



# LET'S GET SPORTY

## Activity Guide



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## Welcome

Welcome to Let's Get Sporty, an event presented by the BC Program Committee. This activity guide is designed especially for Sparks, and goes along with special kits available for order in Spring 2023. The items in the kits are meant to be used over and over, to provide years of play and active fun for your unit. Have a multibranch unit? Sparks and Embers will enjoy all the activities.

## Let's Get Sporty Program Kit

Your kit includes the following equipment:

- Parachute (for units larger than 5 Sparks)
- Tunnel
- Pylons
- Potato Sacks
- Extra-large beach ball
- Small beach balls
- Hacky sacks
- Ribbon dancing sticks
- Skipping ropes (1 per girl)
- Chalk and tape to mark the ground or inside flooring

## Program Ideas

You can use the equipment in the kit in many different ways. The BC Program Committee has put together some ideas to help you run a Sporty meeting. Please refer to the ideas in this activity guide—and come up with your own ideas too. The provided equipment can be modified so Sparks with differing abilities can participate.

## Helpful Hints

- It's important to start your meeting with a warm-up and end with a cool-down.
- Include the Sparks in the planning and running of these activities for a Girls First experience.
- Inflate the beach balls before your meeting to save time.

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### Girls First

We have suggested areas and themes in Girls First for these activities. Since the program is flexible, you may find other themes that also fit these activities. Feel free to allocate the activities as you need for program badges.

#### Be Well – My Physical Self



Playing active games

#### Build Skills – How To



Learning new games and skills (e.g., skipping, juggling)  
 Learning new skipping songs  
 Trying yoga  
 Learning the importance of warming up and cooling down

#### Connect and Question – Local Communities



Take your game to a park or schoolground and meet one of these program requirements

## Warm Up Activities

Doing a warm-up prepares your body for more active movements. It helps everyone get ready to use their muscles and helps prevent injuries. The best warm-up exercises are easy to do, fun, and easy to teach.

Warm-up exercises can include any light to moderate physical activity—something that gets your body moving. Use different parts of your body. Even walking, jogging, or marching—in motion or in place—works well.

### Warm-Ups

Here are some suggestions to start with. Find out which actions your unit likes best and add your own twist. Make the warm-up silly and fun—leaders and kids should do the actions together. Aim for 5 minutes of warm-up actions.

- **Arm Circles:** Stand with knees slightly bent. Hold arms straight out from shoulders, making a T-shape. With straight arms, turn them in small circles, gradually increasing the size of the circles. Rotate forward for a count of 10, then switch to 10 backward circles.
- **Arm Swings:** Stand with knees slightly bent and arms stretched out to the sides. Swing arms to cross in front of you, then quickly swing back as far as you can, repeating 10+ times.
- **High Knees:** Walking or on the spot, march while lifting knees high (level with your hips).
- **Jogging:** Lightly run across your space and back again.
- **Dancing:** Make up your own moves to music.
- **Grapevine:** Start on the right and step your left foot behind your right foot. Now, take a side step with your left foot and cross your right foot in front of your left. Take another side step with your left foot, and repeat this sequence for 3-4 steps to your left. Now reverse the sequence (stepping your right foot out and crossing over with your left foot) to move back. Speed up as you get the hang of the movement.
- **Jumping Jacks:** To add intensity to your warm-up, do 10–20 jumping jacks. Start with your legs close together and arms down by your sides. Then jump into a star shape, with legs wide and arms up high. Jump back to the closed position and repeat.
- **Side Hops:** With feet together, jump from one side of an imaginary line to the other. Or hop on one foot and switch back and forth.
- **Sing ‘Head and Shoulders’:** Sing and do the corresponding movements, touching your head, shoulders, knees, and toes.

## Cool Down Exercises

Cooling down after exercise is just as important as warming up. It helps relax your muscles after using them, and lets your heart rate gradually slow down—to prevent light-headedness or dizziness. Stretching is a great way to cool down. You can also use the suggested yoga moves to cool down.

**Windstorm:** Pretend to be trees in a windstorm, with wind blowing your arm 'branches'. Start with a strong windstorm, blowing hard, and finish with the wind calming and blowing gently.

**Cat-cow stretch:** Start on hands and knees with a flat back. Take a deep breath and arch your back so that belly moves down towards the ground, shoulders move back, and 'cows' look up. Exhale and reverse the curve, so 'cats' arch their backs upward. Repeat.

**Cool dance:** Slow-motion dance for 30 seconds, then rest. Repeat until cool.

**Sky high:** Reach up toward the sky for 15-20 seconds. Now, reach down and touch toes for 15-20 seconds. Repeat until cool.

**Beach time:** Pretend to be at the beach, walking through deep sand, jumping over waves, shaking off sand. Continue until cool.

**Butterfly stretch:** Sit on the ground with knees bent and feet touching (legs look like butterfly wings). Slowly flap wings up and down 15 times. Rest, then repeat until cool.

**Climb the ladder:** Pretend to be climbing a really tall ladder. Stretch out arms and knees. Do this for 30 seconds. Rest, then repeat until cool.

**Touch your toes:** Sit with legs outstretched, shoulder-width or more apart. Lean forward and try to touch toes, one leg at a time. Hold for 15 seconds. Repeat until cool.

**Copycat:** Kids take turns demonstrating their favorite stretch while the group copies. Remember to stretch gently and slowly. Repeat until cool.

**Ground down:** Stand with feet shoulder-width apart. Touch the ground for 20 seconds. Touch right foot for 20 seconds. Switch legs. Repeat until cool.

**Heel-toe:** Walk on heels making circles for 20 seconds. Walk on tiptoe in circles for 20 seconds. Repeat until cool.

**Stretch and spell:** Use your body to spell out SPARKS, one letter at a time. Hold each letter position for 3 seconds. Repeat until cool.

## Instant Meetings

Try one of these instant meetings to make the most of your kit.

