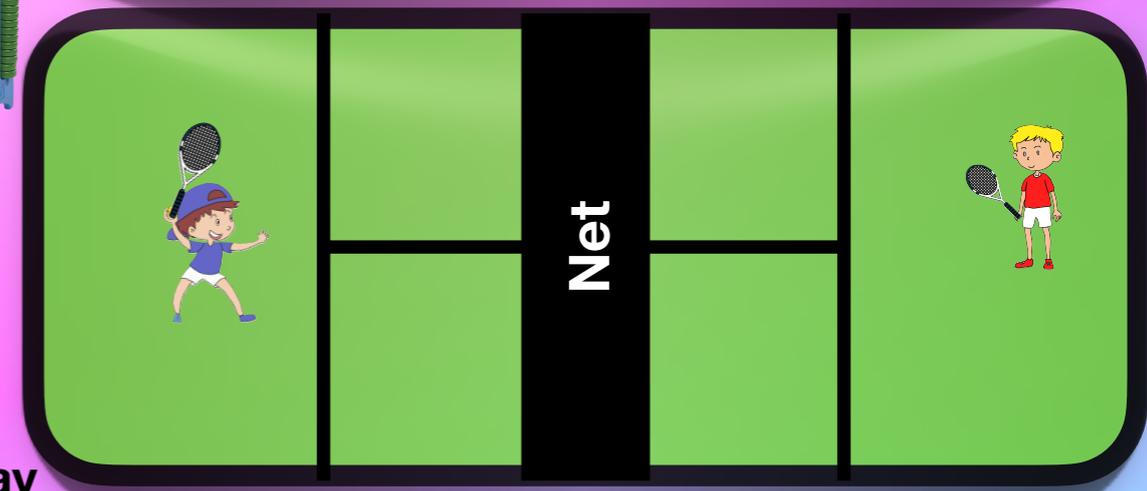
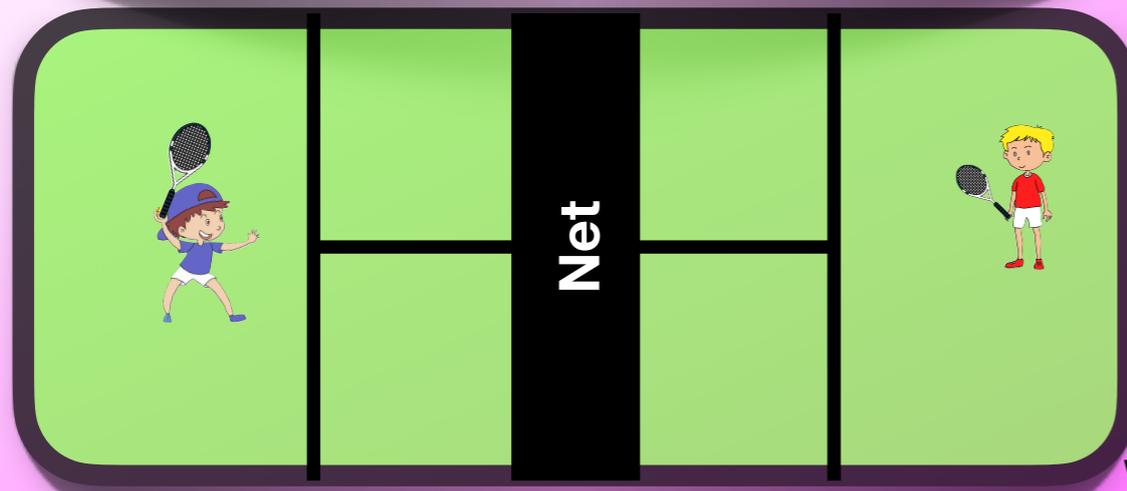
