



'Theme' Days



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Beach Day

From: Chris Wilson's book: PlayDay MayDay

Beach Towel Volleyball

Equipment: Towels, water balloons and net.

Description: Players work in pairs using a towel. Catch the water balloon in the towel and throw it up and over the net.

Music Selections that suit the theme!

1. "Summer Loving" from Grease
2. Anything from the Beach Boys

Free Willy Tag

An end to end game where the tagged players must lie on the ground like a beached whale and tag other players running by.

Lawn Chair

Suggestions for dressing in theme!

1. Bring your own lawn chair for the day
2. Wear summer clothing (Sun hat, glasses, shorts and sandals)

Music Selections that suit the theme!

1. "Lawn Chair High" by Rehab

Chair Tag

A game where eliminated players go sit on one of the designated chairs until someone else is tagged and then replaces them.

Specific Games and Activities

- 1) Lawn Chair Movie--Play a movie in the gym and let students watch from their own lawn chair.
- 2) Lawn Chair Slalom--Set up chairs in a line about 1 meter apart and have relay races where students, run, dribble etc. through the chairs.
- 3) Chair Aerobics--Run an Aerobics class with people sitting in lawn chairs.
- 4) Lawn Chair Volleyball--Play volleyball with players sitting in chairs.
- 5) Lawn Chair Class--Let students use lawn chairs instead of class chairs.
- 6) Great White Chair Tag – Tagged players kneel on one knee, while the second leg creates a chair. Players are rescued when someone sits on the seat (toilet) and flushes it (arm held out).



Car-Driving

By: John Byl

One of the favourite warm-ups for my primary kids is the "Driving Warm-up". The students respond to various cues and "drive" around while warming up. Since there are 13 cues, they have a lot to remember.

Speed limit -walk around at normal speed.

Bumpy road -skip

Narrow road -gallop

Interstate -run

Flat tire -hop on one foot

Out of gas -sit

Emergency -freeze

It's raining -jumping jacks

Traffic jam -3 pushups and return to speed limit

Stuck in the mud -run in place

School zone -walk slowly

Construction zone -leap over potholes

Ambulance -go to the closest wall

I have created driver's licenses for the students. Students who do not respond properly to the cues would be in danger of getting a ticket-but I don't have any problems.

In order to save my voice (it's a big gym) I have written the cues on cards and as they are raised, the kids have to respond.

You can restrict the space so they have to drive even more carefully.



Christmas:

The Grinch

By: Chris Wilson

As Christmas approaches, I find that I get displaced from the gymnasium from time to time. Many times I just throw in a Christmas movie to pass the time. How about a fun, active variation of "The Grinch". The four most popular words in the movie are "Who", "Grinch" & "Christmas".

Variation #1 - Chair Exercises: When you hear the word "Who" or a variation, you stand up and sit back down. When you hear "Grinch", you do a chair dip. When you hear "Christmas", you do a leg lift

Variation #2 - Floor Exercises: When you hear the word "Who" or a variation, you stand up and sit back down. When you hear "Grinch", you do a reverse plank. When you hear "Christmas", you do a leg lift.

Variation #3 - Yoga: When you hear "Who" you go into downward dog, on the next "Who" you switch to upward dog. Continue.



Reindeer Tag

By: Chris Wilson

Purchase reindeer antlers from a dollar store to be used to indicate who is it. The reindeer should hold hands and travel in pairs (just like pulling the sled). Those who are caught should lie on the ground frozen in the shape of a candy cane until someone comes and free's them.



RPS Grinch

By: Chris Wilson

This game is a variation of the game RPS Train where players find someone else to play RPS. The defeated player(s) join the train of the winner until there is one winner at the front with a full train behind them holding onto the shoulder of the person in front of you.

Grinch: Assign one player to be the Grinch and give them a pinnie to identify them. Assign one Grinch for every 15 - 30 players. The Grinch has the option of moving to the front of the line they are in at any time. They must move forward one player at a time by placing hand on shoulder of the person in front of them and then the next. If they make it to the front before the lead player plays, then they are in the lead. If they do not make it, then they go to the rear of the line.

