

Foot Fire (Warm-Up)

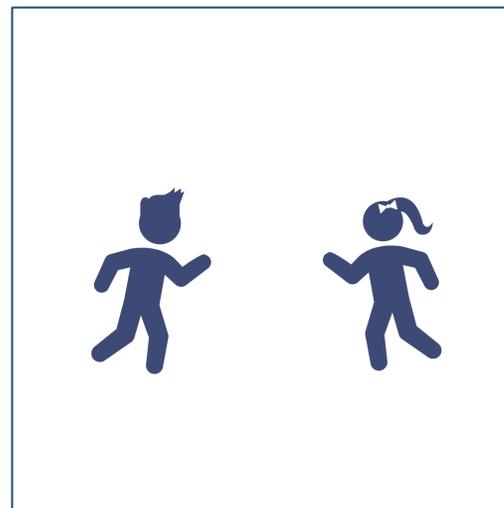
Stuff You Need: Nothing

Players: 2 or more players

The Object of the Game: Move your feet slower or faster depending on the “temperature” of the fire.

How to Play:

1. Decide who will be the leader first and who will run in pace first.
2. The leader starts with the “temperature” cold. Then slowly increases the temperature by saying, “Warmer, warmer, hotter, hotter, FOOT FIRE!”
3. The runner starts running slowly and gets faster as the temperature gets warmer and hotter.
4. On, “FOOT FIRE!” the runner will run in place as fast as possible.
5. After 2 or 3 minutes, switch roles.



OPEN[®] at HOME



Buzzy Bees

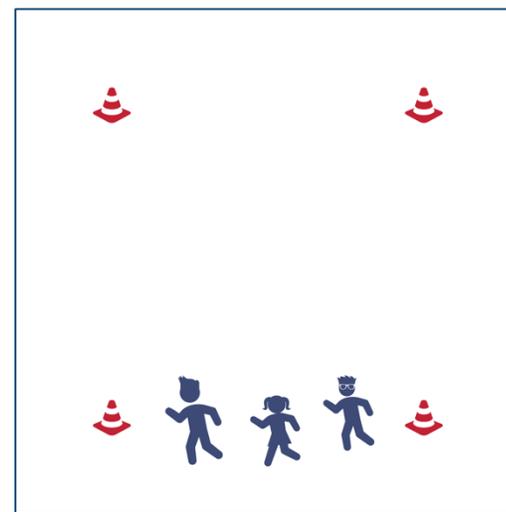
Stuff You Need: Nothing

Players: Any number of players.

The Object of the Game: Count down from 80 to 0 as the group runs the running loop.

How to Play:

1. Start running and slowly count down from 80 as the group runs. Everyone is a Buzzy Bee.
2. Every time you come across a number with 7 in it (77, 67, 27, 17...) everyone yells out, "BUZZ!"
3. Runners can count together all at once, or they can take turns and each say a number.



OPEN[®] at HOME



MIRRORS (Cool-Down)

Stuff You Need:

- Nothing

Players:

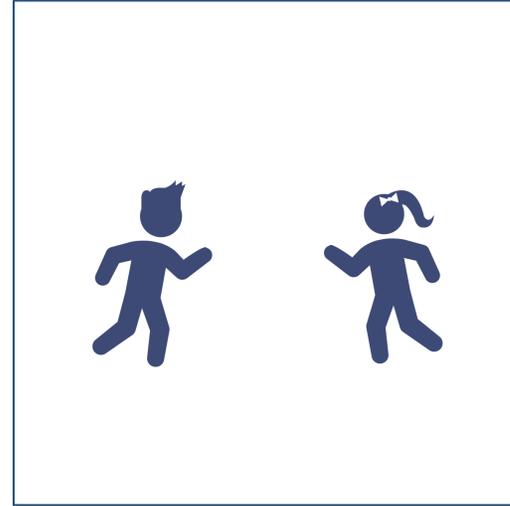
- 2 or more players

The Object of the Game:

- To follow your partners moves exactly as if you're a reflection in the mirror.

How to Play:

1. Stand facing our partner. Decide who will be the leader first.
2. The leader will complete simple and safe stretches and movements.
3. The other player will follow the movements of the leader. After 3 minutes, change roles.
4. Sample stretches: slow head tilt, shoulder shrugs, reach for toes, stretch arms overhead.