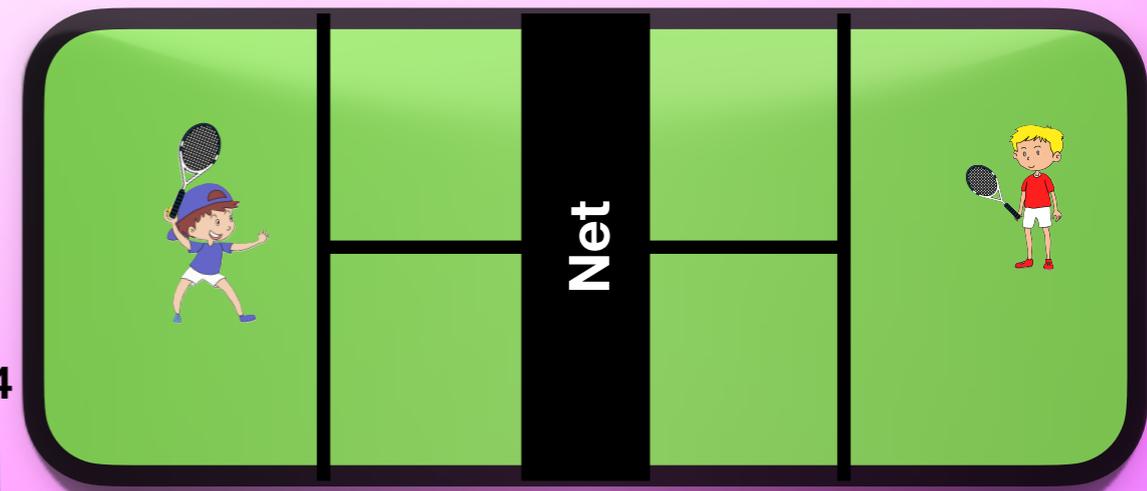
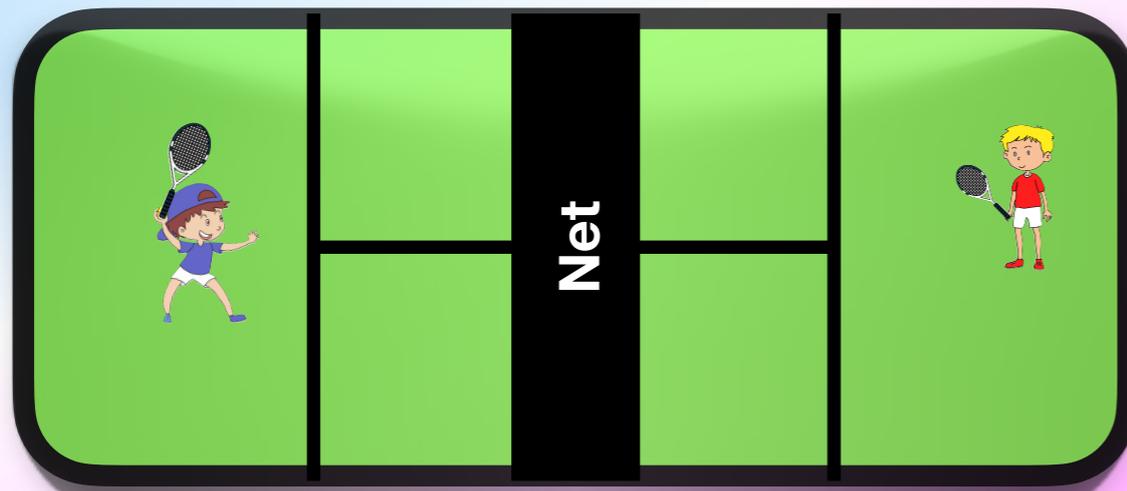
Head of the Court