Players are trying to win without the Grinch winning the game. They just need to tap players on the shoulder. I think that playing each player RPS would take too long. I institute a no refusal rule and also a 30 second stall rule (You must play someone that challenges you and you must play someone every 30 seconds).



Easter Activities

Positive Messages:

I was thinking of putting positive, motivating messages inside plastic eggs for my class for Easter, since we cannot give them treats anymore.

These could be, "You "messages like, "You are Egg- cellent ! "or "I "messages such as:

I am Egg- cellent !

I have Egg-citing ideas!

I am an Egg- cellant listener!

I give respect and I Egg- spect respect!

I think QDF is Egg- errific !



“EGG” phrases:

Don't forget the Egg- tivities themselves! I like to call them Egg-citing Egg- tivities Egg- stravanza to get everyone Egg- cercizing . Some of them are Egg- straordinary and some are Eggs- hilarating if they are properly Eggs- ecuted but none are too Eggs- otic or Eggs- travigant. I even include my Egg- ceptional students, Egg- cept the ones that are absent, or egg-spelled (these are the Egg- ceptions). Otherwise, there are no Eggs-uses. Eggs- actly what were you asking? Are you Egg- specting someone else to do your work? I think I have Eggs- hausted my carton. Well, I say you'd better get crackin ' and whip up your own ideas...before someone else beats you to it!



Easter Egg DPA:

Inside a plastic Easter egg insert slips of paper that include instructions like:

- Hop 10 times on each foot
- Do 7 push-ups
- Do 10 jumping jacks and say I am fit! for each jump
- Sit down and stand up 5 times



Fortune Cookie Fitness:

Partners pass the egg to each other, take a step back, pass the egg, until it drops. The partners then open up the cracked egg and do the activity. They put the paper back in the egg, get a new egg and start activity over again seeing how far apart they can get without dropping their egg.



Easter Egg Hunt:

Hide the eggs and students try to find the eggs. When students find the eggs they do the activity, hide the egg and try find another egg.



Musical Easter Eggs:

People move around the room to music. When the music stops the participants pick up an egg from the floor, open it up and read the instructions, do the activity, return the instructions to the egg, put the egg on the floor, and move around the room when the music starts. Careful not to squash any eggs.

(Fortune Cookie and Easter Egg Hunt come from a resource called Everybody Move).



Global Issues

By: Tina Lemoine

I am running workshops teaching about global issues through the arts.

One of the games we played as an icebreaker, theme for the day was local food:

Divide the group in two teams.

I set up paper cut-out vegetables on one table, close to one group(call it group local).

I set up the same vegetables, wrapped in plastic on another table, far away from the other group(call it group import), at the other end of the room.

The first one in each group has to run, get a vegetable, and tap the next person in line, who then has to run and get another vegetable.

Needless to say, group local finishes first.

Then, on the count of three, both groups have to prepare a meal by throwing all veggies in a pot.

Again, group local with no plastic wins.

After that we went into explaining how it is better to buy local and with no plastic wrap, etc because it takes less energy to bring the veggies home, and is better for the environment.

Fun game, and you learn something too!



Glow-in-the-Dark

By: Mary Dyck

Visit <http://www.pelinks4u.org/articles/wright0109.htm> for options.



Healthy Hearts in Heart Month Activities

By: John Byl

At the web site below they suggested:

- Add a move memory game--kind of like going on a trip and I remembered. Instead, we went for a walk in the woods and jumped over a log (everyone jumps up), the next person says we went for a walk... jumped over a log, giant stepped over a mud puddle....
- In math class if the answer is below 20 everyone does that number of jumping jacks.
- Two minute fitness breaks--have students lead a stretch, a dance...
- During question and answers in a class the teacher tosses a soft ball to the student who will give the answer to a question, then that student tosses the ball to the next person who is asked to give an answer....

