



Large Motor/Active Games We Like to Play!

Shared with you by Lisa Murphy, M.Ed.

BALLOON KEEP UP

Keep your balloon in the air. You can stand, you can sit... you can play music or not. You can have a partner and play “balloon volleyball” or everyone can have their own. Add body parts! Keep the balloon in the air with your ELBOWS! HANDS! THUMBS! BACK! BUM!

I AM SLOWLY GOING CRAZY

Sit crossed legged in the “thinking man” position and say this chant:

I am slowly going crazy

1-2-3-4-5-6 SWITCH!

Move your arms over to the other side and then say...

Crazy going slowly am I

6-5-4-3-2-1 SWITCH!

Keep repeating until everyone is going crazy and you just can't take it anymore!!

HELP! (Paper Towel Walking)

The object here is that each player moves through the available space, trying not to bump into anything or anyone, with a paper napkin or paper towel on their head. If your paper falls off you have to FREEZE. You get unfrozen when someone bends down, picks up your paper and places it back on your head. If that is too much for the kids, then you can change the rule so that you get unfrozen if they TAP you. Then you bend down and pick up your own paper, put it back on your head and keep playing.

If the space is small, have the children move in S-L-O-W motion. Music can be added too.

If the children are really young or very much beginners at games have each child put their paper back on their head if/when it falls off. Later on you can build up to having them FREEZE and UNFREEZE. You can also modify it so that YOU, the teacher unfreezes them with a gentle tap. Modify as necessary for your players!

FACE TO FACE/BACK TO BACK (Thanks Sharron!)

Everyone get a partner and stand back to back.

One person is IT, the “caller.” The caller calls either FACE TO FACE or BACK TO BACK and everyone must do as caller says. Caller can vary the speed, tempo and order of directions as s/he desires! At some point caller will say SWITCH as which point all find new partner and the last person to find a partner, or the odd man out who doesn't have a partner becomes the new caller.

NORTH WIND BLOWS (Thanks Bev!)

Get in a circle standing close together.

One person in the middle.

Person in the middle says: "The North Wind Blows for _____"

And identifies something: everyone with glasses, if you are a boy, have on a dress, everyone with sneakers, blue pants, etc.

The people with that thing or characteristic then must find a new place in the circle. The person in the middle must move too! The last person to get back into the circle is now IT and must be the new person in the middle (the caller). Then continue the game.

WACKY WALKING

The idea here is that the players dramatize the "who/what/where" suggestions as you call them out. Example: "Walk like it's WINDY!" *Suggestions:*

Windy	Puddles	By a sleeping tiger	Hot sand
Very hot	Icy	In glue	On a tightrope
Raining	In deep snow	On eggs	In space
A frog	A kangaroo	A baby	You are happy

Suggestion: end on a "walk" that is calming.

SNICKERS AND HOOTS (Thanks Again Sharron!)

Same general idea as Face to Face Back to Back – except you will use parts of the body instead: hip, wrist, belly, hand, side, back, fingers, thumb, ear, butt, ankle, chin, shin, toes, knees, etc. The cue to "switch" is now SNICKERS and HOOTS at which time everyone finds a new partner and whoever is left becomes new caller and the game continues.

Movement Songs on CD's/Tapes that I like:

LISTEN AND MOVE: Greg and Steve

KNEES UP MOTHER BROWN & SHAKE SILLYS OUT: both by Raffi

I AM HERE AND YOU ARE HERE AND WE ARE ALL TOGETHER: Peter and Ellen

MIRRORS

A quieter game, can be played inside or outside. Get a partner and stand facing each other. Identify Player A and Player B and mirror each other's movements starting with Player A leading. Change who is "leading" with a simple quiet announcement of "switch".

EXPLOSION TAG

Start by playing regular tag. **Tag! You're IT!** to warm up. Then TEACHER will announce, "Now when you get tagged take a minute to **EXPLODE** in any way you wish!" Even one-minute of explosion tag is beneficial!

BALL ROLLING/NAME GAME

Sit in a circle. Roll the ball to someone in the circle and say their name.
“Good Morning _____!” “Thanks _____.”

OVER UNDER BALL PASS

Stand in a line. (Make two lines if lots of kids)

Give a small ball to the person in the front.

They hand the ball OVER their head to the person behind them, who then hands it UNDER (through their legs) to the person behind them.

When the ball gets to the person at the end of the line that person zooms to the front and starts repeats the pattern by handing it OVER their head to the person behind them...

Repeat the OVER UNDER pattern until all the kids have a turn to be in the front.