### Meeting #1

Round robin stations work well for a large unit or bring-a-friend meeting. If you need extra helpers to run the stations, try asking a parent (you might get a new guider!). Or check with a local Pathfinder or Ranger unit to see if a youth member might like to help out.

1. Opening song. Assign each person to one of four colour groups. (Optional: use small circle stickers found in any dollar store or stationery store) (5 minutes)

2. Warm up activities (5 minutes)

3. Round Robin Activities (40 minutes)

Each station should be active for 8–9 minutes, plus a minute for groups to change stations.

Pick 4 from the provided options:

- ★ *Ribbon Dancing*: Demonstrate different shapes you can make with the ribbon. Have the kids try along with you. Ask them to come up with actions to make their own ribbon 'dance'. Play slow music and move in time with the music with slow actions. Now play some really fast music and try to keep up. What was more fun? What was harder?
- ★ *Obstacle Course*: Depending on how many people are at each station, try setting up two identical courses and having a race. If you have smaller groups, run the course and try to beat your own time as a group or try to go faster each time you complete the course. Use your imagination. Use a skipping rope as a 'balance beam' to walk along. Move the giant ball through the cones. Set up skipping ropes so the kids have to skip 10 times before moving on. Hula hoops (not provided) are great as an 'army tire' course or to hula. Crawl through the tunnel. Hop from one point to the next in a potato sack. The ideas are endless.
- ★ *Yoga*: With the laminated cards, unit members can choose a pose and lead the group. Alternately, place the cards in a circle and have everyone move around the circle, trying each pose. The kit provides some laminated cards, and there are more cards in this document that you can choose to laminate for use.
- ★ *Skipping*: Demonstrate how to use a skipping rope. As you skip, introduce some fun skipping rhymes. If you have time, try some other activities in the skipping rope section.
- ★ *Parachute*: What kid doesn't like to play with a parachute? The kit has a laminated sheet of games to use or modify.
- ★ *Giant Ball Games*: Try games listed in the giant ball section

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- ★ *Hopscotch*: Use the chalk or painter's tape to make hopscotch board(s). There are many different styles. The standard rules are listed in the hopscotch section, but your unit can come up with fun rules too.

4. Cool down stretches or yoga poses (5 minutes)
5. Closing song. You could also add a fun closing with the parachute. All the members grab a handle or section of the parachute. After you sing the closing song, say "If you are on a red section, trade places and go get ready." Repeat until all the colours are called. Of course, it will get harder and harder to crawl under the parachute with fewer people holding it up! (5 minutes)

### Meeting #2

This meeting work wells for a smaller unit

1. Opening song (5 minutes)
2. Warm up activities (5 minutes)
3. Activities (25 minutes)  
Break your unit into two groups. Do each activity for 10–12 minutes and then switch. If you have a very small unit, do these activities together.
  - ★ *Ribbon Dancing*: Demonstrate different shapes you can make with the ribbon, with kids following along. Randomly select 3 ribbon cards and do the movements in order. Encourage the kids to choose cards and try the movements. Add music—try fast music, then slow music.
  - ★ *Skipping*: Not every child will have tried skipping before. Start off with simple games to get them used to the skipping ropes and the way they move. Then show how to turn the rope and jump at the same time. Add some fun skipping rhymes!
4. Obstacle course: How quickly can the group get through the course together? (10 minutes)
5. Parachute games (10 minutes)
6. Closing song and tidy up (5 minutes)



## Activities

### Obstacle Course

There are many ways to set up an obstacle course. Here are some ideas, but feel free to create your own version—or let the kids do it.

#### 1. Pylons

- Set up pylons a few feet apart. Walk around the pylons forwards or backwards.
- Kick a ball around the pylons.
- Toss a hacky sack between your hands while walking around the pylons.
- Carry a hacky sack on a spoon and walk around the pylons.

#### 2. Tunnel

- Crawl through the tunnel.
- Toss a ball through the tunnel.
- Kick a ball through the tunnel.

#### 3. Skipping ropes

- Skip with a set number of jumps (e.g., 10)
- A guider snakes the skipping rope on the ground, while kids jump over it.
- Skip while chanting each letter of child's name.
- Skip while chanting the first line of the Sparks song: "Sparks jump up as they light the fire."
- Skip while saying the Sparks Promise: "I promise to share and be a friend."

#### 4. Balls

- Roll the giant ball from one place to another. Use pylons or hacky sacks as markers.
- Throw or toss the small beach balls to a target.

#### 5. Tape and Chalk

- Tape or draw a hopscotch board, balance beam line, or marks to jump between.
- Tape or draw a large circle, with evenly spaced marks around it (like a clock). Kids step or jump from the centre to each mark.

#### 6. Ribbon Sticks

- Have the kids draw each letter in their name.
- Make up a dance with the ribbon sticks. Music is optional.
- Print the Ribbon Stick cards or make specific shapes (see Additional Resources).

## 7. Hacky Sacks

- Toss or juggle the hacky sack between your hands.
- Roll the hacky sack on the floor.
- With music, play hot potato—each time the music stops, the person holding the hacky sack is out.
- Hacky sack tag—the person who is 'it' tosses the hacky sack at runners or tags them holding the hacky sack. Anyone tagged has to freeze, until only one player is left. That person becomes 'it' for the next game.

## Skipping Songs and Games

Jumping rope offers many benefits that go beyond having fun. Physically, skipping improves balance and coordination. It also exercises parts of the brain related to reading, memory, and alertness. It builds foot strength. It generally gets kids outside and moving. Skipping can inspire creativity. Socially, skipping songs bring kids or groups together and encourage teamwork, collaboration, and friendship. Adding a jump rope song provides an additional challenge that keeps kids working toward a goal—making it to the end of the rhyme or beating their previous jump count.

