GYM  

OBSTACLE COURSE

**EQUIPMENT:** Hula hoops, cones, jump ropes, balls, activity cards, stopwatch or timer

**OBJECTIVE:** Participants can have friendly competition with each other. See who can get the fastest time through the course (use time and have them beat each other’s time).

**FUEL FITNESS:** Drinking water is the best thirst quencher.
DESCRIPTION:

- Set up a variety of physical activity equipment around the gym.
- Participants run/walk/skip through the course and compete against each other.

MODIFICATIONS: Smaller equipment, shorter equipment, shorter course (for the younger participants), etc. can be used.
Gym

Bunny, Frog, Duck, Horse Relay

Equipment: None

Objective: Be the first team to complete all animal movements over the finish line.

Fuel Fitness: Whole grains help you feel full longer and make your body healthy.
DESCRIPTION:
• Determine the start and finish lines.
• Have the participants split into even teams, and line up in two straight lines.
• The instructor will blow the whistle or say “GO,” and the first participant in line will bunny hop to the finish line.
• As soon as the first participant reaches the finish line, the next participant bunny hops to the finish line. Keep this format until the last participant reaches the finish line.
• Once the last participant on the team reaches the finish line, the original first participant on the team then begins frog jumps back to the start line.
• Once the last participant reaches the start line, the first participant does a duck walk to the finish line. The next team member will begin once the participant ahead of them reaches the finish line.
• When the last participant reaches the finish line, the first participant will gallop like they are riding a horse to the start line.
• The relay is finished when the last participant on the team gets back to the starting line doing the horse gallop.

MODIFICATIONS: For smaller groups, each team member can go to the finish line and come right back to the starting line, so that each movement always ends back at the starting line. This will make the game longer. The instructor can also change the moves if the objective is more muscular strength or endurance-related. Example: Instead of bunny hops, do lunges or exchange frog jumps for burpees.
GYM

KICK THE CAN

EQUIPMENT: 10 cones, hula hoop, kick ball, jerseys for taggers

OBJECTIVE: Don’t get tagged/go to jail.

FUEL FITNESS: Make half your plate fruits and vegetables.
DESCRIPTION:

• Instructor places cones in a rectangle, marking off the safe-house area. All participants start in the safe house.

• Place a kick ball in the middle of the hula hoop on the opposite end of the safe house.

• Designate more than one tagger (3-5 taggers for every 25 participants).

• All taggers start surrounding the hula hoop (wearing jerseys).

• When the instructor says “GO,” the safe house “disappears,” and everyone is at risk of being tagged.

• If a participant gets tagged, he/she must go to the jailhouse (previously the safe house, cones in a rectangle marking off an area).

• To get out of the jailhouse, a teammate (who is not in the jailhouse) must make it to the hula hoop and kick the ball.

• When the ball is kicked, instructor yells “jailbreak,” and everyone must return to the safe house.

• When the ball is kicked, taggers try to retrieve the ball and put it back in the hula hoop (no one is being tagged).

• When the ball is back in the hula hoop, the instructor yells “STOP.” If anyone is not in the safe house, they immediately go back to jail when the game starts over.

• Start the game over.
BALANCE FREEZE TAG

EQUIPMENT: None

OBJECTIVE: Avoid being tagged by the designated tagger, while trying to “unfreeze” others.

FUEL FITNESS: Choose vegetables rich in color - brighten your plate with vegetables that are red, orange, or dark green.
DESCRIPTION:

• Choose participants to be taggers, and designate the general play area.

• Instructor calls out commands such as skip, run, hop or side shuffle as participants move around trying not to be tagged. The commands are for the taggers as well.

• Once a participant is tagged, he/she must balance on one leg in a frozen position while waiting for another participant to unfreeze him/her.

• Alternate taggers throughout the game.

MODIFICATIONS: Instructor can include an “ice storm” command that freezes all participants except taggers. Taggers will then have 10 seconds to tag as many people as they can while doing a specific movement that the instructor determines.
TOILET TAG

EQUIPMENT: Jersey for the taggers, stop watch or timer

OBJECTIVE: Avoid being tagged by the designated tagger while trying to “flush” others.

FUEL FITNESS: Drink water with and between your meals.
DESCRIPTION:

- Choose a few participants to be the “taggers” and have them wear a jersey.
- Participants can run, skip, or bunny hop around the gym trying not to be tagged.
- When tagged, participants squat down like on the toilet (teach the participants what a proper squat looks like), with 1 arm up.
- When a participant on the same team “flushes” (pushes the arm down), the participant is back in the game.
- Alternate taggers.
- Keep playing until time runs out, maximum 5 - 10 minutes.

MODIFICATIONS: Younger participants can make a flushing sound to come back into the game. For older participants, consider adding in an exercise to be done before getting back into the game. Example: 5 Squat jumps after they’ve been “flushed” to get back into the game.
GYM

MUSICAL HOOPS

EQUIPMENT: 2-20 hula hoops, music, cones

OBJECTIVE: A high-energy game to get the participants moving and warmed-up. The goal is to do the least amount of jumping jacks possible.

FUEL FITNESS: Fats from fish and seeds are healthy for your body.
DESCRIPTION:

- Spread the hula hoops around the gym in a defined play area. Use the cones around the hula hoops to prevent “hoop guarding.”
- Participants begin by standing in a hula hoop.
- When the music turns on, participants begin to move throughout the space, staying outside of the cones. The instructor should give different movements to perform each time the music starts (jog, skip, hop, shuffle, lunge etc.).
- When the instructor stops the music, participants must get into a hoop as quickly as possible.
- Instructor removes 1 or 2 hoops and plays the music again. When the music stops, participants need to move back into a hoop.
- If participants can’t find a hoop to share with a friend, or there is not enough room, then participants need to perform 10 jumping jacks before the music starts up again.
- Continue playing and removing hoops each round until there are only a couple of hoops left and the majority of participants are performing jumping jacks.
- Remind the participants about safety, and no pushing, pulling or stepping on each other’s feet.

MODIFICATIONS: Participants can perform movements to the beat of the music. Example: have the participant bunny hop to the beat.
ROAD TRIP

EQUIPMENT: None

OBJECTIVE: To be the first person to reach the “Stop light,” and become the “Stop light.”

FUEL FITNESS: Make fruit the everyday dessert. Serve baked apples, pears, or enjoy a fruit salad.
DESCRIPTION:

• Pick a person to be the Stop Light and lead the game.