OPEN[®] at HOME



RPS Body Language (Warm-Up)

Stuff You Need: Nothing

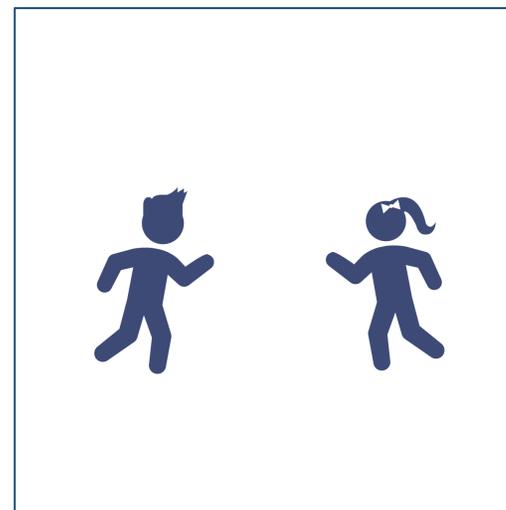
Players: 2 or more players.

The Object of the Game:

- Win as many games of Rock, Paper, Scissors as you can in 5 minutes.

How to Play:

1. Play Rock, Paper, Scissors using “Body Language.”
2. Face your partner, jump 3 times, and choose:
 - a. Rock – Squat and curl up in a ball.
 - b. Paper – Stretch out arms and legs.
 - c. Scissors – Cross arms and legs.
3. Play best 2 out of 3 and then get a new partner if there is one available. Or, start over again. Can you create your own body language moves?



OPEN[®] at HOME



1-2-3-4 Run the Park

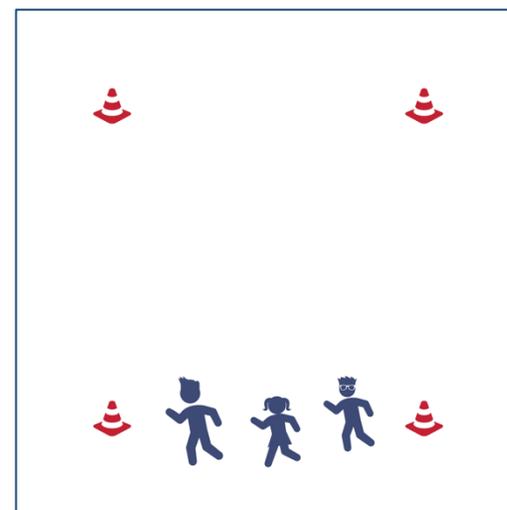
Stuff You Need: 4 cones to create a square running course.

Players: Any number of players.

The Object of the Game: Complete the 1-2-3-4 interval pattern.

How to Play:

1. Begin running the square.
2. Jog 3 sides and sprint 1 side.
3. Then, jog 2 sides and sprint 2 sides.
4. Then jog 1 side and sprint 3 sides.
5. Then sprint or race walk all 4 sides.
6. •Repeat.



OPEN[®] at HOME



Body Geometer (Cool-Down)

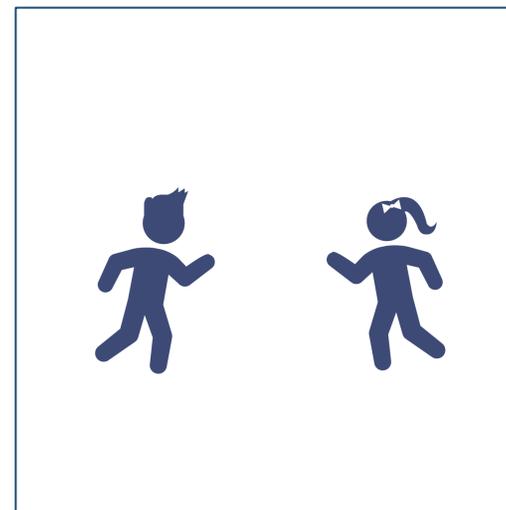
Stuff You Need: Nothing

Players: Any number of players.

The Object of the Game: Draw shapes in the air with your arms and feet.

How to Play:

1. Big arm circles.
 - a. Extend arms out like a “T”.
 - b. Rotate both arms forward in a circle.
 - c. Rotate both arms backwards in a circle.
2. Foot shapes
 - a. Draw a triangle with your left foot, then right.
 - b. Draw a square with your left foot, then right.
 - c. Draw a circle with your left foot, then your right.
3. Draw shapes with feet and add in arm shapes.
 - a. Draw a triangle with your left foot, and your left hand.
 - b. Draw a circle with your left foot, and your right hand.



OPEN[®] at HOME