### Teaching how to jump rope

For beginners, start off with these games. You can adjust the length of the jump ropes as needed

#### Snake

This game helps kids learn how to time their jumps as the rope swings. In Snake, the rope stays on the ground. Someone holds one end of the rope and moves it back and forth on the ground like a snake. Kids take turns trying to jump over the rope as it waves along the ground.

#### Helicopter

Begin by drawing a large circle—the diameter should be twice the length of the skipping rope—with chalk or tape. One person stands in the middle of the circle, holding the skipping rope. The other players stand evenly spaced around the circle. The player in the middle swings the skipping rope around the circle, keeping it at waist level, while chanting:

***Helicopter, helicopter in my hand,  
I choose a colour and the colour is \_\_\_\_\_.***

After naming a colour, the person in the middle starts swinging the rope along the floor. Anyone wearing that colour moves into the circle and tries to jump over the rope. Repeat the chant with a new colour, and new players join the jumping. If anyone misses or the rope touches someone, the round stops; this player goes into the middle and becomes the rope swinger, and the game continues.

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**Jump Rope Songs*****Teddy Bear***

Teddy bear, teddy bear, turn around,  
 Teddy bear, teddy bear, touch the ground.  
 Teddy bear, teddy bear, show your shoe,  
 Teddy bear, teddy bear, that will do.  
 Teddy bear, teddy bear, go upstairs,  
 Teddy bear, teddy bear, brush your hair.  
 Teddy bear, teddy bear, turn out the light,  
 Teddy bear, teddy bear, say goodnight.

***Bubble gum***

Bubble gum bubble gum in a dish.  
 How many pieces do you wish?  
 1, 2, 3 ... (Keep counting until jumper  
 makes a mistake)

***Mabel Mabel***

Mabel, Mabel, set the table.  
 Do it as fast as you are able.  
 Don't forget the  
 KETCHUP, MUSTARD, SALT, PEPPER.  
 (Start skipping faster and faster)

***Jump a Rope***

(to the tune of *Row, Row Row your Boat*)

Jump, jump, jump a rope,  
 Merrily in the spring.  
 Hop, hop, hop on each foot,  
 As fast as you can sing.  
 (Repeat, trying to skip faster each time)

***Cinderella***

Cinderella, Dressed in yellow  
 Went outside to play her cello  
 How many minutes  
 Did she take?  
 10-20-30-40-50-60...

***Fuzzy Wuzzy***

Fuzzy Wuzzy was a bear.  
 Fuzzy Wuzzy had no hair.  
 Fuzzy Wuzzy didn't care.  
 Fuzzy Wuzzy wasn't very fuzzy, was he?

***Ask your Mother***

I asked my mother for 50 cents  
 To see the elephant jump the fence.  
 He jumped so high he touched the sky,  
 And didn't come back till the 1<sup>st</sup> of July.  
 (Try to jump higher and higher each time)

## Parachute Games

Parachutes are a great tool for active play. They are simple and don't require a lot of additional supplies. Parachute games help develop team-building, gross and fine motor skills, cooperation, listening, and attention skills.

**Tip:** To get the parachute as high as possible, have all participants take 1–2 steps toward the centre as the parachute rises.

### Parachute Safety

- The area should be open and clear of obstacles.
- To avoid falls, ensure the floor isn't slippery (inside) and the grass isn't wet (outside).
- Take turns, watch where you're going, follow the leader's instructions, and play gently.

### Storage

Store your parachute by taking hold of the centre in one hand and then twisting the chute loosely into a long 'rope'. Roll it up and stuff it into a bag. The thin nylon sleeping bag sacks work well.

## Games

### Mushroom

This is a good starter activity to get everyone used to moving the parachute and working together. Each person stands around the chute and holds a handle. On the count of three, everyone raises the handle above their head. When they bring it down to the floor, it makes a mushroom shape. Have the group lift the parachute again, then quickly lower it to the ground behind them. This creates a canopy, so everyone is inside the mushroom.

*Variations:* Once the basic play is mastered, experiment!

1. Mushroom, and then everyone runs to the centre while still holding the chute handles.
2. Mushroom, and then everyone lets go of the chute handles at exactly the same time. If there isn't any wind, the chute will retain its perfect puff shape and rise straight up into the air.

### All Change

Looking for an icebreaker? Use this game as a "get to know you" activity to share common interests. Each person holds one handle with both hands. One person calls out something they like, and then everyone lifts the parachute. If the statement applies to you, run under the parachute and switch places with someone else before the parachute falls. Some examples include birthday month, favourite colour or food, sock colour, having a sibling or pet, or if you like a specific activity.

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### **Popcorn**

Put soft balls (or beach balls) on the parachute. Each person stands and holds a handle. Shake the parachute, moving it up and down. The balls will look like popping popcorn.

*Add a competition:* Place an equal number of coloured balls on the parachute—for example, ten red balls and ten blue balls. Now divide the group into two teams. The red team tries to shake the parachute and keep the red balls on, while popping the blue balls off. The blue team tries to do the opposite (and keep the blue balls on). When all the coloured balls of one team are gone, the other team has won. Switch around who is on each team and play again.

### **Sharks and Lifeguards**

Choose 'sharks' and 'lifeguards'. The number will depend on your group size. All the other players sit on the ground with their legs straight out in front. Remind the sharks to be gentle and the other players to watch their heads and not kick. The players shake the parachute to create ocean waves. The sharks go under the parachute and try to pull other people under. Anyone pulled under the parachute becomes a shark. Meanwhile, the lifeguard walks around the parachute and can 'save' someone by pulling them out. The players can call out 'Lifeguard save me!' when needed. When most players are sharks, switch roles and start the game again.

### **Don't Drop the Ball**

Place a soft ball (of any size) in the centre of the parachute. Each team tries not to let the ball fall off on their side.

### **Snakes**

Place a few skipping ropes on the parachute. While shaking the chute, the players try to shake the ropes off.