• The Stop Light will have their back turned toward the group any time they say “green light, yellow light, speed bump, carpool or deer crossing.” The Stop Light only turns and faces the group when they say “red light.”


• The participants will stop moving when they hear “red light,” and the Stop Light turns around to make sure everyone is standing still and not still moving.

• If a participant is caught moving after the Stop Light has said “Red light,” he/she is sent back to the starting line.

• Play until someone reaches the Stop Light and tags him/her. They become the new Stop Light.

MODIFICATIONS: For older participants, consider changing the movements for the cues. For example: green light-skips, yellow light-lunges, speed bump-broad jumps, carpool-bear crawl, deer crossing-diagonal jumps. For younger participants, consider changing green light to walking, power walking or leaping to avoid injuries.
EQUIPMENT: None

OBJECTIVE: To avoid being tagged, or to help in tagging others.

FUEL FITNESS: Offer water or fat-free or low-fat milk as beverage choices instead of sugary drinks.
DESCRIPTION:
• Have participants spread out across one side of the gym. The opposite side of the gym is the safety zone.
• Pick a person to be Uncle Lee (the tagger), and have them stand at center court.
• The group says, “Uncle Lee, Uncle Lee, may I cross your street?”
• The tagger says, “Yes you may, yes you may, if you’re wearing the color I say.”
• Then the tagger picks a color, and any participant wearing that color CANNOT be tagged; they just have to get to the other side doing the movement the instructor calls out (hops, lunges, broad jumps, etc.).
• The other participants who are not wearing that color have to run to the other wall and try not to get tagged.
• If they get tagged, they join the tagger until all participants are tagged.
• Have those who weren’t tagged to go back to their starting spot, and all new taggers line up on the half-court line.
• The original Uncle Lee will continue picking the color.

MODIFICATIONS: For a female, consider saying “Aunt Bee” instead of “Uncle Lee”.
CUPS TO PYRAMIDS

EQUIPMENT: Plastic cups (enough for each participant to have 2), 1 cone and 1 hula hoop per team, stopwatch or timer

OBJECTIVE: To be the first team to complete the relay and build the pyramid.

FUEL FITNESS: Fats from fish and seeds are healthy for your body.
DESCRIPTION:

• Have a stack of cups at the starting cone for each team.
• Instructor splits participants into even teams.
• Each team lines up behind a cone.
• First participant on team picks up a cup and puts it on his/her head, then does walking lunges down to the end cone (a distance designated by the instructor). At the end, place the cup down inside a hula hoop to keep the cups together, and skip back to tag the next person in line.
• Next participant picks up a cup and does the same thing.
• Continue until all the participants have had a chance to go.
• You can cue the participants to take more than one cup, or tell them to put the cups in other silly places on their body for fun.
• Relay continues until each participant has taken at least one turn and/or for 5 minutes.
• Then the instructor blows the whistle for all teams to build their pyramid. They have 30 seconds to put it together and see which team builds the tallest pyramid.

MODIFICATIONS: For younger participants, make the relay a shorter distance. For older participants, make the relay a longer distance.
**BRINGING DOWN THE HOUSE**

**EQUIPMENT:** Cones, hula hoops and/or cups and soft nerf balls, stopwatch or timer

**OBJECTIVE:** To bring down the other team’s house.

**FUEL FITNESS:** Choose vegetables rich in color - brighten your plate with vegetables that are red, orange, or dark green.
DESCRIPTION:
- Put participants in teams of 5-8.
- Each team uses 3 hula hoops, 3 cups and/or 3 cones to make a structure (house). Give each team one minute to do this.
- Balls are placed randomly around the gym or field.
- Once all houses are built, each team has to nominate 1-2 people to guard the house. The other team members run around and try to knock down other houses.
- Participants can “bring down the house” by rolling a ball into it.
- Guards need to be a body’s length away from their own house while guarding.
- If a house gets knocked over, then that team will do 5 burpees together and then rebuild their house in order to continue playing.
- Other teams cannot knock down the house while it is being rebuilt.
- After 2 minutes of playing, blow the whistle and tell the participants to switch up guards. This gives everyone a chance.

MODIFICATIONS: Instructor can change the exercise and repetition number that teams have to do when their house is knocked down (10 squats, 15 jumping jacks, 5 push ups etc.). For younger participants, instead of using balls, have them touch the house to bring it down (only use if it’s evident that majority of the participants are unable to roll the ball far enough to bring down the house).
GYM

BASKETBALL CAPTURE THE FLAG

EQUIPMENT: 4-6 basketball goals, colored flag football flags (5 flags for each team), (OPTIONAL) jerseys for participants to wear during the game (jerseys need to match the colored flags for each team), object to velcro/place flags behind each goal (can use foldable gymnastic mats and velcro the flags to the mats to provide a visual of the “score” for the participants)

OBJECTIVE: To be the first team to have 5 flags on their scoring mat.

FUEL FITNESS: Make half your daily grains whole grains.
DESCRIPTION:

• Before the game, velcro/place 5 flags underneath a basketball goal on the “home mat.” If this is the “red goal,” there needs to be five red flags on the home mat. At the “blue goal,” there will be 5 blue flags on their home mat.

• Place an additional mat alongside every home mat (there needs to be an additional mat at each goal that does not have any flags on it). This mat will be called the “scoring mat.”

• Instructor chooses 4-6 teams. Once teams are made, each team will then split its participants into an offense and a defense. (Example: during the game the red offense will travel to the other goals and play against a defense from another team. The red defense will stay at the red goal for the duration of the round and play against offenses from the other colored teams).

• Offense: If a team scores on a defense, take one of their flags and return it to their scoring mat. If a mat is unavailable, use a cone or bucket.

• The defense guards their goal and does not let teams score. Once a defender is in possession of the ball (from a steal or rebound), give the ball back to that offense, and they will travel to a different goal rotating clockwise.

• When a team has 5 flags (or desired amount) on their scoring mat, that team wins, and the round is over. Offense and defense switch roles for the next round.

MODIFICATIONS: For younger or less coordinated participants, lower the goal, using lighter balls. In addition, flags can be earned for participants in non-traditional ways, especially for participants with disabilities (Example: if the ball simply hits the backboard on a shot, a flag is captured).
GYM

FLAG TAG

EQUIPMENT: Scarves or flags for each participant

OBJECTIVE: To avoid having scarf pulled.

