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Winning Wellness Cards

GameDay

GameDay

TOSS 3

Set-Up:

- Create a large activity space using 4 cones to mark boundaries.
- Create pairs of students.
- Scatter pairs of students throughout activity area. Each pair with a ball.

How to Play:

- It's Game Day! This Physical Health activity is called Toss 3. We are going to focus on creating open space while tossing and catching with a partner.
- The object of Toss 3 is to work with as many different classmates as you can while the music is playing. When the music starts, the partner with the ball will begin with a toss. Each pair will make 3 tosses. The partner who now has the ball will travel and find a new partner who does not have a ball.
- You continue to find a new partner after each set of 3 passes.
- We are now going to play Toss 3 using some other skills. For the next few rounds, instead of tossing and catching we will move the ball to our partner using other sport skills.
 - Use Soccer passes. Can be continuous passes or you can trap the ball before passing it back.
 - Use Volleyball forearm passes (bump). Can be continuous bumps or you can catch the ball before passing it back.
- You will continue to find a new partner after 3 passes or bumps.
- When the music stops be ready for the next set of instructions.

Physical Health Game-Day Fact:

- Everyone has something to teach you if you're open to learning. What does it mean to be coachable? There are four keys to unlocking coachability: 1) Listen when someone is helping you; 2) The people helping you want what's best for you and want you to succeed; 3) Do not make excuses; and 4) Ask questions and be curious. Be coachable and use it as your superpower!



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SWITCH

Set-Up:

- Create 1 activity area per 12 students with a target in the center of each area.
- Use spot markers to create a shooting circle 6-8 feet from target. This delineates the offensive area (outside of the spots) and the defensive area (inside the spots).
- Create teams of 6 students. One team begins inside the spots on offense and one team begins outside the spots on defense.
- One team will begin with pinnies or colored wristbands to identify their team.

How to Play:

- It's Game Day! This Physical Health activity is called Switch. The object of the game is for the offense to score a goal. Three passes must be made before a shot is taken at the target.
- When a goal is scored or an interception is made (defense gains possession), players yell "SWITCH!" On this signal, teams switch positions; offense becomes defense and defense becomes offense. But remember, play doesn't stop while players rotate in/out so you will need to move quickly and be ready!
- Defensive teams must stay inside the spot markers but may move throughout the defensive area. Offense must stay outside spot markers but may move throughout the offensive area. If a player breaks this rule 3 times, she/he must sit out for 1 minute while the other team has a Power Play.
- Continue play until you hear the stop signal.

Physical Health Game-Day Fact:

- Sometimes you face a challenge that will require more than what you can give – mentally, emotionally, and/or physically. Appreciative humility unlocks the help you need and allows you to grow and expand through the support of others. Remember, it's okay to ask for help! So, when you find an activity or task challenging, don't let your ego prevent you from opening yourself up to incredible support, help, and encouragement from others.



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SERVES UP

Set-Up:

- Use 4 cones to set up a boundary area for each group.
- Place a volleyball net (or a line on the floor, jump rope on the ground, etc.) in the center of each group's activity space.
- Create groups of 4 players. 1 player begins with the ball on one side of net, and other 3 students begin on the opposite side of the net facing the student with the ball.

How to Play:

- It's Game Day! This Physical Health activity is called *Serves Up*. The object of the game is to communicate effectively with your teammates to score points against the server.
- On the start signal, the server will call out "Serves Up!" and then underhand serve the ball over the net. The 3 teammates on the other side of the net must work together to complete the pattern of bump, set, catch. *Teacher note: you can also allow the pattern of set, bump, catch.*
- If the 3 teammates successfully complete the pattern, they receive 1 point. If they do not complete the pattern (e.g., ball hits the ground, same person hits it twice, etc.) the server gets the point. If the serve does not stay inside the boundaries, nobody receives a point. The server gets 3 serve attempts, and then the group rotates in a new server.
- Continue to rotate in a new server after 3 attempts until you hear the stop signal. Then we will see who has the most points from each group!

