

Red Light, Green Light (Warm-Up)

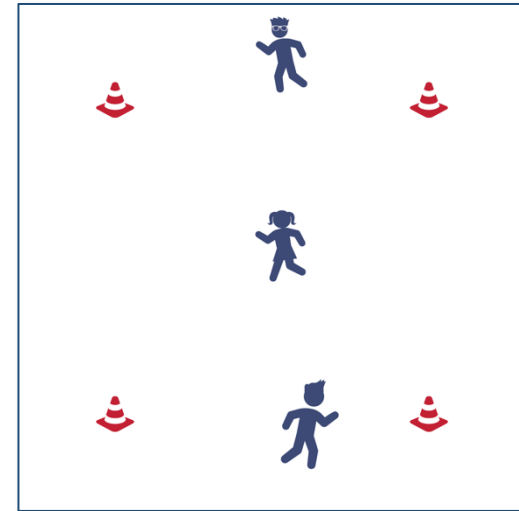
Stuff You Need: Nothing

Players: 2 or more players. 1 player on one end of a field, the others on the other end.

The Object of the Game: Move during green lights. Stop during red lights.

How to Play:

1. Decide who will be the leader first.
2. The leader says, "Red Light," and, "Green Light."
3. On, "Green Light!" participants can move forward.
4. On, "Red Light!" participants must freeze. If you move during a red light, you must return to the starting line.



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Collecting Colors

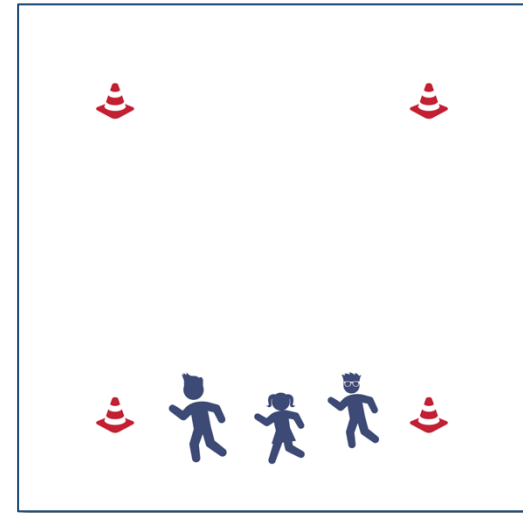
Stuff You Need: 6-colored low-profile cones or spot markers.

Players: Any number of players.

The Object of the Game: Run laps. When a color is called, move and touch 1 cone or spot that matches the color, then return to running laps.

How to Play:

1. Decide who will be the leader first.
2. All runners are running laps at a jogging pace.
3. The leader calls out a color that matches one of the colors of the cones or spots.
4. When the color is called, all runners run to a spot and touch it with a foot, then return to jogging laps.
5. Change roles every 2 or 3 minutes.



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Simon Says (Cool-Down)

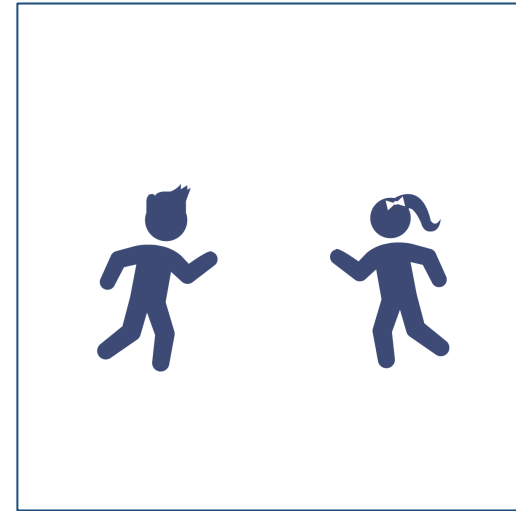
Stuff You Need: Nothing

Players: 2 or more players

The Object of the Game: Follow instructions only when “Simon Says.”

How to Play:

1. Decide who is the leader first (Simon or Simone).
2. Give cool-down/stretching instructions. If the instruction begins with “Simone says...” then all players complete the exercise. If not, then players do not complete the exercise.
3. Exercise examples:
 - a. 10 jumping jacks
 - b. Reach to the sky
 - c. Five squats
 - d. Touch 4 walls
 - e. Fly like a bird



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Red Star Fish, Blue Fish (Warm-Up)

Stuff You Need: Music and a music player.

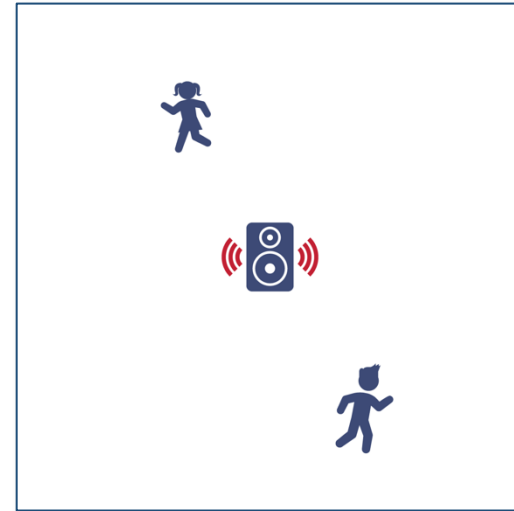
Players: 2 or more players.

The Object of the Game:

- Complete the correct movement when a red star fish or blue fish is called.

How to Play:

1. Decide who will be the leader first.
2. The leader stops the music and calls out a fish.
3. When the music is on, move in open space.
4. When the music stops listen for the fish name.
5. If you hear, “Red Star Fish!” do 10 star jumps.
6. If you hear, “Blue Fish!” do 5 tuck-jumps.



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Letter Scatter

Stuff You Need: Sidewalk Chalk or Letter Cards.
Write the letters of the alphabet, scattered, with sidewalk chalk.

Players: 2 or more players

The Object of the Game: To move to the correct letter and complete 3 jumping jacks.

How to Play:

1. Decide who will be the leader first.
2. The leader slowly calls out words that start with different letters.
3. Players will jog to the correct letter (that starts the word called) and completes 3 jumping jacks.
4. When the jumping jacks are complete the leader will call a new word.



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Head and Shoulders

Stuff You Need: Nothing

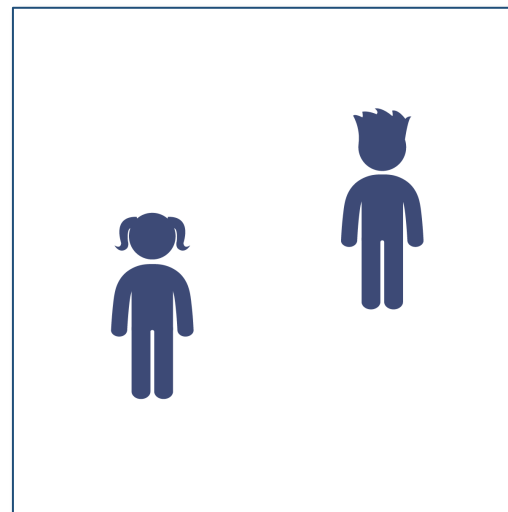
Players: Any number of players.

The Object of the Game:

- Play head-shoulders-knees-and-toes faster and faster.

How to Play:

1. Leader slowly says the words to “Head, Shoulders, Knees and Toes” and demonstrates the actions:
2. Head, shoulders, knees and toes. Knees and toes.
3. Head, shoulders, knees and toes. Knees and toes.
4. Eyes and ears and mouth and nose.
5. Head, shoulders, knees and toes. Knees and toes.
6. Leader can speed up or slow at any time during the song. Change leaders.



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