FUEL FITNESS: Make half your plate fruits and vegetables.
**DESCRIPTION:**

- Each participant receives a scarf.
- Participants play “everyone for themselves.”
- Try to pull off each other’s scarves in allowed area.
- Last participants wearing scarf is “winner.”
- Participants move in space chasing/fleeing/different pathways to avoid having scarf pulled.

**MODIFICATIONS:** Modify by only pulling certain colors, or play rounds of certain colors vs. each other. To allow re-entry of game, student must do an exercise (Example: squats, jumping jacks, lunges, crunches, etc.).
GYM PAC MAN

EQUIPMENT: 3-5 soft nerf balls, jerseys for taggers (4-5)

OBJECTIVE: To avoid being tagged by pac man.

FUEL FITNESS: Eat foods low in saturated fat and containing no trans fat.
DESCRIPTION:

• Divide participants into 2 or 3 teams (about 20 in each team).

• Game set up: lines are in place all over the gym floor with Velcro. They can be straight or diagonal, or use lines on gym floor.

• Instructor chooses 4 or 5 taggers (5 for younger participants) from one team, and taggers wear the jersey and carry a “tagging ball.”

• Participants try to escape the taggers by walking on the lines as quickly as possible.

• When participants get tagged, they will go and jog in place by their team.

• Last 4 or 5 participants left in the game will be the taggers in the next game, unless they have already had a turn.

• Have participants play until each participant has had a turn to be a tagger.
GYM

**SCOOTER SCATTER**

**EQUIPMENT:** Scooters

**OBJECTIVE:** To avoid being tagged by a scooter tagger.

**FUEL FITNESS:** Whole grains help you feel full longer and make your body healthy.

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**GAME LOCKER** by healthpowers™
**DESCRIPTION:**

- Instructor divides participants into 3 teams.
- Instructor chooses 4 taggers.
- Have all participants sit on their bottom on the scooter.
- Participants can go forward or backwards to escape the taggers or to tag someone.
- When participants are tagged, participants will take their scooter to the “parking garage” and jog in place with their team.
- The last 4 participant left in the game will be the taggers in the next game if they have not been a tagger yet.
- Participants play until everyone gets a turn to be a tagger.
- If a participant gets off/falls off their scooter he/she is out!

**MODIFICATIONS:** If scooters aren’t available, have participants crab walk.
**BLOB TAG**

**EQUIPMENT:** One foam noodle (or more if large group)

**OBJECTIVE:** The object of the game is to be the last participant captured by the Blob.

**FUEL FITNESS:** Drinking water is the best thirst quencher.
DESCRIPTION:

• Select 1 or 2 participants to begin the Blob. The rest of the participants will scatter about the playing area.

• On the signal, the future Blob will attempt to tag the other participants. A participant getting tagged must join hands with the Blob and continue developing the Blob.

• These 2 participants must now stay joined and attempt to tag other participants. As more participants get tagged, they must add onto the outside of the Blob.

• Only the end participants of the BLOB can tag others. The Blob can only have two hands available for tagging (one on each end).

• The more participants that get tagged, the larger the Blob grows.

• The Blob must remain connected to tag others.

• The game will start over when all participants have been tagged.
DANISH ROUNDERS

EQUIPMENT: 1 kickball, 4 cones

OBJECTIVE: Be the team to score the most runs.

FUEL FITNESS: Fats from fish and seeds are healthy for your body.
DESCRIPTION:

• Instructor divides participants into two teams.
• Instructor sets up cones to mark 1-3 base and home plate.
• Instructor designates one team to start as kicking team, lining up at home plate. Other team will be scattered in the outfield.
• Have team determine the pitcher.
• The pitcher stands in a designated area directly across from home plate, and rolls the ball to the participant at home plate.
• The participant at home plate kicks the ball, and ball must be kicked forward.
• Once the kicker reaches a base, they are not required to run after each kick. There can be multiple people on base at a time.
• After three outs, switch teams; or switch teams when everyone on kicking team has kicked the ball.
• Three ways to get out: outfield catches a fly ball, being tagged with the ball while off base, or when the ball is given back to the pitcher, and student is off base.
• Play is over when ball is back in hands of pitcher.
ACT IT OUT (SPORTS EDITION)

EQUIPMENT: Stopwatch or timer

OBJECTIVE: Act out the sports skills.

FUEL FITNESS: Drinking water is the best thirst quencher.
DESCRIPTION:

- Call out sports skills for participants to mimic for at least 30 seconds each (Example: Shooting a basketball, running through tires, swimming underwater, shooting a hockey puck, throwing a football, serving a tennis ball, batting a baseball, downhill skiing, shooting an arrow, dribbling a soccer ball, spiking a volleyball, swinging a golf club, fielding a ground ball and throwing it to first base).
EQUIPMENT: Stopwatch or timer

OBJECTIVE: Complete exercises at each station.

FUEL FITNESS: Whole grains help you feel full longer and make your body healthy.
DESCRIPTION:

• Designate 5-8 areas in the classroom as a station.
• Assign an exercise for each station (Example: Jumping jacks, squats, push-ups, shadow boxing, bunny hops etc.).
• Instructor should demonstrate each movement for each station.
• Put the participants into groups (make as many groups as there are stations).
• Have each group pick a station to begin.
• Each group will do the exercise at that station for 1 minute, and then all groups will rotate to the next station clockwise.

MODIFICATIONS: The stations can be sports-themed and utilize different movements from different sports (Example: pretending to shoot a jump shot or doing defensive slides). For younger participants, make sure the movements aren’t too complex.
BEANBAG TAG

EQUIPMENT: Bean bags for each participant

OBJECTIVE: To tag others on their feet (or shoes) with an underhand throw. Avoid being tagged by the bean bag.

FUEL FITNESS: Make half your plate fruits and vegetables.
**DESCRIPTION:**

- Each Participant starts with a beanbag.
- Everyone is “It,” so each participant must try to avoid being hit.
- Once a participant is tagged, the participant must perform 10 jumping jacks, or any designated exercise, before being allowed back into the game.

**MODIFICATIONS:** If a beanbag hits a participant above the ankle, the participant that threw the beanbag can be instructed to do a higher-intensity exercise like 5 burpees or 10 squat jumps.
COURTESY TAG

EQUIPMENT: Flag football belts and flags (enough for each participant), whistle

OBJECTIVE: To pull another participant’s flag without losing your own. This game teaches participants about being kind and courteous.