CAR AND DRIVER (Thanks Dan!)

Get a partner.

One person stands in front of the other.

Person in the front: hands up like you are driving a car. Eyes closed.

Person in the back is going to steer you.

Start slow... then get faster. No peeking.

Then switch.

PASS THE SHOE

All players sit in a circle. Get a slow, steady rhythm going by tapping the floor in front of you. On the beat, everyone pretends to pass something to the person on their left. Get the kids in the groove of the rhythm without the shoe first. Then pass the shoe on the beat. Whoever has the SHOE actually passes it while everyone else pretends to while singing to the tune of “London Bridge”

Pass the shoe from me to you, me to you, me to you

Pass the shoe from me to you, and do just as I do.

As the kids get good at this, If you can have 2 shoes going at the same time.

MAKE 4 ELBOWS

Players will walk in a circle. At some point the designated CALLER will say, MAKE 4 ELBOWS! Players must pair/partner up with enough people to successfully follow instructions as they are called out. Then walk in circle again and repeat! Examples: Make 4 elbows! Make 10 toes! Make 20 thumbs! Make 9 shoulders!

SLO MO FREEZE TAG

A variation of tag! But when tagged you FREEZE until someone comes and unfreezes you by either tapping you or crawling through your legs. Try it in S L O W motion!

DONUT SHOP (Thanks Cynde!)

Down around the corner at the donut shop
There are lots and lots of donuts with frosting on top.
When along came _____ as quiet as can be
And she took the _____ one home!

You and the children are sitting in the circle. One child walks around the circle (kind of like duck duck goose). Clap or slap your thighs while chanting:

***Down around the corner at the donut shop
There are lots and lots of donuts with frosting on top.***

Slow it down to build the anticipation as you say:

When along came __(child's name)___ as...(whisper) ...quiet as can be.

And s/he took the..... __(color of the donut the child picked)___ one home!

Child will now choose their donut. The child now joins the circle and the next child takes his/her turn. Let them hold their donuts until everyone has a turn. Be sure that you take a turn too. Also remember to take your time! Slow down!!!

YELLOW BUTTER (Thanks Bev!)

With both palms facing up say...
YELLOW BUTTER PURPLE JELLY RED JAM BLACK BREAD!

Now pantomime spreading jelly and jam with your finger and say...
SPREAD IT THICK! SAY IT QUICK!
(FAST!) YELLOW BUTTER PURPLE JELLY RED JAM BLACK BREAD!

Now say...
SPREAD IT THICKER! SAY IT QUICKER!
(FASTER!) YELLOW BUTTER PURPLE JELLY RED JAM BLACK BREAD!

Now squish your sandwich together and say...
NOW REPEAT IT WHILE YOU EAT IT!

Pantomime taking a bite of your sandwich and *with a mouthful* say...
YELLOW BUTTER PURPLE JELLY RED JAM BLACK BREAD!
(it should sound like rerro buda brple yelly rd yam brak brd!)

Say... DON'T TALK WITH YOUR MOUTH FULL!!!

HELLO JOE!

There are many variations out there. This is the one I know...

Get the rhythm going by slapping hands on your thighs and then begin:

Hi!
My name is Joe
And I work
In
A button factory
Got a wife
Got a dog
Got a fam – ily
One day
My boss came up to me and said
“Hey Joe!
Are you busy??”
I said NO!
Then move the button with your right hand.

Now this is when it gets fun. Move the button with your right hand by tapping your fist up and down on your leg. Get the beat going and then repeat the chant – this time, at the end say:

Then move the button with your left hand.

Next will be move the button with your right foot

Then – left foot and then your HEAD and then your TONGUE!!!

By this time arms, hands, legs, feet, heads and tongues are all moving and waggin’ and when Joe’s boss asks if Joe is busy he now says....

YES!

RESOURCES USED TO ASSEMBLE THIS MATERIAL:

Follow Me Too, a handbook of movement activities for 3-5 year olds

By: Marianne Torbert and Lynn Schneider (a NAEYC publication www.naeyc.org)

Play Power: games and activities for young children

By: Sharron Krull and Norma Don (unfortunately out of print)

Active Play! Fun Physical Activities for Young Children

By: Diane Craft and Craig Smith (comes with a DVD to watch too)

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STALKERS WELCOME!

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Podcast: “Child Care Bar and Grill” (free wherever you like to listen) I pod with Jeff Johnson of Explorations Early Learning & we also collaborate on this wiki: <https://playvolutionhq.com/ecwiki/>

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