### **Roller Ball**

Make a ball roll around the edge of the parachute. Place a small beach ball near the edge of the parachute. Move the chute to start the ball rolling. When it comes near, lower the edge you're holding; as it goes past, raise your edge. When all the players do this smoothly, a wave is created that goes around the edge, pushing the ball in a steady circle. It takes concentration and cooperation!

*Variation:* Try to roll the ball at different speeds or change direction.

### **Treasure Under the Sea**

Place a variety of 'treasures' (anything you want) into a treasure chest under the parachute. Wiggle the parachute to make waves as if it's a stormy sea. Send 'divers' to retrieve one item at a time, calling out what they should collect from the chest.

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### Shake Hands

Have all the players hold the parachute up high, above their heads. Call out two names and have those two players run underneath the parachute, shake hands, then run back out before the parachute comes down. Repeat until all the players have had a chance to run under the parachute.

### What's That Sound? A Listening Game

*Supplies: 3 tools / toys / instruments to make different sounds*

Have the players sit around the edge of the spread-out parachute. Explain that each instrument represents a different action—they need to listen and do the action that matches the instrument. For example, when you play the triangle, players stand up and shake the parachute gently at waist height; when you play the bells, they hold the parachute above their heads and shake it vigorously, and when you tap the wooden block, they lie down on their bellies with the parachute flat in front.

Additional action ideas:

- Shake the parachute at knee height
- Skip clockwise or hop counterclockwise
- Turn and hold the parachute handle behind them
- Balance on one leg
- Lie on their backs with their feet under the parachute and kick their legs.

### When The Parachute Goes Up

Sing these words to the tune of 'If You're Happy and You Know It' and perform the actions:

***When the parachute goes up, stamp your feet, (raise the parachute overhead and stamp)***

***When the parachute goes up, stamp your feet,***

***When the parachute goes up, and you really want to show it, stamp your feet.***

Alternative actions:

- Nod your head
- Tap your toes
- Shake your hips
- Shout hooray!
- Or sing three different action verses and 'Do all three' for the fourth.

### Who Am I?

This is a voice recognition game. All players stand around the parachute and close their eyes. An adult walks around and taps one person on the shoulder. The tapped person hides under the parachute. Now everyone opens their eyes, and the mystery child says 'Who am I?' Everyone tries to guess. Listen for the voices of your friends. It is also an excellent memory game. Tip: Make it harder by using a silly voice as a disguise.

## Giant Ball Games

**\*\*Suggestion:** inflate the giant ball half-way, using an electric pump, before your meeting. Complete filling it up with the pump at the meeting location.\*\*

### Snake Roll

*Objective: To roll the ball through the course without hitting any pylons or other barriers*

*Equipment: giant ball, pylons*

Create a curved course using pylons. Make some rough terrain using skipping ropes and hacky sacks (optional). Divide the group into equal teams of 3–7 people. Each team takes a turn rolling the giant ball through the obstacle course. The fastest team through the course wins. Time points can be deducted for hitting barriers (optional). Non-competing kids could be used as additional barriers.

### Human Bumpers

*Objective: To roll the ball down the path created by people*

*Equipment: giant ball*

Create a path using players as bumpers, lying end to end. One player rolls the ball down the path. As the ball passes them, each player moves down to the end of the line, creating a moving path. Switch who is pushing the ball.

### Circle Tag

*Objective: To tag players inside a circle using the ball*

*Equipment: giant ball, painter's tape or chalk*

Draw or tape a circle about 5–10 meters in diameter. Most players stand around the edge of the circle, with a few players in the middle of the circle. Outside players push the ball to touch inside players. If your roll touches an inside player, switch places.

### Circle Chase

*Objective: To tag the running player with the ball*

*Equipment: giant ball, painter's tape or chalk*

Draw or tape two circles approximately one meter apart. This creates a path through the middle. One person, the runner, starts on the opposite side of the circle from the ball. Players push the ball around the circle trying to catch the runner. Switch runners when they are touched by the ball or after a short time period.



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### **Relay Shuttle**

*Objective: To push the ball across a space until all players have a turn*

*Equipment: giant ball*

Divide the group into half, with each half forming a line at the end of the gym or outdoor space. The first player in one line starts and pushes the ball to the other line. They pass the ball to the next player, who pushes the ball back. Repeat until everyone has a turn.

### **Relay Airborne**

*Objective: To pass the ball*

*Equipment: giant ball*

Players sit on the floor in two equal lines, facing each other and holding their hands in the air. Pass the ball along the line by bouncing it back and forth between the two lines. Time how long it takes to reach the end of the line, then repeat and try to beat that time.

Variation: Sing songs while passing the ball up and down the line. When the song ends, the person with the ball can pick the next song.

### **Olympic Torch**

This game works for larger groups, a bridging meeting, or district event.

*Objective: To carry the torch without putting it out (dropping it)*

*Equipment: giant ball, small beach balls*

Divide the group into 3 teams. Two teams create a path by standing on the sides: Team A is at one end of the space, on both sides. Team B is on both sides at the other end of the space. Team C starts with the giant ball. Together, the first two people carry the ball above their heads from one end to the other. They pass the ball to the next two players, who carry it back. The other teams throw small beach balls to knock down the ball (torch). When the ball carriers pass the ball, they join the end of their team line at the middle of the space. If the ball is knocked down, the teams switch—the ball carriers form the side line, the other team carries the ball.

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### Beach Ball Games

These games are simple and fun! There are lots of ways to play with small beach balls.

#### Clap Attack

Give each person a beach ball and put on some music. Toss the ball into the air and see how many times you can clap your hands before catching the ball. Or do this in pairs by passing the ball back and forth while clapping.

#### Naming Game

For a group game with multiple beach balls and hand-eye coordination practice: Start with one beach ball and have the kids say the name of the person they are throwing the ball to. Then introduce another beach ball, and a third, until the kids are shouting names and juggling balls all around the circle.

#### Knobbly Knees

This variation is a fun and active challenge. Give each person a beach ball to place between their knees. Now try to run from one side of the field (or room) to the other. This can be a race or just for fun.