FUEL FITNESS: Choose vegetables rich in color - brighten your plate with vegetables that are red, orange, or dark green.
DESCRIPTION:

- Instructor blows the whistle for the game to start.
- Each participant moves around the room trying to pull the other participant’s flags.
- If a participant loses a flag, that participant kneels down and waits for another participant to bring him/her a flag.
- A participant can only pull another participant’s flag, if they have one in their hand, after he/she has been courteous and has given it away to someone in need and kneeling.
- The kneeling position is a safe position to put flags back on and to be safe from having a flag pulled.
- A participant can’t kneel for safety if they are not being courteous and putting a flag on another participant’s belt.
- The game ends after the allotted time has passed.

MODIFICATIONS: The “kneel/safety” position can be changed to an actual activity (Example: jumping jacks, squats etc.). Depending on the size of the room, the instructor may want to have everyone speed walk instead of run. For younger participants, the speed walk can be changed to bunny hops or bear crawls to make it even more fun!
TOWER STACK

EQUIPMENT: 2-3 objects per participant from their desk or bag (Example: book, notepad, water bottle)

OBJECTIVE: To build the highest tower using various objects.

FUEL FITNESS: Drink water with and between your meals.
DESCRIPTION:

• Instructor divides participants into 3-5 even teams.

• Have participants make 3-5 lines at one end of the classroom.

• Have a desk at the end for each line of participants.

• Each participant must bring 2-3 objects from their desk or bag with them into their line.

• When the instructor says “GO,” the first participant in the line must speed walk to the desk at the other end of the class, set one of their items down on top of it, and then speed walk back to give a high-five to the next person in line.

• After getting their high-five, the next person goes. When the next person makes it to the end of their line, they must try and stack one of their objects on top of the previous one.

• The game continues until one team has all of their items stacked.

• The first team with all of their items stacked the tallest, one on top of the other, wins.

MODIFICATIONS: For younger participants, consider having only 1-2 items per participant.
BRIDGE BALL

EQUIPMENT: Bouncy balls

OBJECTIVE: Try to hit the ball between other participants’ bridges (formed by their legs), and block balls from coming through their own bridges.

FUEL FITNESS: Fats from fish and seeds are healthy for your body.
DESCRIPTION:

• Have everyone stand in a circle, foot to foot. Their legs should be slightly more than shoulder-width apart, forming a “bridge.” Have everyone get into ready position with their hands on their knees.

• Instruct the first participant with the ball to hit the ball towards another participant in the circle, where the ball hits the ground first and then makes it to the other participant (like in four square).

• Participants may only hit the ball with an open palm. No throwing.

• They may catch the ball if it is head height. Then they must place the ball on the ground, and hit it back into play.

• If a ball goes outside the circle, the participant closest to it when it went out may go and get it.

• If the ball goes between a participant’s legs, he/she gets a letter toward the word bridge. That participant may go get the ball and hit it back in play.

• Participants get a letter in the word “bridge” each time the ball goes through their legs. Once a participant has spelled bridge, the game restarts.

MODIFICATIONS: To make this game more challenging, include more bouncy balls so that participants have to move faster.
**BALLOON VOLLEYBALL**

**EQUIPMENT:** Blown-up balloons (2-10), stopwatch or timer

**OBJECTIVE:** The objective of the game is to keep the balloon in the air for as long as possible.

**FUEL FITNESS:** Make fruit the everyday dessert. Serve baked apples, pears, or enjoy a fruit salad.
**DESCRIPTION:**

- Instructor will blow up a balloon (or several).
- Have participants spread out around the room.
- Instruct participants to hit the balloon to other participants around the room.
- Participants should only hit with an open palm. No throwing the balloon.
- Participants should try to make sure the balloon doesn’t hit the ground.
- The game can go for 5-10 min.

**MODIFICATIONS:** Add in more balloons to make it more challenging. Another variation is to have the participants in a crab walk position and try to kick the balloon.
LARGE ROOM

INDOOR OBSTACLE COURSE

EQUIPMENT: None

OBJECTIVE: To increase physical activity.

FUEL FITNESS: Offer water or fat-free or low-fat milk as beverage choices instead of sugary drinks.
DESCRIPTION:

- Instructor will move tables, chairs, desks etc. around to create an obstacle course. Jump ropes and other modalities can also be used.

- A sample course could include crawling under a desk, doing zig-zag line jumps over a jump rope, stepping over a chair with a bear crawl in between each obstacle.

- Other movements could include crawling under the table, hopping around the chair, skipping across the room, jumping over a book, crabwalking along the wall, or leaping toward the door.

MODIFICATIONS: To make the game more challenging, set a time limit, and encourage participants to finish the course before the time expires.
OUTDOOR OVER-UNDER RELAY

EQUIPMENT: Ball for each team, stopwatch or timer (Optional: use a baton, Frisbee, or any object that can easily be passed)

OBJECTIVE: To get the fastest time through the relay.

FUEL FITNESS: Drinking water is the best thirst quencher.
**DESCRIPTION:**

- Instructor splits the participants into even teams.
- Teams line up in a straight line, one behind the other.
- The participant at the front of each line will start with the ball.
- When the instructor gives the signal to go, the first participant in line passes the ball over their head to the participant behind them.
- The participant receiving the ball will then pass the ball “under” by going through their legs to pass to the participant behind them.
- This over-under pattern continues until the ball reaches the last participant in the line.
- Once the last participant in line has received the ball, they will sprint to the front of the line with the ball and start the sequence of over-under.
- This pattern of the last participant running to the front will continue until the original first participant in line reaches the front again.

**MODIFICATIONS:** For younger participants, the instructor can opt to pass over-head through one full cycle, and then go under the next cycle. Instructor can also have the teams compete with boys vs. girls, or have teams compete and beat previous times.
OUTDOOR SPECIAL DELIVERY

**EQUIPMENT:** Cones (1 per team), hula hoops (1 per team), bean bags, dice or other small objects (at least 5 per group)

**OBJECTIVE:** To be the first delivery truck team to deliver all of the objects.

**FUEL FITNESS:** Whole grains help you feel full longer and make your body healthy.
DESCRIPTION:
- Place cones at starting line and the finish line in gym or on field. Place at least 7 small objects next to each ending cone for that group to use.
- Separate participants into groups of 5 or more (keep groups under 10 if possible). Participants line up behind cones with their group.
- One person gets inside the hula hoop and runs to the opposite side of the gym, picks up 1 item and brings it back to their group.
- The next person in line holds onto the outside of the hula hoop, runs with the first person down to the other side of the gym, and picks up 1 more object to bring back to their starting line.
- The next person holds on to the outside of the hula hoop (so there are 3 people), and they all run down to pick up 1 more item and bring it back to their team.
- Continue until everyone in the line (entire group) is running down to pick up the last item together (optional: have participants sit when they have completed the game).
- If time allows, participants can continue and return all of the items to their original spot, and let one person off each time instead of picking one person up.

