

Physical Activities and Games for Groups of All Sizes



Presented by:

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The SPARK Programs

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GOPHER

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Teaching Tips

- Get ready to run as soon as your partner returns.
- Run with your head up and your eyes alert to avoid high-speed collisions.
- High-five your partner when you return.

Guidelines Addressed

- Aerobic Capacity
- Greater than 50% MVPA
- Fair Play

SEL Competencies

Self-Awareness

Self-efficacy

Self-Management

Impulse control

Relationship Skills

Social engagement

READY

- 1 deck of [cards](#) per 10 participants
- 1 [cone](#) per 10 participants

SET

- Create a starting line with cones.
- Scatter playing cards face down along a line 30 paces across from starting line.
- Pair participants on starting line.

GO!

1. Activity Objective

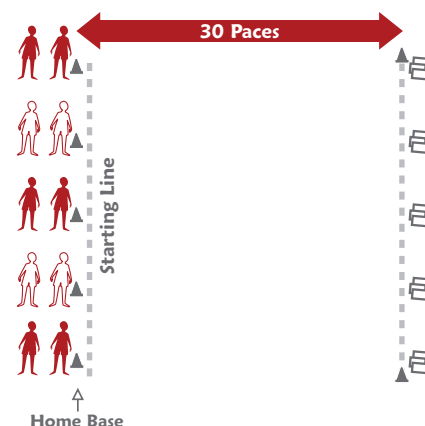
- The object of **Cardio Cards** is to collect the best 5 cards you can.

2. Instructions

- (Can play poker-style, highest total using the sum of 5 cards, or any other variation you can come up with.)
- On signal, alternate with your partner, sprinting to the opposite baseline to get a card.
- After collecting 7 cards, do jumping jacks (or selected exercise) until signal.
- All players must alternate with a partner, taking 1 card at a time.
- The first card you touch is the one you take.
- Leave your "home" baseline only after your partner has crossed it.
- Return cards, then repeat.

3. Challenges

- (Play for a set time, allowing participants to trade-in cards after they've collected 7.)
- (Designate a wild card.)



Learning Objectives

- Students will roll a ball with accuracy.
- Students will participate in moderate to vigorous activity (MVPA) for sustained periods of time.
- Students will work cooperatively within a group.

Learning Targets

- I can roll a ball at a target with reasonable accuracy.
- I can actively participate in activities that keep my heart rate up.
- I can demonstrate respect for myself and others by working hard and encouraging others.

Teaching Cues

- Bowlers, step forward with opposition and release the ball when pointing at the target.
- Ball Retrievers, move quickly to bring the ball to the next bowler.
- New Bowlers, move to the bowling line quickly.

PREP

- 2 [spot markers](#) per group of 4 students
- 2 [bowling pins](#) (or substitute 2 lightweight cones) per group of 4 students
- 1 [utility ball](#) per group of 4 students

SET

- Create 2 parallel lines of spot markers and a third line of bowling pins.
- Lines are 5 paces apart, and spot markers in each line 3 paces apart.
- The first line of spot markers is the start. Two students start here. The second line of spot markers is the bowlers' line. The third line is for the bowling pins (or 2 cones) and where the ball retriever stands.

TEACH

1. Lesson Objective

- The object of **Aerobic Bowling** is to use underhand rolling skills to score as many points as your group can before the signal.

2. Instructions

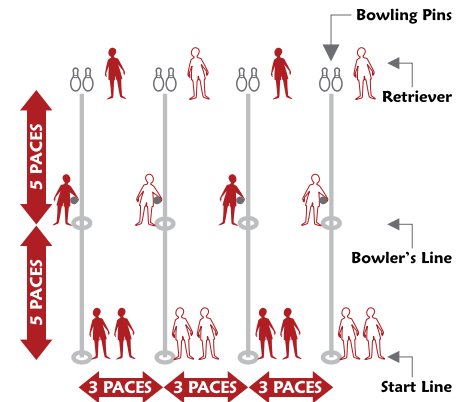
- On the signal, the bowler (*at second cone*) rolls the ball toward pins/cones trying to knock them over.
- Bowler runs after the ball and sets up pins/cones for the next bowler (*if needed*) and stands safely off to the side.
- The ball retriever retrieves rolled ball, runs it to second cone for the new bowler, then continues to start line.
- When you reach the front of the start line, run to be the next bowler.
- Continue bowling, setting up pins, retrieving, and running until signal.

3. Scoring

- Strike = knocking down both pins is 10 points.
- Spare = 1 pin knocked down is 5 points.

4. Challenges

- How quickly can your group score 50 points?
- How many points can your group score before the signal?



REFLECTION QUESTIONS

- What can you do to improve your accuracy?
- Did you hit the intensity you needed to improve your aerobic capacity? How do you know?
- How can you help your team members to improve your score?