#### Beach Ball Sandwich

This game is a teamwork challenge your unit will enjoy. Put your group into pairs. For each pair, place a beach ball between the hips (or backs) of the two partners. They must walk in tandem across the room or field as fast as they can, without dropping the ball. If the ball drops, the team freezes in place until an adult replaces the ball and they can start moving again. Which team is the fastest? Which one doesn't drop the ball?

#### Crab Soccer

Use pylons as net markers. Split the group into 2 teams. Players walk like a crab, with hands and feet on the ground behind them. They try to kick the balls into the other team's net.

#### Other Ideas

- Have a relay race while kick the ball around cones or pylons.
- Play baseball: hit the beach ball using a pool noodle for a bat.
- Toss beach balls through a target, like between two trees or through a hula hoop.
- Use the beach ball as a bowling ball, with recycled 2-litre bottles as bowling pins.
- Target Toss: draw targets with sidewalk chalk or use hula hoops. Score points when you toss the beach ball into the targets.

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**Ribbon Stick Games**

Playing with ribbon sticks encourages: full body movements; complex twisting, turning, balancing, and jumping; as well multi-tasking by moving both body and ribbon stick at the same time.

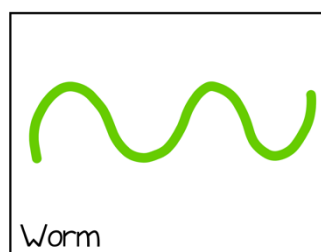
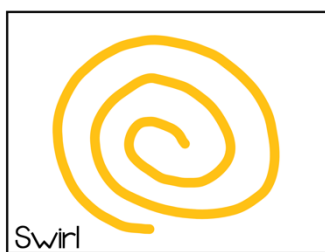
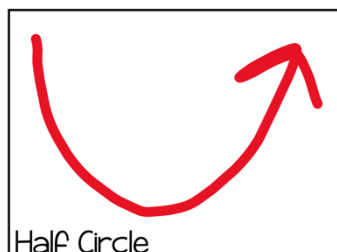
Some ribbon stick ideas:

1. Have a dance party.
2. Play catch with the ribbon stick.
3. Have a movement parade around the space.
4. Run around to see how the ribbons move in the wind.
5. Spin around in circles and see what happens to the ribbons.
6. Jump up and down and watch the ribbons move.
7. Play "Follow the Leader" with your ribbon movements.
8. Pretend to be an elephant, with the ribbon stick as your trunk. What other animals can you pretend to be?
9. Use the ribbon stick as a conductor's baton. What music will you conduct?
10. Use the ribbon stick for active story time, either reading a story or making one up.
11. Make a swirling tornado with the ribbons.
12. Pretend you are a kite or windsock moving in the wind.
13. Toss the ribbon stick up and catch with the same hand, with both hands, or with alternating hands
14. Shake the ribbon stick at different levels (high, medium, low) and speeds (fast, medium, slow).
15. In partners, have one person draw a letter of the alphabet and then their partner tries to guess the letter. Once they guess it correctly, swap places. Try numbers as well.

**Additional Resource: Ribbon Stick Action Cards**

<https://www.primarysinging.com/wp-content/uploads/2019/02/Ribbon-Wand-Actions.pdf>

Print these cards and do the actions. Play along with music. Here are a few examples:



## LET'S GET SPORTY ACTIVITY GUIDE

### Yoga

Yoga is excellent for both your body and mind. The focus is to calm the mind and body, while stretching and strengthening. There are many ways to practice yoga, and it works well for all ages.

Do yoga as an activity station for 10-20 minutes or try it as a 5-minute cool down. Yoga pose cards, with some poses that work well for children, are included in this resource. Other yoga poses can be found on the internet. Look for fun names like archer pose, bridge, and cow pose.

Encourage the participants to focus on themselves and how their body is feeling. There's no rush and it's easier to balance when you look at a single point (rather than watching your wobbling friends). Participants can take turns leading the poses, if they want to. To end the session, choose a quiet position like child's pose (lying on their back flat in the ground).

If you want, add a simple breathing exercise to your yoga session. Here are several options:

**Loving Kindness Breath:** Sit cross-legged on the ground. Close your eyes and take in a deep breath, then slowly exhale for five counts. Repeat, and on your 2nd exhale, think of filling yourself with love; imagine the colour red all around your body. On the 3rd exhale, think of sending love and kindness to someone you know. Then send love and kindness to the world around you: the animals and trees, your neighbours and your community. Finish by coming back to natural breaths and open your eyes.

**Flower Breath:** Stand or sit cross-legged (or on your heels). Close your eyes and listen to your breath. Imagine you are holding a flower. Imagine the colour and smell of that flower. Take a deep breath and pretend to smell your flower. Then exhale and pretend to blow the flower petals. Repeat your strong inhale and gentle exhale a few times. You can pretend to smell a different flower each time you inhale. Or imagine sitting in a field of flowers. Alternatively, pretend to smell hot chocolate then blow on the hot chocolate to cool it down.

**Woodchopper Breath:** Stand tall in Mountain Pose (see cards) and take a few deep breaths. Place your feet a little wider than hip-width apart. Clasp your hands together in front of your body. Take a long inhale while raising your hands above your head. Then, on a vigorous exhale with your mouth open, forcefully take your hands down between your legs, as if you are chopping wood. Let your head hang down and let go of all the tension in your body. Repeat the steps: long exhale with hands overhead, followed by vigorous exhale while bringing your hands down between your legs. Pretend to be cutting a log for a campfire and repeat a few times. Now stand tall in Mountain Pose again and come back to breathing naturally. Alternatively, pretend to be an elephant drinking water with your trunk (clasped hands) then swinging your trunk up to spray water on your back. This breathing

## LET'S GET SPORTY ACTIVITY GUIDE

exercise helps release stress and extra energy.