MODIFICATIONS: Younger participants can hold hands or link arms instead of using a hula hoop. Also, have participants who are waiting to link with the group jog in place while they wait. For older participants, the group can skip, hop on one leg, or jump the whole way down instead of running down and back each time. The instructor can also call out different commands for the delivery each time.
CAT MOUSE RUN

EQUIPMENT: 4 cones, 4 relay batons

OBJECTIVE: To avoid being tagged by the mouse, and to make it back to your corner without getting tagged.

FUEL FITNESS: Make half your plate fruits and vegetables.
DESCRIPTION:

- Make a large square with the cones.
- Split the class into 4 even teams, and put each team at a corner of the square.
- Have the first participant for each team step to the cone and face the center of the square. Explain that everyone will run to the left, and they are trying to tag the person to their left.
- Instructor says “GO,” and the first participant on each team starts running around the square clockwise, with a baton in-hand.
- The runners are chasing and attempting to tag each other, and if the participant goes completely around the rectangle and does not get tagged, then they hand-off the baton to the next participant in line who then starts to run.
- The sequence continues until one participant is able to catch up to a participant on the other team and tag them. When this happens, the games stops and then begins again with the next runner in line from each team.
- After a participant hands-off the baton to the next person in line, it is important that they go quickly to the end of their line to wait for their next turn.
- The participants waiting in line for their turn should continuously jog in place.

MODIFICATIONS: This game can also be played with just two teams instead of four. The instructor can also include movements other than running.
OUTDOOR FOXES AND RABBITS

EQUIPMENT: None

OBJECTIVE: When a bunny, avoid being tagged by a fox. When a fox, try to tag as many bunnies as possible.

FUEL FITNESS: Choose vegetables rich in color - brighten your plate with vegetables that are red, orange, or dark green.
DESCRIPTION:

- Pick 5 participants to be the foxes (taggers).
- Foxes have to skip to catch the rabbits, and rabbits must bunny hop to get away from the foxes.
- The rabbits get a 10-second head start to get away from foxes.
- The foxes chase after the rabbits and tag them.
- If a rabbit is tagged, he/she turns into a fox and helps catch the other rabbits.
- Play until all rabbits are “caught.”

MODIFICATIONS: The movements that the foxes and rabbits do can be adjusted to make the game easier or harder (Example: Foxes can bear crawl and rabbits can speed walk. Foxes can lunge and rabbits can do squat jumps).
TIC-TAC-TOE RELAY

EQUIPMENT: 9 hula hoops, 3 same-colored t-shirts (may use cones, large blocks, or foam ball), 3 different same colored t-shirts (may use cones, large blocks, or foam ball)

OBJECTIVE: To be the first team to finish the first tic-tac-toe game correctly.

FUEL FITNESS: Drink water with and between your meals.
DESCRIPTION:
• Instructor splits participants into two even teams.
• Before starting, instructor will make a tic-tac-toe board using the hula hoops.
• Put the board at one end of the field, a fair distance away from the teams, and have the two teams stand on the other end.
• The teams will be given a color that corresponds with the t-shirt color. Example: The red team will have 3 red t-shirts in their line.
• The first 3 participants in line for each team will have the t-shirts in hand.
• Participants have to run to the board, and place their t-shirt on the board in the spot they think will get their team 3 in a row that fastest and run back.
• Participants that are waiting their turn should do an exercise that the instructor calls out while they are waiting (Example: squats, jumping jacks etc.).
• If no team has achieved tic-tac-toe after each team has placed their third t-shirt on the board, participants can move one of their team’s shirts and place it in a different spot on the board.
• The first team with tic-tac-toe wins.

MODIFICATIONS: For younger participants, the instructor can designate the column that the perspective team will place their team shirt in instead of having them use strategy on the board. Another variation for all participants is to have them do a lunge or bear crawl (or any exercise) to the board and back.
CAPTURE THE FOOTBALL

EQUIPMENT: 2 hula hoops, 2 footballs, flags or jerseys (enough for each team to have their own color)

OBJECTIVE: To try to get down the field and score a touchdown without getting your flag pulled.

FUEL FITNESS: Fats from fish and seeds are healthy for your body.
DESCRIPTION:
• Instructor divides the participants into two equal teams.
• Designate a playing area by using the cones, and designate the dividing line for the two teams.
• Each team starts on their half of the playing area.
• A football is placed inside of a hula hoop on each team’s side. The hula hoop should never be moved.
• When participants are on their half, they are “safe,” and cannot have their flags pulled or be tagged.
• When participants go into the other teams half, they can be have their flags pulled or be tagged.
• Tagged participants must return to their end zone before coming back into the game.
• Participants attempt to steal the ball from the other team’s side and bring it back to their half.
• The ball can get to the other side by a participant running it to the other side, or they can pass to another teammate.
• The ball is in-play until a pass is dropped, knocked down, goes out of bounds, or the participant with the ball is tagged.
• If any of these occur, the football will be placed back in its original hula hoop.
• When a participant gets the ball over the half, that will result in one point for that team.
• Blocking, tackling or pushing is not allowed.

MODIFICATIONS: For older participants, you can add extra footballs. A “jail” area for tagged participants can also be included in an area in the other teams half, and one of their team members must tag them in order to free them. The rescuer and the teammate will get a free walk back to their half. Also, use different sized foot balls depending on your group. For younger groups, designate a tag-free zone on the other team’s half.
TREES

EQUIPMENT: 4 cones

OBJECTIVE: To avoid becoming a tree, and to make it to the other side of the gym.

FUEL FITNESS:
Make fruit the everyday dessert. Serve baked apples, pears, or enjoy a fruit salad.
DESCRIPTION:

• Use cones to designate play area. Determine one end of the play area as the start and one end as the finish or “safe zone.”