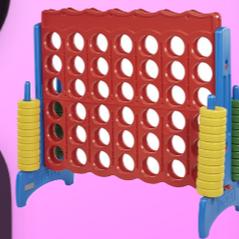
Setup

1. Replicate this setup on multiple smaller tennis, pickleball or badminton courts as shown. e.g you should create enough courts so every student in your class isn't waiting too long for a turn
2. Split your class into groups of 8. Within this group each students should have a partners to play doubles with.
3. Normal doubles tennis rules apply (you can adjust rules to suit your classes skill level)
4. The winners stay on and are 'head of the court' whilst the losers head to the back and wait their turn. Next group takes their place
5. Keep games short e.g best of 5 and rotate service every point.
6. Head of the court get to serve first

CONNECT 4 TENNIS



Connect 4



Waiting Bay

Setup



Dice



Polypots



Small or large connect 4 game/s



Tennis rackets and 1 ball per court

1. Setup multiple tennis, pickleball or badminton courts, making them smaller for space reasons is fine
2. Split group in to two teams and have give them a number each. Each team finds the opposition with the same number (this will be their first opponent and lines up along the polypots).
3. Players roll the dice (1-6), the number they land on is their starting score in a best of 7 game. As soon as players have both roll the dice they head to a court and play the first to 7 points (using normal or modified tennis rules). If a player wins they head to the connect 4 game and pop their teams coloured counter into an open spot. The loser heads to the waiting bay and waits for an opponent (not the same one twice in a row), the winner also does the same after popping the counter into the connect 4 game.
4. The first team to get a connect 4 wins.
5. Restart the game with a new starting opponent.