<http://www.cdc.gov/nccdphp/dash/physicalactivity/brochures/pdf/teacher.PDF>

Then you can also measure your heart rate doing different activities and graphing those numbers, read some heart stopping stories (or romantic ones), sing heart-oriented songs....



Mental Health Week

By: John Byl

Here are some tips to maintaining your Mental Health

Prioritize your tasks and lists.

Relax, stretch and take walking breaks.

Use humour to lighten the emotional loads.

Get 7-8 hours sleep.

Develop relationships with friends that are supportive of each other.

Stay flexible.



Olympics

By: John Byl

In the following CIRA Ontario books there are some great ideas:

Just Another Great Games Book

p3 Leaf Olympics

Play Day May Day

p80 Olympic Theme Day

Everybody Move has a couple Olympic circuits

Then I started to think about:

Slalom Race

- While sitting on two scooters and pushing around a couple of obstacles with the use of toilet plungers

Skeleton or Luge

- Players being pushed around an obstacle course while laying on a couple scooters

Ice Hockey

- With pool noodles and a soft ball

Human curling

- Players sitting on scooters are given one push to get as close to a target as possible

Pursuit skating

- Teams stand on pieces of paper (skates) on opposite sides of a circle. Each player circles a small course once and gives a pool noodle to the next player in line--each team tries to catch up to the other team and tag them with a pool noodle held in their hands



Keep the Torch Burning

By: John Byl

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

Equipment: Three pool noodles, 12 gator balls.

Setup: Divide group into three teams, place two teams on the side lines to create an alley way. Team A sets up on one side of the gym. Team B does the same on the other side. The third team starts at the end with three players holding a pool noodle each and carrying a ball on top of the noodles.

Instructions:

1. The first three players carry the ball from one side of the gym to the other side as many times as possible without dropping the ball.
2. When the ball is dropped the next three players go until all players have gone--then switch team roles.
3. Players on the side line throw dodge balls and try to knock the ball off the torch.
4. Count which team keeps the torch lit for the most number of laps.



Rainy Day Carnival

By: John Byl

Equipment: Carpet squares to sit on, hula hoops, and an assortment of games and other fine motor activities such as jacks, pick-up sticks, puzzles, marbles, building blocks, card games, dominoes...

Using the carpet squares and hula hoops, set up game stations around the perimeter of the gymnasium. Inside each hula hoop place a game or other fine motor activity and assign two students to each game station.

After 3 minutes rotate the students on the inside circle counterclockwise and the students on the outside clockwise. In this manner, all of the students move to a new activity and new partner.

Cooperative Games: In addition to the more traditional way of playing these games, you can direct the students to play the games in a cooperative manner. For example: How many levels can you and your partner build a card house. Can you and your partner get over 20 matches in a game of concentration?

Variation: Another way to do this activity is to assign three students to a station and rotate. In this format, all three students rotate to the next game station.



Carnival Circuit

by Sally White

Equipment: Carpet squares to sit on, hula hoops, and an assortment of games and other fine motor activities such as jacks, pick-up sticks, puzzles, marbles, building blocks, card games, dominoes, etc.

Using the carpet squares and hula hoops, set up game stations around the perimeter of the gymnasium. Inside each hula hoop place a game or other fine motor activity and assign two students to each game station. After 3 minutes rotate the students on the inside circle counterclockwise and the students on the outside clockwise. In this manner, all of the students move to a new activity and new partner.

Cooperative Games: In addition to the more traditional way of playing these games, you can direct the students to play the games in a cooperative manner. For example: How many levels can you and your partner build a card house? Can you and your partner get over 20 matches in a game of concentration.

Or Use Three To a Group: Another way to do this activity is to assign three students to a station and rotate. In this format, all three students rotate to the next game station.