• One participant is designated as the tagger and stands in the middle of the designated playing area.

• The other participants line up along the edge of the start area across from the “safe zone.”

• When the designated tagger yells out “trees,” the participants run to the other side, and the tagger tries to tag as many as possible.

• Once a participant makes it to the other end, that participant is safe from being tagged.

• If tagged, a participant becomes a tree (and a tag helper), and must stand exactly at the spot where tagged.

• A tree cannot run, but can tag others who run by close enough.

• The game continues until all participants have become trees.

MODIFICATIONS: Incorporate more taggers for a more challenging and faster-paced game.
GET ACTIVE KICKBALL

EQUIPMENT: Bases and kickball
(optional equipment may include jump rope, foam ball etc.)

OBJECTIVE: Work with the team to score points and make it to each base without getting tagged.

FUEL FITNESS: Offer water or fat-free or low-fat milk as beverage choices instead of sugary drinks.
**DESCRIPTION:**

- Instructor splits participants into 2 even teams. Designate one as the kicking team and one as the outfield team.
- Have the outfield team designate the pitcher.
- The pitcher rolls the ball to the kicker.
- The kicker kicks the ball and performs an activity at each base before moving to the next base and eventually running home (Example: jump rope 10 times at 1st base, toss and catch a ball 10 times at 2nd base, 5 push-ups at 3rd base).
- The fielding team gets the ball and passes it to the first-base participant.
- That participant must complete the activity at first base before passing the ball to the 2nd base participant.
- This continues until the ball reaches home base. The runner scores a point if he/she successfully makes it home before the fielding team.

**MODIFICATIONS:** Choose activities at each base that the entire fielding team and kicking team has to complete together as the ball is passed from 1st to 2nd to 3rd and home plate to keep all participants active.
BULLDOZERS AND BUILDERS

EQUIPMENT: Lots of cones (at least 10 for every 20 participants), stopwatch or timer

OBJECTIVE: To support the team by either knocking down the cones or picking up the cones.

FUEL FITNESS: Fats from fish and seeds are healthy for your body.
**DESCRIPTION:**

- Place a bunch of cones all around the gym area.
- Split your participants into two even teams.
- Assign one of the teams as the “bulldozers,” and assign one of the teams as the “builders.”
- Tell the bulldozers that they are responsible for knocking down the cones with their hands.
- Tell the builders that they are responsible for picking up the cones with their hands.
- Time the games (about 2 minutes each). Count the cones and see how many cones are knocked down and how many cones are picked up.
- Give a point to the “winning” team (who has the most).

**MODIFICATIONS:** Switch the bulldozers and builders. Let participants have a chance on both teams. Change the name to “cleaners” and “messiers” for younger participants. Instructor can add in different movements to do during the game.
KICKBALL RELAY

EQUIPMENT: Kickball, cones (enough for each participant in the outfield to have their own), bases

OBJECTIVE: Kicking team: to circle all bases before the ball reaches the pitcher; Outfield team: to get the ball to every participant in the outfield before the kicking team reaches home.

FUEL FITNESS: Choose vegetables rich in color - brighten your plate with vegetables that are red, orange, or dark green.
DESCRIPTION:

• Divide participants into even teams, and determine who will be the kicking team first.
• Place cones in various areas in the outfield to cover the span of the outfield. Designate a pitcher (optional, the instructor can be the all-time pitcher).
• Assign non-kicking team participants to a cone, and make sure they understand that it is vital for them to stay at their cone.
• Have the kicking team line up at home plate. The entire kicking team should be in line behind the kicker.
• Pitcher rolls the ball to the kicker, and kicker will kick the ball into the outfield.
• The kicker and the kicking team in line behind the kicker must all run to each base. Participants should stay in line and continue running until they reach home plate.
• The outfield participants must retrieve the ball and pass it to another person in the outfield. The ball has to be passed to every person in the outfield before it gets back to the pitcher.
• Once the ball is passed to all participants in the outfield and makes it back to the pitcher before the kicking team makes it around all of the bases, then that is an out. Catching a ball is not an out. Throwing the ball and hitting someone is not an out.
• If the outfield gets an out, the entire kicking team must do a designated exercise. If the kicking team makes it around all of the bases and scores, the outfield team has to do the designated exercise. Switch after 2-3 rounds.

MODIFICATIONS: For younger participants, have them roll the ball in the outfield to pass to each participant.
OUTDOOR

OVER-UNDER KICKBALL

EQUIPMENT: Kickball, 4 bases or 2 bases

OBJECTIVE: Kicking team: go to the first base and back to home plate as many times as possible; Outfield team: to retrieve the ball and go through passing it over and under to stop the kicking team from scoring.

FUEL FITNESS: Make half your daily grains whole grains.
**DESCRIPTION:**

- Set up the bases like a traditional kickball field if using 4 bases (including home plate). If using 2 bases, set up the home plate and put the second base in a straight line across from home plate.
- Split the participants into two teams, and designate one team as the outfield team and one team as the kicking team (If the class number is big, you could opt to have two games going).
- When the ball is pitched, the first player kicks the ball and runs the bases.
- The runner goes continuously, trying to get around the bases as many times as possible. If you are using two bases, the player runs back and forth as many times as possible.
- The fielders retrieve the ball. Once a fielder gets the ball, his/her teammates run as quickly as possible to line up in single file behind her/him.
- The ball is then handed over the participant’s head to the next person in line (over).
- The second person hands the ball under his/her legs to the next person, who hands the ball over her/his head again.
- The participants pass the ball over and under until the last person in line has possession of the ball and yells, “Stop!”
- At this point, the runner freezes where she/he is, and announces how many times she/he made it around to home plate. One point is given for each time she/he has touched home plate.
- Everyone kicks through the order once, and then the teams switch sides.

**MODIFICATIONS:** Runners can go around bases as a team. After fielding participants pass the ball, have the last person run to front of the line to go through the Over-Under line twice.
OUTDOOR OCTOPUS DODGEBALL

EQUIPMENT: 6-8 soft balls

OBJECTIVE: Avoid being tagged by the ball or the person sitting as an octopus while trying to eliminate others.