ROCK, PAPER, SCISSORS TWIST



Setup

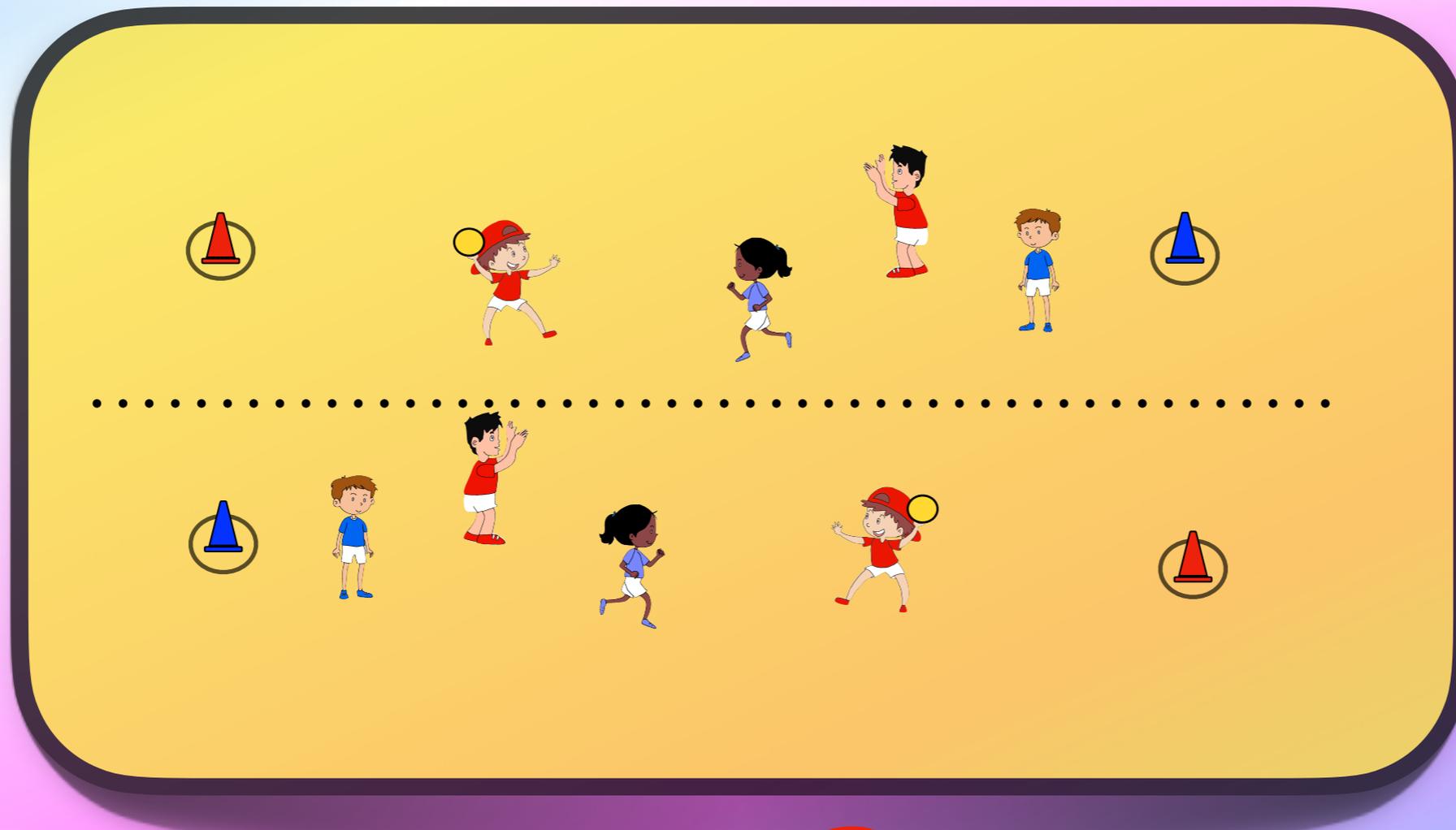
4 x large dice



1 x large connect 4 / or setup with hula hoops on ground

1. Split students into two teams (blue and red)
2. Have 4 dice stations with a blue and red marker at each. Students start the game out lining up behind one of their teams markers (spread out so evenly spaced numbers)
3. On go the first players in each line roll a dice. The number they roll is their starting number. Once both have rolled both players move to the side and play a game of rock , paper, scissors (first to seven). They start the game from the number they rolled. e.g I player rolls a 6 and the other rolls a 1. The person on 6 only has to win one game to get to 7.
4. Once a student has got 7, they run and place a piece in the connect 4 board / Hoops then find another marker to challenge someone. The loser heads to another line and looks to challenge someone else. Encourage looking g for shorter lines
5. The first team to fill half of the connect 4 board wins.