Physical Health Game-Day Fact:

- We all want to be successful, and we want the people that we care about to be successful too. We know that grit is an important characteristic and we want to prove to the world that we have it. There is grit inside every person, but we all need reminders sometimes that we have what it takes. Find small ways to create positive surroundings for yourself and others, and purposefully place positive things into the spaces where we live and play.



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UPSIDE DOWN

Set-Up:

- Use large cones to create start and finish lines 20 meters apart.
- Place the dice at each starting cone and 6 low-profile cones at each finish cone. Number each low-profile cone 1 through 6, going from left to right.
- Create teams of 2–4 players, each team at a starting cone.

How to Play:

- It's Game Day! This Physical Health activity is called *Upside Down*. The object of the game is to get all of your team's cones upside down.
- On the start signal, the first person in line rolls the die and then runs down to flip the cone that corresponds to the number rolled.
- As soon as that player returns to the line, the next player rolls the die and runs down to flip the appropriate cone.
- If a number is rolled again, corresponding cones are flipped back right-side up.
- Play the game until one team gets all cones upside down, or time runs out (teacher will set an appropriate amount of time).

Physical Health Game-Day Fact:

- Effort is the physical and/or mental work that a person gives to a goal. The amount of effort given is a choice and there are no shortcuts to success! Choosing to do the work is a choice toward making progress. Making physical activity a priority and making the choice to be healthy and active has benefits that will last for a lifetime.



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CAPTURE THE CORNER

Set-Up:

- Create a large area with 4 goals in the corners with space to move around each goal.
- Create teams of 2 – each pair with a foam ball. Assign 4 pairs as goalies (1 per goal). Goalies don't start with a foam ball. All other teams are scattered in the activity area.

How to Play:

- This game is *Capture the Corner*. The object is to work with your teammate to score a goal and become the goalies for that goal (aka, capture the corner).
- On the signal, the game begins with Ultimate Disc passing rules – you cannot run with the ball, only pivot and pass. The partner without the ball can advance toward a goal.
- You can take 1 shot at a goal. If you make it, you switch with the goalies (they take your ball). If you miss, pick up your ball and move toward a different goal.
- It's okay for more than 1 offensive team to attack a single goal at the same time. The first ball to hit the goal is the one that scores. (Was it a tie? Play rock, paper, scissors!)

Mental Health Game-Day Fact:

- Being a part of a team can be great for your mental health (any team – not just sports). Being a teammate gives a sense of belonging with common goals and interests. Feeling like we belong helps boost self-esteem and confidence and allows us to feel valued. So, how can you be a great teammate? I'm glad you asked! One simple way is by showing support and encouragement. This might mean cheering after a good play, or offering words of support when someone is feeling down or is struggling. Genuinely care about and support your teammates. Everyone's mental health will benefit!



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OVER THERE – SHARK ATTACK STYLE

Set-Up:

- Create 2 teams. Players on each team have a partner. Each pair has a foam ball.
- Create 2 parallel lines, with 1 line on each end of the activity area.
- Each team has a line. All pairs go with their team to a line.
- 4 students are “sharks.” They stand and wait in a “shark tank” hoop on each sideline.

How to Play:

- This is *Over There – Shark Attack Style*. The object is for you and your partner to get your ball to the other team’s line. Do that by passing the ball back and forth until you reach the endline. When you get there, place the ball behind the line. As soon as you set the ball down, jog back to your line and get another ball to repeat the process.
- Move using ultimate frisbee style – meaning the player with the ball cannot move (only pivot). The partner without the ball runs ahead and makes a catch in order to advance.
- When you hear, “SHARK ATTACK!” the sharks will move into the activity area and try to intercept your passes. They cannot hit the ball out of your hands or make contact.
- When you hear the stop signal, freeze, and listen for instructions to reset. We’ll keep playing new rounds until our time for this game expires.

Mental Health Game-Day Fact:

- When suddenly faced with pressure, great players stay in control of their breathing and don’t force their passes. This carries over into all aspects of life. Pressure will sneak up on you. When it does, control your breath and don’t force or rush your next move.