Teaching Tips

- No one can catch it twice, until everyone in your group catches it once.
- Remember who passes you the ball and who you pass the ball to.
- Hands up, ready to receive a pass. Keep eyes on student who passes to you.

Guidelines Addressed

- Greater than 50% MVPA
- Active Game Choice
- Cooperation, Responsibility

SEL Competencies**Self-Awareness**

Peer interaction, self-efficacy

Self-Management

Self-regulation

Relationship Skills

Cooperation, teamwork

Responsible Decision-Making

Solving problems

READY

- 3 [foam balls](#) or other small tossables per 5-7 participants

SET

- Form circles of 5-7 players and spread within area.
- Give each circle 1 ball/tossable.

GO!**1. Activity Objective**

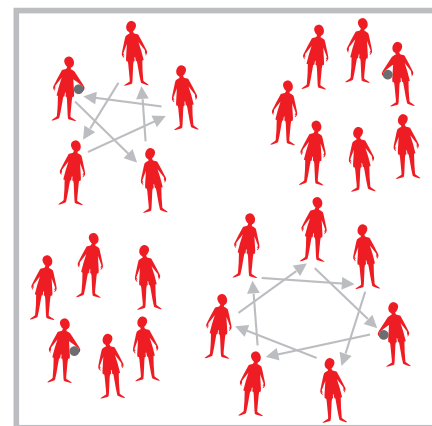
- The object of **Group Juggling** is to cooperate with you group to pass the ball around your circle in a sequence.

2. Instructions

- On signal, toss the ball across the circle to anyone not next to you.
- Passing continues until everyone has received a pass and the ball returns to the first person. Repeat, using the same sequence.
- *(Once they have successfully passed in sequence 3x, add the first challenge.)*
- *(Then, add a second ball. When they are successful with 2 balls, try the second challenge.)*

3. Challenges

- How quickly can you get the ball back to the first person 5x?
- How many tossable objects can your group pass without a drop?



Teaching Tips

- Work together and communicate to keep the ball moving.
- Stand in your spot, do not step into the circle, keep your hands up and open.
- Boulder runner, keep moving and be aware of where the ball is.

Guidelines Addressed

- Aerobic Capacity, Muscular Fitness
- Greater than 50% MVPA
- Cooperation, Responsibility

SEL Competencies**Self-Awareness**

Peer interaction, self-efficacy

Social Awareness

Problem-solving

Relationship Skills

Communication, cooperation

Responsible Decision-Making

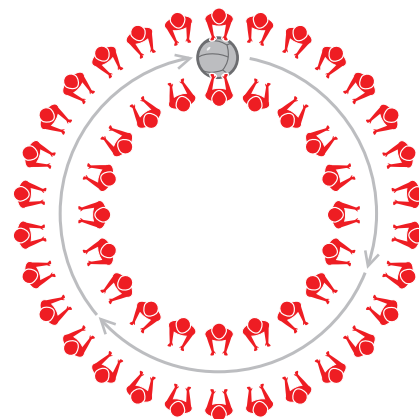
Analyzing situations

READY

- 1 KIN-BALL® (36" dia or larger)
- Music and player (optional)

SET

- Arrange participants to form 1 large outer circle and a smaller inner circle. Participants in both circles face each other.
- Place ball in the pathway between the circles; pathway should be about the same size as the ball.

**GO!****1. Activity Objective**

- The object of **Boulder Runner** is to work together to push the OMNIKIN® ball around the circle trying to catch up to a runner starting on the opposite side of the circle.

2. Instructions

- Before we do it with a runner, let's practice moving the ball around the circle. We'll go in both directions.
- Bend your knees slightly with your feet shoulder-width apart.
- To push the ball, keep your hands up and open. Meet the ball with your palms and fingers ready.
- Start slowly, and then get faster as you get the hang of it.
- Now that we can move it around the pathway, I need a volunteer to be the Boulder Runner.
- The runner begins directly opposite the OMNIKIN® ball.
- On signal, we will move the ball to chase the Runner. Runner and ball may change directions at any time.
- Both the runner and the ball can change directions at any time.
- Boulder runner, keep moving and be aware of where the ball is.
- Work together to push the OMNIKIN® ball around the circle.
- We catch the Runner when the ball touches any part of the Runner. We'll then choose a new runner.

3. Challenges

- Without the runner, how many times can we move the ball around the circle in 1 minute?
- How quickly can you tag the boulder runner?
- Let's change roles, can we keep the ball away from the runner who tries to tag the OMNIKIN® ball?



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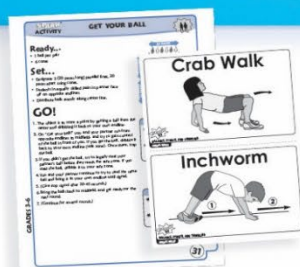
- Awarded over \$100k in 2025 for curriculum, equipment and professional development.
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