

Games, Games, Games!

DaniBees Gymnastics Music: get it here- <https://www.danibeesh.com/music-for-sale.html>

Hula hoop

Chicken dance: Kids hold hula hoop as visual for getting knee up in high marching, skipping, high knee runs. Yell “CHICKEN DANCE!” - everyone drops hula hoop to chicken dance. 2 year olds- chicken dance doesn’t have to be with music. 3-5 year olds: go all the way down into a squat. 6 and up: do a burpee

Parachute

‘Un poco loco’ from Coco soundtrack: - lift up parachute say “Hola!” Drop parachute quickly and say “Adios!” - go round in circle with kids holding onto handle- skips, chasses, high toe walks, etc..

Parachute Sit Ups: give kids a number- odd numbers facing each other, even numbers facing each other. “When I call out your number- lie down! Everyone else, don’t move your bodies and hold onto the parachute!” Then call out each number. Works on helping kids keep arms in front for safety and the sit up.

Tuck ups: bring your legs inside your arms and bring them up and over parachute- bring them back. Don’t forget to give challenges! “Can you do 5 in a row? Is that too easy for you? Can you straighten your legs, now? Wow, can you do 5 in a row?”

Group Games

Gymdot Game: Get Gymdots at Norberts. Split your class up into groups. 9 kids- 3 groups of 3. 6 kids- 3 groups of 2. Or, if small group keep them all together and switch out the dot. Give one person from each group a ball. The person holding the ball does the ball activity (ex: high knees hitting knees to ball 10x, squat jumps touching ball to floor then reaching up to sky 10x etc..) everyone else without the ball is copying the position on gymdot (if you don’t have gymdots, give them a position to hold) when person holding the ball is done with number of ball activity, they roll it to a friend who is doing hold position- now person with ball is doing ball activity and the person who passed the ball is in hold position. **Variations:** make the Gymdots move- give students opportunity to think outside the box and see how they can make their hold position move (hollow position- rock it, swimmer kicks, up and down, tuck it up, etc..) Also can use music - when music starts they play the game, when it stops they ‘strike a pose’ or play ‘snapshot’ where they have to come up with a scene from a picture (give them a theme like ‘beach’ they have to create a picture all together depicting a beach scene).

Dice Game: Create 6 stations with the numbers 1-6 in front of them (can use a deck of cards Ace to 6 if you don't want to write numbers on paper) - in the presentation my 6 stations were - 1: push ups with nose going into cone 2: noodle tuck up and over 3: froggie tuck in sliders (stuffed animal frogs taped around furniture sliders) 4: arch ups with orange cone to peak through 5: Hollow rockers squeezing cone between feet 6: frog jumps - Everyone has their own color dot: They roll the dice and then go to the number station they got on the dice- do it 10x and then run back, grab a card from the deck, and hide it underneath their dot. Meanwhile- I am the 'Card Fairy' - I give extra 'Bonus cards' to gymnasts showing 'Amazing gymnastics!'- straight legs, working hard etc... Make sure to give at least one 'bonus card' to every gymnast. You can always find something to praise- even if it is a positive attitude, or just being there for the day.

Mend the broken hearts: fold foam paper in half and cut out half a heart to create full heart- cut it down the middle in zig zag or squiggly line to 'break your heart' - on one side of the heart you can put - number and number of hearts to match- upper case on one side lower case on the other side- get creative! Play 'Mend the broken hearts' with warm ups, stations, on beam- a million ways to use these!

Down by the banks: 'Down by the banks with the hanky panky where the bull frogs jump from bank to bank with a hip, hop, scoobydoowop, last one out is a bull frog!' This is my version of the song- but if you know a different version- use that one! But, it has to end with 'last one out is a bull frog!' - the group makes a circle in push up positions- one person starts the high five chain reaction- so, when your right arm is given a high five you have to transfer it to your left arm to the person's right arm next to you. The last person to be given a high five turns into a bull frog and now is outside of the group or 'pond' and when the game starts again they do frog jumps. Continue playing until everyone is a bull frog except for 2 players left- the 2 remaining players go in the 'ultimate scoobydoowop show off!'- pike position with flexed feet to feet, holding hands. They pull back and forth and when the song ends they pull each other trying to get the other person's chest to fall on their legs- winner is the person without chest on legs! If you don't like to have winners and losers in your gym you can skip the last part and have 2 winners. I like to teach kids how to be humble winners and gracious losers, so I like it.

Pirate warm-up: Action story to Pirates of the Caribbean: 'He's a Pirate' - I say something like this (in a pirate voice) "Alright me mateys! We just found the treasure on the island... we have to take it back to our ship as fast as we can! Are ye ready?!" And I get them to say, "Ay ay, Captain!" Start music - "We found the treasure! Let's get out of here! (run in place) Oh no, giant boulders are rolling down the hill, jump! (frog jumps) keep running! (run in place) Houses are in the way! Long jump from rooftop to rooftop (long jump forwards and backwards) Do ye see the ship?! Dive into the water and swim! (arch hold swim) Climb the ladder to the top of the ship! (coordinating arms and legs up a pretend rope) Uh oh.. this ship is very dirty... you know what we see.. RATS!!! (tuck jumps). **Pirate stretch:** "Looks like this ship is very dirty, me mateys! Let's work together to clean it up." Give everyone a sponge. "Sit in your straddle position and

start scrubbing the deck! I need my crew to look like a well put together, awesome crew- so keep those legs nice and tight and ye ankles pushing down!” Hold the sponge with two hands and scrub forwards and backwards, side to side- can also push up into middle split and scrub with one hand and the other hand - get creative! Scrub in pike position, table, ‘squish the stinky out of the sponge’ by donkey kicking on top of sponge or doing push up position taps with hands. You can do so much with a sponge! Use the sponge throughout the rest of your practice- squeeze it between knees, step on it, hold it on the beam, use it for levers... so many things!