**Bee Breath:** Sit comfortably with an upright spine and your shoulders back. Close your eyes or gaze down in front of you. Take a few deep breaths. Now start the bee breath: inhale through your nose and keep your mouth closed as you exhale—making a long “mmm” sound. Pretend to buzz like a bee around the garden. Repeat, inhaling through your nose with your mouth closed. Repeat the bee humming sound on the next exhale. Repeat a few times. When you are ready, open your eyes and breathe naturally. How do you feel after doing bee breath?

**Belly Breath:** Sit cross-legged, sit on your heels, or lie in a resting position (child’s pose) on your back. Place one hand on your belly and the other hand on your chest. Take in a deep breath for four counts then exhale through your nose, with your lips closed, for four counts. Feel your chest and belly rise and fall. If you are lying down, try putting a small object on your belly to help you see and feel your belly moving.

## Rubber Chicken Games

### Hot Wings

Modify the classic 'hot potato' game with a rubber chicken. Start with everyone standing in a circle. Put on some fun music. While the music plays, players hand the rubber chicken from one person to the next person around the circle. Randomly stop the music—the person holding the chicken is out. Continue until one person is left.

*Variation:* Use this activity to choose the next game or activity. The person holding the chicken when the music stops can pick the next game.

### Duck Duck Chicken

All players sit in a circle. The person who is 'it' stands outside the circle holding the chicken. When you are ready to start, 'it' walks around the circle gently tapping each person on the head with the chicken while saying 'duck, duck...' At some point, 'it' drops the rubber chicken on the next player's lap and yells 'Chicken!' Both players must run around the circle to claim the empty spot. The player with the chicken tries to tag 'it' with the rubber chicken. If 'it' is tagged before sitting down, the player can reclaim their spot. Otherwise, the first person back to the spot sits down, and play continues as before.

### Chicken Detective

Players stand shoulder-to-shoulder in a tight circle, facing inward. One player is chosen to be the detective. The detective stands in the middle of the circle with their eyes closed. The players in the circle 'sing' the Chicken Dance song while passing the chicken around the circle behind their backs. When the detective yells 'Stop', everyone stops singing and freezes in place. The detective opens their eyes and has three chances to guess who has the chicken. If they guess correctly, the detective and player with the chicken switch places. If they don't guess who has the chicken, the detective stays the same for another round.

### Hacky Chicken

Hacky chicken can be played individually or as a group. In this game, you use the rubber chicken like a hacky sack. Without using your hands, you must keep the chicken in the air and off the ground. You can hit it, kick it, tap it, etc., with any body part except your hands. Count how many times you touch the chicken before it hits the ground. If the chicken hits someone's hand or the ground, start over again.

## Hopscotch Games

No wonder hopscotch has stood the test of time. This playground game requires chalk and a small object, and it can be played alone or with a group. Kids can stick with the traditional rules or make up their own fun variations. If your unit is new to hopscotch, teach them the classic game. You can use the hopscotch diagram (below) for inspiration. Some different hopscotch versions are provided.

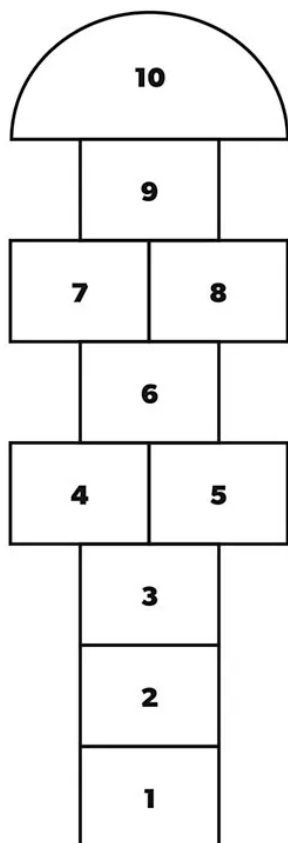
### How to Play Hopscotch

- Draw a traditional hopscotch diagram like the one below. Chalk works best on outdoor asphalt and pavement. If you're playing inside, use masking tape or painter's tape.
- Find a small object to be the game 'marker'—a small stone, twig, beanbag, etc.
- Standing in front of the hopscotch board, gently toss the marker so it lands in the first square. If it lands on a line or outside the square or in another square, you lose your turn. Pass the marker to the next player and wait for your next turn.
- If the marker lands in square #1, hop on one foot into the first empty square (#2), and then into every subsequent empty square. Be sure to skip over the square your marker is on.
- At the paired squares (4-5 and 7-8), jump with both feet, one in each square.
- At 10, hop with both feet, turn around, and head back toward the start.
- When you reach the marked square (#1) again, stay on one foot, lean down to pick up the marker, and complete the course by jumping out.

When you finish hopping the course, pass the marker to the next player. On your next turn, throw the marker to the next number (#2). If you fall, jump outside the lines, or miss a square or the marker, you must repeat the same number (#1) on your next turn.

After completing each square successfully, aim for the next square. Whoever reaches #10 first is the winner.

## LET'S GET SPORTY ACTIVITY GUIDE

**Hopscotch Variations**

Looking for new ways to play? These fun hopscotch games make things more challenging.

**Watch The Time**

Set a timer for 30 seconds. Each player must complete the course within 30 seconds to proceed. If you go into overtime, you must repeat the same square on your next turn.

**Sign On the Line**

Instead of throwing the stone in numerical order, toss it in any square. When you complete a successful turn, initial the square where your marker landed and pass the marker to the next player. The game ends when all spaces have been initialled. The person with the most initialled squares wins.

**Kick It**

Try kicking the marker from space to space—with your hopping foot—as you jump through the course.



## LET'S GET SPORTY ACTIVITY GUIDE

### **Name Categories**

Label each hopscotch square with the name of a category (books, animals, pizza toppings, desserts, etc.). When you hop into a square, you must name an item in that category. If you land in the pizza toppings square, for example, you could say cheese, pepperoni, mushrooms, olives, sausage, peppers, etc. You lose your turn if you can't think of an item in that category, or if you repeat another player's item.