Hit the TARGET



Setup



Cones



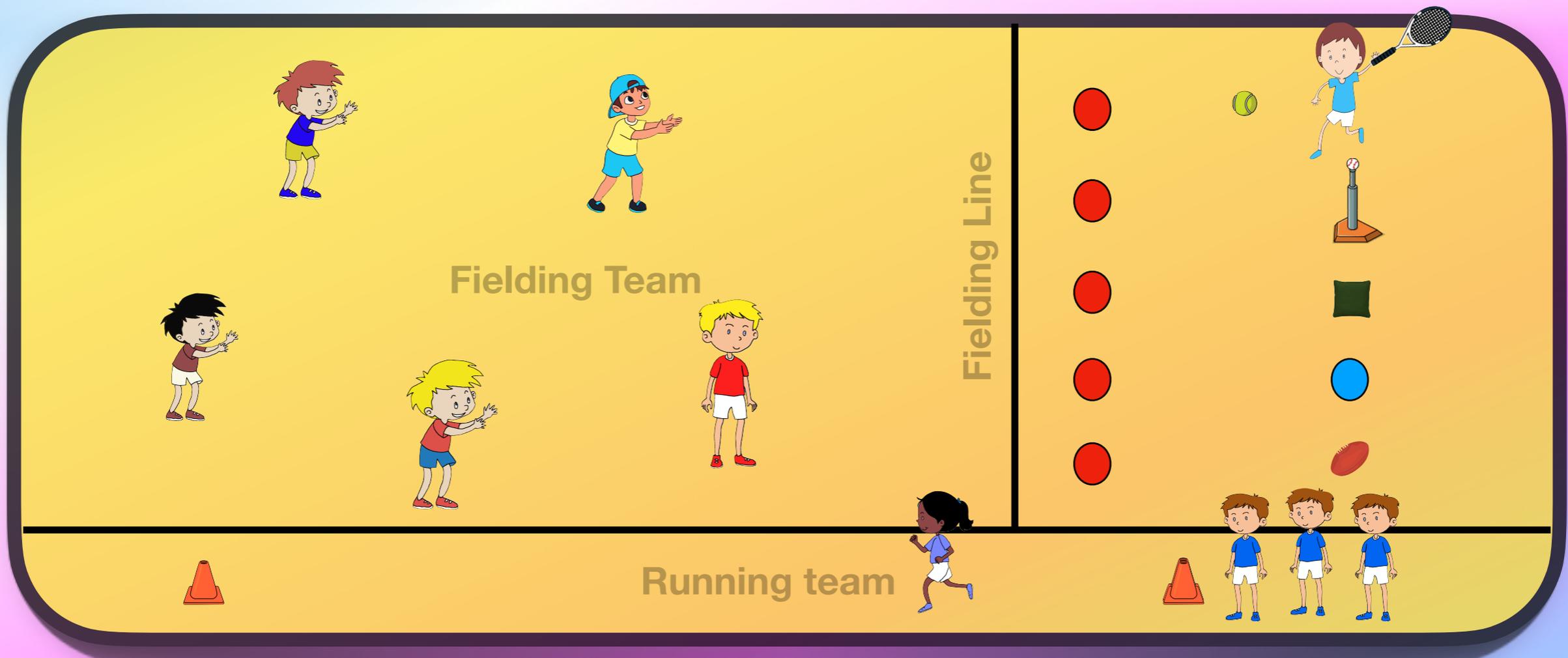
Dodgeballs



Hula Hoops

- Dive students into teams of 2-3. You can run multiple games simultaneously by marking off playing areas
- The aim is for students to use passing and moving skills to knock down the opposing teams marker/pin/ bottle etc
- Students can only maintain possession of the ball for 3-5 seconds before passing or throwing at the target
- All players must stay out of the hula hoop zone at both ends
- If a pin is successfully knocked down, offensive team scores a point and the pin is reset
- Defenders can only 'intercept' no 'stealing' allowed