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Square Dance Day

By: John Byl

I came across a few web pages that noted November 29 as National Square Dance Day. You might find the following websites helpful:

Website for United Square Dancers of America:

<http://www.usda.org/>

Organization of Canadian Square and Round Dancing:

http://square_up.tripod.com/



Valentine's Day

By: John Byl

Race the Heart: (Elementary)

This game is a fun outdoor game for a group of kids. You will need just one small paper red heart (small enough to fit into someone's closed fist). First divide everyone into two teams. Team A and Team B. Each team should then pick one person to be captain. Each team must have a home base at opposite ends of the playing fields. Be sure that you point out boundaries. The two captains meet and decide who will begin first. One team takes the paper heart and huddles (gets into a small circle) so that the captain can secretly give one person the paper heart. Since the other team is probably watching everyone may want to pretend they have the heart. Then both teams line up facing each other about four feet apart. On the word "go" by a teacher or parent the team without the heart must then chase and tag members of the other team. When tagged you stop and open your hands to reveal if you have the heart or not. If the person tagged does not have the heart he or she says, "Sorry - race for the heart!" He or she then must stand in place while the tagging team seeks out other players.

The team player with the heart must run towards the opposite team's safety base. If he or she gets there safely without being tagged then their team gets a point and the game starts over. If he or she gets tagged, then the heart is given to the other team and the play begins again. You can set the number of total points to win. Have fun!

<http://www.geocities.com/SouthBeach/Cove/2826/wnt/valgms.html>



Heart Relay

Supplies: 2 Large construction paper hearts per team

How To Play: Divide children into teams. The first person of a team takes the 2 hearts and lays one of the hearts out on the floor. The child steps on the first heart and then places the second heart in front of them. The child steps on the second heart, reaches back and picks up the first heart and then places that heart in front of them. Continue to the end of the course and then run back and tag the next team member. Variation: Divide the teams in half and have the person walk on hearts to the other side.

<http://homeschooling.about.com/gi/dynamic/offsite.htm?site=http://www.kidsdomain.com/holiday/val/party.html>



Valentine's Day

Everyone associates the heart with Valentine's Day. How about doing something that will strengthen the heart and improve cardiovascular fitness? Challenge your family to a "hearty" Valentine's Day. Between 8 a.m. and 8 p.m., family members should try to obtain as many heart points as possible. Select a Saturday or Sunday close to Valentine's Day, or disallow activity during Mom and Dad's working hours.

Walking 1 point for every 15 minutes

Jogging 1 point for every 10 minutes

Cycling 1 point for every 15 minutes

Swimming 1 point for every 10 minutes

Skipping 1 point for every 10 minutes

You may wish to give the younger children a handicap and make it harder for teens. For example:

Children 5 - 7 multiply the total score by 2

Children 8 - 10 multiply the total score by 1.5

Children 11 - 17 multiply the total score by .75

Ages 18 and up multiply the total score by 1

The winner at the end of the day receives a token prize such as new shoelaces for their running shoes.

<http://www.fitnessforyouth.umich.edu/parents.html>



World Smile Day

By: Marie Burland

Each morning we play songs on the announcements such as: Take Good Care of Each Other (Fred Penner); If We Could Consider Each Other (The Travellers); Three Wishes (Marcus); and You Can Do It if you try (Fred Penner). We are doing TRIBES activities, which encourage caring about others, increase awareness of the importance of appreciation statements, builds self-esteem and inclusion and sharing positive feelings. My class made posters. We are also having a World Smile Day assembly on Friday, Oct. 3. and are encouraging students and staff to wear something with a Happy Face on it or has a message related to Being Kind, plus bright colours. We are starting off the assembly with "If You're Happy and you Know It". Some of the other things on our agenda are: reading the book "Smiling" by Gwennyth Swain; "Don't Worry, Be Happy" (My class is doing a dance to it.); reading the poem "Let's All Be Kind in Class"; recognition for Acts of Kindness; and the whole school singing at the end "Three Wishes" (the words will be on an overhead).