### **Rearrange the Squares**

You don't need to draw the traditional hopscotch course. Look up new ideas online, or create new courses yourself. Get imaginative and see where your squares will lead you.

## Wide Games

### 1. Large Group Games

#### Sardines

This game is like a reversed Hide and Seek—the whole group is looking for one person. One person is chosen to go and hide anywhere within the boundaries of your space. The rest of the group closes their eyes and waits for a couple of minutes (depending on the size of your space). When the time is up, the entire group spreads out and looks for the hidden person. If a player finds the hider, they have to hide with them. Make sure not yell out and let everyone know, because now you are hiding too. Keep playing, and more and more people will be hiding together (giving it the name 'sardines'). When the last person finds them, that round is over. The first person who found the hider gets to hide in the next round.

#### Mingle

This game always brings out the giggles and squeals. A guider stands and sings or says, 'Mingle, mingle, mingle, mingle. Mingle, mingle, mingle, mingle,' while all the players walk and dance around. Then the guider calls out a random number, like 'Five.' The players must quickly bundle themselves in groups of 5. Choose numbers based on your group size. For example, with 24 players, call numbers like 4, 6, 8, etc., so it's easy for everyone to be in a group. Then challenge them by saying, 'Seven'—they will have to pull in guiders and other helpers to make their groups. At the end, say the total group size and they will make a giant blob all together.

#### Dinosaurs

Choose one person to be the 'Danger Alert'—this could be a guider, group leader, or other helper. That person needs to have a whistle, horn, or other signal. Tell the players that they are dinosaurs, and they can choose to be an adult dinosaur or baby dinosaur. The players move around pretending to be dinosaurs until the 'Danger Alert' tells the dinosaurs that something important is happening. Each danger has a special action:

*Rain:* Two adult dinosaurs must find each other and make a bridge formation to shield a baby dinosaur. A baby dinosaur must find two adults and sit underneath their bridge.

*Flood:* Each baby dinosaur must find an adult dinosaur and stay with them.

Add more actions as you get more familiar with the game.

Change the danger each time. If a player chooses to be an adult dinosaur, they must change into a baby dinosaur on the next turn, and vice versa. End when the group gets tired.

*Variation:* Play the game as an elimination round. The slowest group of dinosaurs to form after the Danger Alert is eliminated, until only one group is left.

## LET'S GET SPORTY ACTIVITY GUIDE

### **Amoeba Tag**

An amoeba is a single-celled animal (a protozoan) that eats other cells. It wraps all the way around its prey, engulfing it, to make it into lunch. This process makes the amoeba grow bigger—which is the basis for this tag game.

Choose a person to be 'it' and show the players the game boundaries. This game works best in a large open area, with nothing to hide behind or run between. 'It' runs around and tags players. A tagged player hold hands with 'it' and become part of the amoeba. Now both people are 'it' and they must stay connected at all times by holding hands. To tag the next person, 'it' must form a circle around them by holding hands (like a group hug). Any player caught in the completed amoeba circle becomes part of 'it'.

The trick? The amoeba can run around as a chain (not a circle), in order to trap people. The other players can run through gaps in the chain, but if the amoeba is quick to form a circle around the player, then they are caught. Small amoebas are faster; as 'it' gets bigger, it takes more teamwork and communication to work as a group and catch another person. Everybody in the amoeba must hold hands and remain in a chain or circle all the time.

*Variation:* Start with two different amoebas and watch the chaos unfold.

### **Four Corners**

This is a simple but fun game. You need a space with 4 corners—inside a room or outside using pylons to create 4 corners in the field or playground. Label each corner from 1 to 4. Choose a person to be the caller (often a guider or other adult). The caller must be blindfolded. To start the game, the caller goes to the middle of the room or outside space and counts to 10. All the players must rush to one of the 4 corners. If a player cannot reach a corner in time, they are eliminated for the round. When the caller counts to 10, they yell out a number between 1 and 4. Anyone in that corner is eliminated for the round. Repeat counting to 10 and rushing to a corner until only one player is left. They win.

## **2. Small Group Games**

### **Camouflage**

This game works best in a larger space with hiding places. Choose a person to be 'it' (this could be a guider for the first round). 'It' stands in the middle of the space, closes their eyes, and counts down from 20, while all the players run and hide. When the countdown is complete, 'it' opens their eyes and looks around. Their feet stay planted on the ground, so 'it' can only pivot around to spot people hiding behind stuff. 'It' calls out each person by saying what they wearing and where they are hiding (e.g., yellow coat behind the tall tree). The called player comes out on their own, or a leader checks if someone is there. They sit out the rest of the round.

## LET'S GET SPORTY ACTIVITY GUIDE

If 'it' can't find anyone, they call out, 'Food and Water.' All the players run up to tap 'its' hand and then find a different hiding spot. Each time 'food and water' is called, 5 seconds is taken off the countdown; if you started at 20 seconds, the next one is 15 seconds.

When only a few (2–3) players are still hiding, 'it' calls out a number and holds up their fingers. The hiding players peek out to see what the number is. 'It' tries to spot them. At the end, 'it' can ask the remaining players what number they saw. Whoever gets it right, wins.

Note: If you don't want to play with people sitting out, players can resume playing on the next 'food and water.'

### **Do This, Do That**

This game is similar to Simon Says. If the game leader says 'do this' while demonstrating an action, all the players should repeat the action (for example, clapping hands or spinning in a circle). When the leader does an action but says 'do that', players should not repeat the action. Anyone who does a 'do that' action is out. The game works best with lots of short actions and changing from 'do this ... do this ... do that ...' to make it tricky—and fun—to follow.

### **Mixed-up Simon Says**

Play this game just like Simon Says, but add visual directions that are totally wrong. For example, say 'Simon Says touch your nose' while you actually touch your cheek. This game helps the players focus on the words that are spoken rather than simply copying the visual action.