MULTI BALL



Setup



Markers



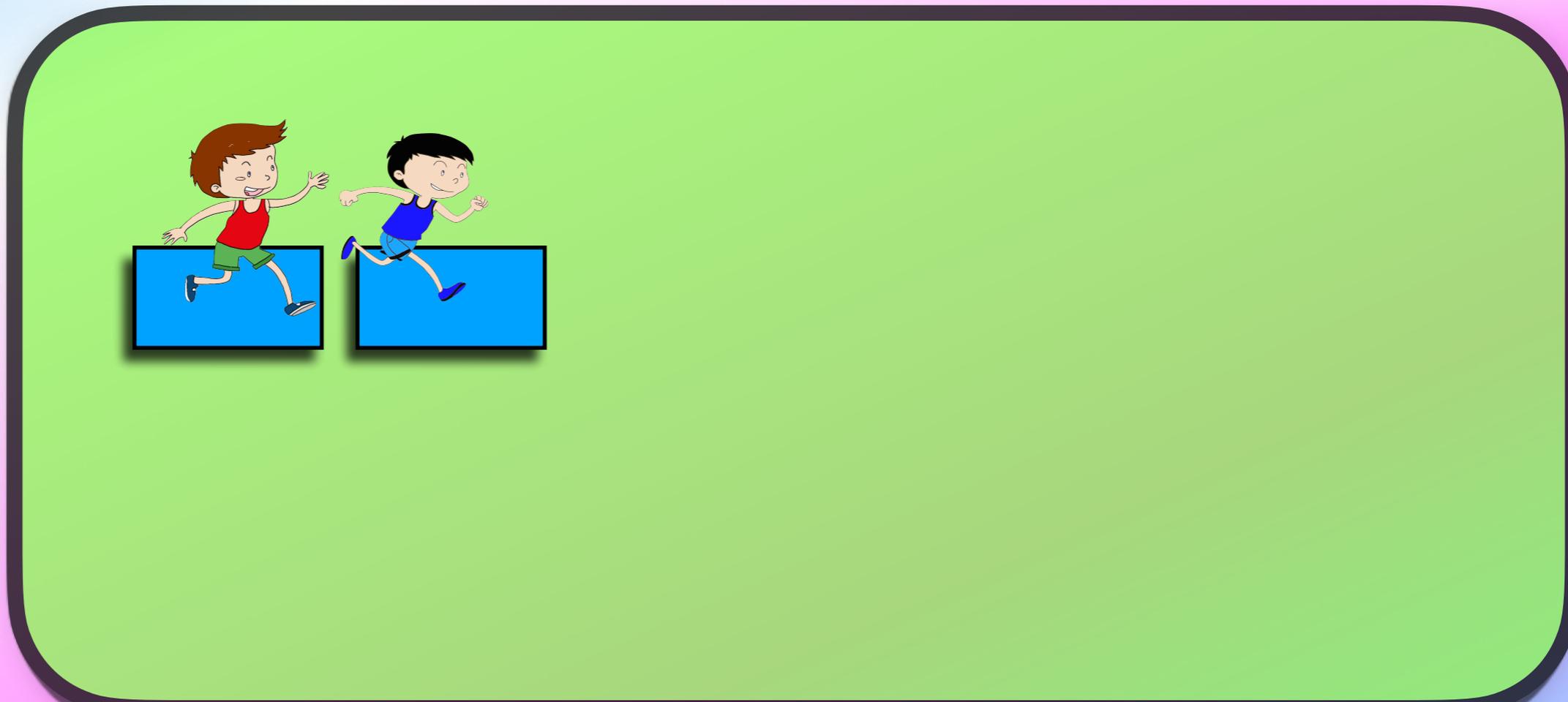
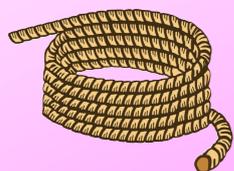
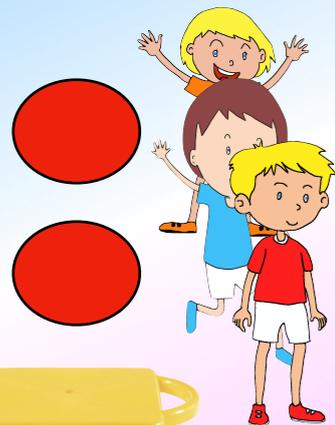
Polyspots



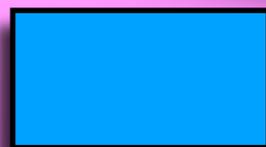
Various sporting equipment

1. This game can be played indoors or outdoors
 2. Split group into two teams. One team are fielders, the other is the running team.
 3. One by one the running team each have a turn at throwing, kicking, hitting (depends on the ball) all 5 balls into the field of play. Once all balls have been played, the fielding team aims to collect them (fielders must start behind the 'fielding line') and return them to each of the 5 poly spots. Meanwhile the first player in line for the running team runs around the end marker and back and tags the next player in line. When the fielders return all the balls, they yell 'freeze' and the running team stops.
 4. Switch over when everyone has had a go. The team with the most runs wins.
- Progression: catches = +3 runs to the fielding team.

CROSS THE RIVER



Setup



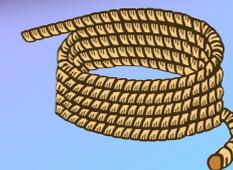
Large mats



scooter boards



polyspots



large ropes

1. Split group into approximately groups of 6-8. Make sure every group has the same number of people if possible.
2. Each group receives 2 large gym mats, 2 scooter boards, 2 poly spots and a large tug of war rope.
3. The object of the game is for groups to use communication, strategy and getting along to get all of the people in the group (and each piece of equipment) over to the other side of the 'river'
4. The first team to do so are winners.
5. Allow students to talk strategy at the start and emphasis teamwork and good communication.