FUEL FITNESS: Make half your plate fruits and vegetables.
DESCRIPTION:

- Start the game by designating a start area around the gym for each player to stand.
- Place the balls in various places around the gym.
- Once the instructor signals for the game to start, participants can run and get a ball.
- Participants can eliminate each other in a number of different ways: 1) Tagging others with the ball hitting below the waist. 2) Catching a ball that is thrown at them without a bounce.
- Participants who are out simply sit down wherever they were tagged. They are able to rejoin the game and eliminate others either by tagging them as they run by, or by getting their hands on a ball and throwing it at and hitting a player who is still standing.
- This game can go until the last person is standing or until the instructor yells “Everybody up!” to start a new game.
**ACT IT OUT**

**EQUIPMENT:** Stopwatch or timer

**OBJECTIVE:** Act out the sentence that is read.

**FUEL FITNESS:** Drinking water is the best thirst quencher.
DESCRIPTION:

• Have participants spread out. Make sure that they have enough room to stretch their arms without touching the next person.

• Read sentences or scenarios and have participants act out each sentence for 30 seconds. Examples: Jog in place as if a big scary dinosaur is chasing you. Walk forward as if you’re walking through quicksand. Jump in place as if you are popcorn popping. You are in the layup line warming up for a basketball game. Move your feet on the floor as if you are ice skating. Shake your body as if you are a wet dog. You are a detective searching for clues in the jungle.

MODIFICATIONS: Use age-appropriate movements based on your audience.
CAPTURE THE CHEESE

EQUIPMENT: Bean bag (optional: music)

OBJECTIVE: To get as much cheese (bean bags) out of the mouse trap as possible without being caught.

FUEL FITNESS: Whole grains help you feel full longer and make your body healthy.
DESCRIPTION:

- Designate 5-8 participants to be the mouse trap. Have them stand in a circle while holding hands.
- Place all bean bags in the middle of the circle (the more bean bags, the better).
- If playing with music, start the music, and have the participants making the circle raise their arms. If not playing with music, give the command to start, and have the circle raise their arms.
- The other participants will run in and out of the circle getting one bean bag at a time. Participants are not allowed to have more than one bean bag in their hand at a time. Have each participant designate a place to keep their individual bean bags.
- The participants can go in and out as often as they can and get as much cheese as they can before the music stops, or the instructor yells “Trap!”
- Once the music stops or “Trap!” is called, the participants forming the circle will drop their arms to close the trap.
- Any participants caught inside of the trap must return their bean bags to the center and join the circle to make the trap bigger.
- This continues until all of the cheese is gone, or until all participants have been trapped.

MODIFICATIONS: To make the game more challenging, participants forming the trap can bring the arms up and down the entire time in a predictable rhythm.
EQUIPMENT: None

OBJECTIVE: Use whatever you have that can be thrown and not hurt anyone (balls, wads of paper, sock balls, rubber chickens, koosh balls, etc.), and try not to have any garbage on your side.

FUEL FITNESS: Make half your plate fruits and vegetables.
DESCRIPTION:

• Have two equal teams with a center line.

• Each team starts with the same amount of items.

• At the signal, each team throws whatever it can get their hands on from their side of the line to the other side.

• Participants continue to throw until the signal to stop (or if music is used when you play and the music stops).

• The winning team is the side with the least amount of garbage on its side.

• To play more rounds, divide the garbage evenly again and continue. Keep score of whoever has the most wins!

• Have both teams pick up garbage, but the losing team has to do what the winning team directs (accomplish a certain amount of push-ups, sit-ups, etc.).
FOLLOW THE LEADER

EQUIPMENT: Stopwatch or timer

OBJECTIVE: To follow whatever the leader does without giving away who the leader is.

FUEL FITNESS: Choose vegetables rich in color - brighten your plate with vegetables that are red, orange, or dark green.
DESCRIPTION:

• All participants except one are in a circle; one participant in the middle. The middle participant closes his/her eyes (or leaves the room), and the rest of the group quietly chooses a leader.

• The middle participant opens their eyes and tries to guess the leader by actions.

• The entire group follows the leader, in everything he/she does.

• As soon as the middle participant discovers who the leader is (or after 1 minute), the game restarts with a new person in the middle.

• The leader should be encouraged to be sly when changing each movement. This only works if movements are clear, not too fast, and if the group follows the leader as fast and as precisely as possible.
**EQUIPMENT:** Stopwatch or timer

**OBJECTIVE:** Complete the movements for the allotted time without stopping.

**FUEL FITNESS:** Drink water with and between your meals.
DESCRIPTION:

- Have all of the participants spread out around the classroom with enough space between each participant to do the movements without a collision.
- Explain that all movements are done in-place.
- Instructor says “GO,” and the participants start jogging in place for 30 seconds. The instructor says “STOP,” and the participants will have 30 seconds to rest and recover.
- Next, the instructor says “GO,” and the participants start jogging in place for 40 seconds. The instructor says “STOP,” and the participants will have 20 seconds to rest and recover.
- Then, the instructor says “GO,” and the participants start jogging in place for 50 seconds. The instructor says “STOP,” and the participants will have 10 seconds to rest and recover.
- Then, the instructor says “GO,” and the participants jog in place for an entire minute. The instructor says “STOP,” and the participants will have a minute to rest and recover.
- Repeat as desired, if time allows.

MODIFICATIONS: The movement can be changed to increase or decrease intensity (Example: As a warm up, participants can do windmills, torso twists or arm swings for a decreased intensity activity). To increase intensity, change the movement to jumping jacks, squat jumps or ski jumps.
SMALL ROOM  CHAIR ACTION

EQUIPMENT: Music (optional)

OBJECTIVE: Mimic the actions being called out by the instructor.

FUEL FITNESS: Fats from fish and seeds are healthy for your body.
DESCRIPTION:

• Have the participants sit on the edge of their chairs while keeping their backs straight.
• Play music with a strong beat (optional), and have the participants do the following actions:
  • Rock Climbing- participants will reach their arms up while alternating, and lifting their knees while alternating like climbing the side of a mountain.
  • Swimming- Have participants lean back and swing their arms backwards to look like a back stroke. Also have them put their legs straight out and flutter kick.
  • Cycling- Participants hold on to the seat of their chairs and move their legs like they are pedaling a bicycle.
  • Paddling- Participants use an imaginary paddle to paddle a canoe. Make sure they paddle on both sides of the canoe.