### **Cooperative Stand Up**

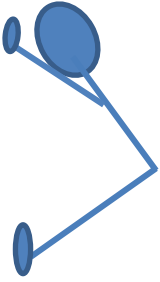
Form into pairs. Each pair sits on the floor, with their backs pressed together and arms interlocked at the elbows. The challenge is to stand up together without using their hands. It can end here OR after a pair stands up, they find another pair. Now all 4 players sit down back to back and arms interlocked, and they try to stand up together. Repeat this doubling (2, 4, 8, ...) until the entire group tries to stand up together. This game promotes friendship and is fun with an exceptionally large group too.

### **Four Square**

You need a ball and a gym floor with 4 squares (or draw it with chalk on concrete outside). Each player stands in a square. The player in square 4 serves the ball by bouncing it in the square and tapping the ball into another square. The player in that space must bounce the ball once and tap in into another player's square area, and so on. This continues until a player misses the ball, lets the ball bounce twice, or sends it out of the grid. The player who missed the ball steps out and the remaining players rotate up through the numbered squares (1 to 2, 2 to 3, etc.). If you have more than four players, a new player enters the game at square 1. The player who is out waits in line to re-enter the game when square 1 is open again. Whoever is now in square 4 serves the ball to resume play.

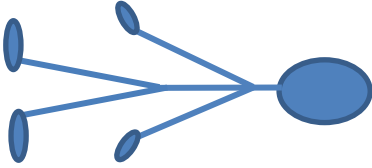
LET'S GET SPORTY ACTIVITY GUIDE

Yoga Pose Cards



**Downward Facing Dog**

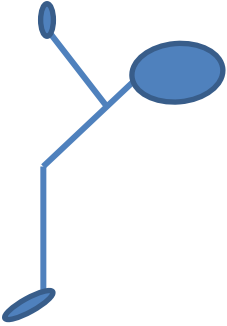
The diagram shows a stick figure in a downward-facing dog pose. The figure is inverted, with its head at the bottom and feet at the top. The arms are extended upwards, and the legs are also extended upwards, forming an inverted V-shape.



**Mountain Pose**

Let's Get Sporty

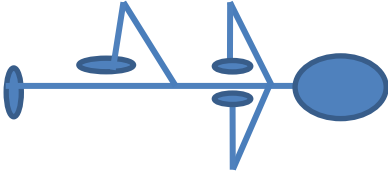
The diagram shows a stick figure in a mountain pose. The figure is standing upright with its feet flat on the ground, arms at its sides, and head in line with the spine.



**Cobra Pose**

Let's Get Sporty

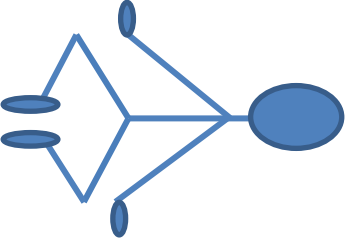
The diagram shows a stick figure in a cobra pose. The figure is lying on its stomach with its head and upper chest lifted off the ground. The arms are extended forward and slightly upward, and the legs are bent at the knees.



**Tree Pose**

Let's Get Sporty

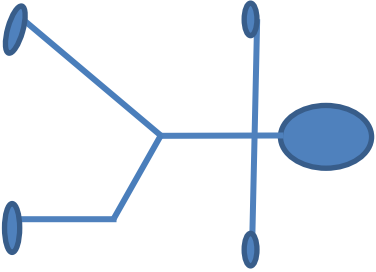
The diagram shows a stick figure in a tree pose. The figure is standing on one leg, with the other leg bent at the knee and the foot resting on the inner thigh of the standing leg. The arms are extended upwards, and the head is in line with the spine.



**Butterfly Pose**

Let's Get Sporty

The diagram shows a stick figure in a butterfly pose. The figure is sitting on the ground with its feet together and knees spread wide. The arms are extended upwards, and the head is in line with the spine.



**Warrior 2 Pose**

Let's Get Sporty

The diagram shows a stick figure in a warrior 2 pose. The figure is standing with one leg forward and bent at the knee, and the other leg back and straight. The arms are extended outwards and upwards, and the head is in line with the spine.

## LET'S GET SPORTY ACTIVITY GUIDE

**Resources**

<https://icebreakerideas.com/jump-rope-songs/>

<https://www.performancehealth.com/articles/7-fun-parachute-games-for-all-ages-toddlers-to-seniors>

<https://childhood101.com/parchute-play-games-for->

[kids/#:~:text=Popping%20Popcorn!,pop%20right%20off%20the%20chute!.](https://childhood101.com/parchute-play-games-for-kids/#:~:text=Popping%20Popcorn!,pop%20right%20off%20the%20chute!.)

[http://assets.ngin.com/attachments/document/0055/0542/2011\\_september.pdf](http://assets.ngin.com/attachments/document/0055/0542/2011_september.pdf)

<https://kidactivities.net/games-parachute/>

<https://www.verywellfamily.com/best-warm-up-exercises-for-kids-1257044>

<https://marathonkids.org/23-cool-down-activities-for-kids/>

<https://www.livescience.com/why-its-important-to-cool-down-after-exercise-according-to-the-science>

<https://earlyimpactlearning.com/the-40-greatest-parachute-games-for-kids/>

<http://www.beactivekids.org/assets/pdf/RibbonActivities.pdf>

<https://www.primarysinging.com/wp-content/uploads/2019/02/Ribbon-Wand-Actions.pdf>

<https://kidactivities.net/jump-rope-rhymes-games/>

<https://youthgroupgames.com.au/search/wide/large-groups/>

<https://kidactivities.net/games-for-small-groups-of-kids/>

<https://www.girlguides.ca/web/Documents/BC/program/RubberChickenGames.pdf>

<https://www.parents.com/fun/activities/hopscotch/>

<https://www.teachingexpertise.com/classroom-ideas/beach-ball-games/>