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ARE YOU FEELING IT? (SAD, MAD, GLAD, RAD)

Set-Up:

- All players find a partner and form a pair. Pairs stand back-to-back.

How to Play:

- This game is *Are You Feeling It? (Sad, Mad, Glad, Rad)*. The object is to match movements with a partner as quickly as you can to have the lowest score at the end of the game, like golf. Do not communicate which emotion/pose you will make.
- Each player secretly chooses one emotional pose: **Sad, Mad, Glad, or Rad**. On the start signal, one partner calls out “1, 2, 3, Show!” and both partners simultaneously turn and face each other and show their emotion. Remember, you want to match your partner’s pose in the fewest number of attempts. If you match, GREAT! Move and find a new partner to play. If you do not match, turn and play again, counting each attempt. Add the sum of all attempts from partner to partner.
- When you hear the stop signal, freeze (the game is over). If time permits, we’ll play again, and you can attempt to beat your previous score.
- **Emotion Poses:** **Sad** = Sad Face with Sad Shoulders; **Mad** = Angry Face with Angry Arms; **Glad** = Happy Face with Cheering Arms; **Rad** = Chill Face and Peace Fingers.

Mental Health Game-Day Fact:

- Empathy is a superpower! It connects us on a deep and meaningful level. It helps us understand the feelings and experiences of others, with kindness and understanding. Cultivate empathy by actively listening without judgment. This simple act will help you develop empathy and understanding, while supporting the people you care most about.



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SLAP 21

Set-Up:

- Set up area with small cones or spot markers in a large “Connection Circle.”
- Each student begins by a cone/spot marker.

How to Play:

1. This Mental Health activity is called *Slap 21*. The object is to use quick thinking and strategy to be the first partner to land a hand slap on the number 21.
2. On the start signal, you will travel around the connection circle and find a partner. You will greet each other with a handshake, fist bump, or high 5 to reinforce the core values of adventure learning. You will then begin the first round of the game. Each partner will begin facing each other with both hands in front of them and their palms facing up. Play Rock, Paper, Scissors to determine who goes first.
3. Partners will take turns gently and respectfully slapping the other partner’s palms with either one or both hands each turn. Each slap is counted out loud as the group alternates gentle hand slaps until they get to the number 21. If there is a tie, play again until a winner is determined.
4. Each partner will then move through the connection circle and find a new classmate to play with after each round. But remember to keep track of your number of wins.
5. On the stop signal, we will determine who had the largest number of wins.

Mental Health Game-Day Fact:

- Be a positive energy magnet! Every day, set your intentions in a positive direction and use positive language with yourself and the people around you. Your positive thoughts and actions will be magnetic. Enthusiastic people recognize the positive people and opportunities around them and they celebrate it! Encourage your friends when they express positivity, and be grateful when you feel encouraged by others.



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CHARIOT RACE

Set-Up:

- Use low-profile cones to create 2 parallel lines on opposite sides of the activity area.
- Create equal groups of 6–10 students.
- Each group starts behind their own cone, facing the cone on the other side of the area.

How to Play:

1. This Community Connection activity is called *Chariot Race*. The object of the game is for each team to take their chariot around the cone on the opposite side of the activity area and back to the starting line.
2. On the start signal, each team will form a circle around the first person in line. Hold hands (or lock elbows) to keep the circle together. Then start walking as a group around the opposite cone and back to the starting line as quickly and safely as possible.
3. As soon as you're back to the starting line, change riders and quickly cross the activity area again. Continue changing riders until everyone has had a turn.
4. Now that you're really good at working together to race your chariots, we'll begin our balance races. On the start signal, your group will use a partner parachute to balance a foam ball while moving around the opposite cone and back to the starting line. Your team gets one point for each successful race to the opposite cone and back.
5. See how many points your team can earn before you hear the stop signal.

Community Connection Game-Day Fact:

- The greatness in others will elevate your greatness. The product of your combined energy is greater than any individual effort. Allow yourself to celebrate each person's unique contributions and talent. Express gratitude for your team – together you will accomplish amazing things.