MODIFICATIONS: Instructor can come up with other actions to challenge the participants.
CHARADES RELAY

**EQUIPMENT:** Paper, 2 baskets (or any kind of container to hold pieces of paper)

**OBJECTIVE:** To correctly guess the movements being acted out.

**FUEL FITNESS:** Make fruit the everyday dessert. Serve baked apples, pears, or enjoy a fruit salad.
DESCRIPTION:

• Instructor writes down random activities on 20 or more pieces of small paper (the number will depend on the size of the group). It can be anything from shoveling dirt, driving a car, mowing the lawn, etc.

• Instructor splits the stack of paper, and places 10 pieces in each basket (2). Place each basket in a chair or on a table.

• After the game is set up, instructor assigns teams.

• While beginning in a single line, the first person will race to the table and grab a piece of paper out of the basket. They will proceed to act out what is on the paper.

• Once their team members guess the correct answer, the team member places the paper outside of the container and goes to the back of the line, and the next person in line proceeds with fetching a piece of paper out of the basket.

• This process continues until one team correctly identifies all activities.

MODIFICATIONS: For younger participants, the instructor can whisper to the participant what the activity is. Make sure the activities are age appropriate. One variation for increased fitness is to make all of the activities on the paper exercises that the participant has to do/act out.
TIC-TAC-TOE RELAY

EQUIPMENT: Board or large sheet of paper, markers

OBJECTIVE: Be the first team to get tic-tac-toe.

FUEL FITNESS: Offer water or fat-free or low-fat milk as beverage choices instead of sugary drinks.
**DESCRIPTION:**

- Split participants into two even teams.
- Before starting, you need to make a tic-tac-toe board. You can use a pad of paper for a board if a white board isn’t present.
- Put the board at one end of the room and have the two teams stand on the other end.
- One team is Xs and the other is Os.
- Team members have to run to the board, pick up their marker, and mark an “X” or an “O” on the board and run back.
- Participants that are waiting their turn should do an exercise that the instructor calls out while they are waiting (Example: squats, jumping jacks etc.).
- Teams are only allowed to have 3 Xs or 3 Os on the board at a time. If they’ve reached the three-letter limit and no team has achieved tic-tac-toe, participants can erase a letter and place it in a different spot on the board.
- The first team with tic-tac-toe wins.

**MODIFICATIONS:** For younger participants, the instructor can designate the column that the perspective team will write in instead of having them use strategy on the board. Another variation for all participants is to have them do a lunge or bear crawl (or any exercise) to the board and back.
ACTIVITY WAVE

EQUIPMENT: None

OBJECTIVE: The participants are trying to do the activities in a wave-like succession.

FUEL FITNESS: Fats from fish and seeds are healthy for your body.
DESCRIPTION:

• Have the entire group form a large circle by holding hands.

• When a circle has been created, have participants drop hands.

• Designate one participant to be the starting position.

• On the signal to start, the participants go into the down position of the activity, one after the other, in a “wave” order.

• When the “wave” comes around again, the participants will return to the original start position of the activity in a wave order.

• Activities that can be used: push-ups, squats, lunges, etc.

• Challenge the participants to go as quickly as they can with good form.
**SHADOW ACTION**

**EQUIPMENT:** Stopwatch or timer

**OBJECTIVE:** To react to the person’s movements in front of you.

**FUEL FITNESS:** Choose vegetables rich in color - brighten your plate with vegetables that are red, orange, or dark green.
DESCRIPTION:

- Instructor groups all participants in pairs.
- Have each person in the pair face each other.
- Designate the first person to be the initiator of the movement.
- The other participant in the pair should respond to whatever movements the initiator makes (Example: The initiator jumps, the other participant jumps also).
- Continue for 1 minute and then switch. This rotation can continue for 5-10 minutes.

MODIFICATIONS: This game can be played with themes like sports or animals. If playing a sports theme, consider having the other participant in the group play defense instead of doing the exact movement the initiator is doing.
GET UP, STAND UP

EQUIPMENT: None

OBJECTIVE: To encourage teamwork to stand up from the floor, only using the help of your partner.

FUEL FITNESS: Make half your daily grains whole grains.
DESCRIPTION:

• Have your group get into pairs.

• The pairs will sit on the floor, back pressed to back and arms interlocked.

• They must stand up without using their hands.

• After a pair stands up, have them find another pair, and all 4 must sit down and stand up.

• Continue until the entire group is together, and have everyone try to stand up. This is a good game to promote friendliness and is fun when you have an exceptionally large group.
JUMP THE RIVER

**EQUIPMENT:** 2 jump ropes

**OBJECTIVE:** To jump over the river.

**FUEL FITNESS:** Make half your plate fruits and vegetables.
DESCRIPTION:
• Lay out 2 jump ropes parallel to each other to represent the river.
• Participants take turns jumping the river.
• After each person has had a chance, widen the river.
• If the person doesn’t clear the river with their jump, have them complete an exercise and try again.
• Continue widening the river until participants can no longer make the jump.
• Make sure to emphasize proper jumping and landing mechanics.
ACTIVE ROCK PAPER SCISSORS

EQUIPMENT: None

OBJECTIVE: To play the traditional “rock-paper-scissors” with an increased amount of physical activity.

FUEL FITNESS: Eat foods low in saturated fat and containing no trans fat.
DESCRIPTION:

- Instructor puts participants in groups of two.
- Each participant faces his/her group member.
- Each participant will jump three times while saying “rock, paper, scissors.”
- After the third jump decide whether they are “rock,” “paper,” or “scissors.”
- Rock - Participants will jump into a ball where hands will be on their knees. Paper - Participants will jump and stand straight with arms down by their side. Scissors - Participants will jump into a lunge position with their arms out to the side.
- Rock beats scissors, paper beats rock, scissors beats paper.
- If participants do the same move, they will play until there is a winner.
- The winner will then find another winner from a different team and play him/her.
- When a person loses, have them find someone else that lost and play against him/her.
**EQUIPMENT:** Hula hoop (1 or more)

**OBJECTIVE:** To move the hula hoop around the circle without breaking the link.

**FUEL FITNESS:** Whole grains help you feel full longer and make your body healthy.
**DESCRIPTION:**

- Instruct the participants to form a large circle by linking together holding hands.
- Give the hula hoop to one of the participants. Have the hula hoop start on one arm.
- That participant will then try to move the hula hoop from his/her arm over to the next participant without letting go of their hand.
- The participants have to figure out ways to maneuver the hula hoop across their body to get to the next participant.
- The game is completed once the hula hoop ends where it started.

**MODIFICATIONS:** Instructor can add another hula hoop or change the direction.