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CONE CATCHER

Set-Up:

- Create teams of 3 players.
- Each team has beanbags placed in a hoop and a cone 5 paces away from the hoop.
- One teammate is the tosser and stands behind the hoop and beanbags.
- The other two teammates are cone holders and stand 5 paces away with the cone opening facing the tosser.

How to Play:

- This is *Cone Catcher*. The object of the game is for your team to work together and use the cone to catch as many beanbags as you can.
- Get ready with 2 players holding a cone, and 1 player 5 paces away, ready to toss the beanbag into the cone.
- On the start signal, the tosser makes the first toss and quickly picks up another beanbag for another toss. The cone holders count catches aloud to keep track of the score.
- Cone holders can move the cone to help the tosser and make the catch. If your team tosses all of your beanbags successfully in the cone before time expires, cone holders quickly dump the beanbags back into position and play continues. Beanbags that miss the cone and fall to the ground can be collected and tossed again.
- On the stop signal, we will reset the equipment and repeat this challenge a second time trying to improve your score.

Community Connection Game-Day Fact:

- Sometimes your closest friends do not end up on the same team with you during activities. This should be seen as an opportunity to connect with classmates that you may not have gotten a chance to know as well yet. Being open to making these new connections can lead to friendships that extend beyond physical education class.



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LEANING TOWER

Set-Up:

- Space low-profile cones in a line along 1 side of the activity area.
- Scatter foam balls and bean bags on the opposite side of the play area.
- Create groups of 3–4 students; 1 group at each cone.

How to Play:

1. This Community Connection activity is called *Leaning Tower*. The object of the game is for each team to create a tower on top of your cone using a foam ball and at least 3 bean bags.
2. On the start signal, everyone on your team will move together to pick up a foam ball. Each player must be touching the ball as you travel back to place the ball on the cone.
3. In the same way, your team will then travel to pick up one bean bag, and then return to place the bean bag on top of the foam ball. Continue until your tower is built 3 or more bean bags high.
4. If your tower falls at any time, you must return all materials back to the opposite sideline and start over with a foam ball.

Community Connection Game-Day Fact:

- No one has ever achieved greatness without the help of other people. Teams don't win without teammates working together. Find your team. Celebrate them. Elevate the people around you. Encourage their purpose and unlock their greatness.



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TREASURE HUNT

Set-Up:

- Arrange objects randomly inside activity space. Ensure there is adequate space for students to move between spot markers and objects safely. **Please do not include objects such as foam balls that could cause a blindfolded student to fall or roll an ankle.**
- Create teams of 2 students and have them begin outside the perimeter of the activity space with a blindfold or bandanna, standing next to a hula hoop.

How to Play:

1. This Community Connection activity is called *Treasure Hunt*. The object is to utilize communication and listening skills to safely move through the activity space and collect as many treasures as possible. One partner will start with a blindfold on, and the other partner will be the trust coach. Your team will begin next to your hula hoop outside of the boundary cones.
2. On the start signal, the trust coach will begin to guide their partner using verbal communication only into the activity space. All blindfolded students will need to keep their arms extended in front of them at all times to create “bumpers” for safety. Trust coaches can move around anywhere outside of the boundary cones in order to ensure their partner can continue to hear their voice as they communicate how to travel from object to object.
3. Your team gets one point for each object the blindfolded team member is able to collect and bring back to your hula hoop. You are only allowed to collect one piece of treasure per trip, and you must switch roles each time someone brings a treasure back to your hoop.
4. On the stop signal, or when all treasure is collected, we will count up the points for each team.

Community Connection Game-Day Fact:

- Great teams and/or partnerships are built on a foundation of trust. One key ingredient in the process of building trust is communication. You needed to trust your partner to communicate clearly to safely lead you to the treasure during this activity. In the future, you will be faced with situations where you will need to trust others to help you make decisions. Learning how to communicate effectively will help all of us become the type of leaders who can build and earn that trust.



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