

Learning Landscapes Toolkit



Acknowledgements

The Learning Landscapes Toolkit is funded by the Colorado Department of Public Health & Environment's Cancer, Cardiovascular Disease and Pulmonary Disease Competitive Grants Program. This Toolkit was developed by staff from the University of Colorado Denver Learning Landscapes Program with assistance from the **Children's Corridor Healthy Eating Active Living (HEAL) project partners.**



Colorado Department
of Public Health
and Environment



January 2015

Introduction

Denver Public Schools' Learning Landscape schoolyards provide a tremendous opportunity for elementary students and the surrounding community to engage in physical activity. Since the program began in 1998, Denver Public Schools, in partnership with the University of Colorado Denver and the residents of the City of Denver, transformed 96 elementary schoolyards into vibrant, active Learning Landscapes. The district-wide Learning Landscapes effort is considered a nationwide model for multi-stakeholder collaboration to develop school campuses for educational, recreational, and civic uses. The Learning Landscapes are designed to provide elementary students with physical and mental challenges in a stimulating and aesthetically appealing environment. The majority of elementary and K-8 students in Denver Public Schools, an estimated 45,000 students, benefit daily from physical activity on the Learning Landscapes.



Before



After

Learning Landscapes Toolkit

To preserve the quality and character of Learning Landscapes, the schoolyards need to be respectfully used by the schools, students, and surrounding community. Developing site-specific programming, such as this toolkit for physical activity, specific to the design and educational elements found on a Learning Landscape, will encourage intentional use and stewardship of the schoolyards.

The toolkit is designed to promote use of the Learning Landscapes throughout the day. With activities targeted to increase physical activity before and after school, at recess, as well as during physical education (P.E.) and class time. The activities also target the architectural features of a typical Learning Landscape, including a grass field, a crusher-fines running track, a blacktop with colorful hard surface games, age-appropriate play equipment, climbing features, a shade shelter, an outdoor classroom, natural areas and gardens, and inviting community gathering features throughout the schoolyard.

Design Elements



Grass Field

Coveted recreational spaces and a vast improvement from the pea gravel fields of the past.



Blacktop with Colorful Hard Surface Games

A variety of colorful games and educational features spark excitement and creativity during play.



Climbing Features

Features to increase upper body strength and coordination.



Outdoor Classroom

A place for teachers to bring students outside for inquiry and to interact with the landscape as an educational system.



Community Gathering

Promoting a sense of pride and welcoming the neighborhood to gather and play through gateways, artwork, and seating throughout the schoolyard.



Crusher-Fines Running Track

A safe walking and jogging area for students, teachers, and community to track their distance and encourage movement.



Age-Appropriate Play Equipment

Safe, developmentally appropriate, and challenging activities for all students.



Shade Shelter

A gathering space protected from the intense Colorado sun.



Natural Areas and Gardens

An opportunity for science education, discovery, and imaginative play as well as a source of healthy fresh vegetables.

Colorado Comprehensive Health and Physical Education Standards

The Learning Landscape Toolkit activities are designed to align with the Colorado Comprehensive Health and Physical Education Standards. Activities will continue to be reviewed and revised to maximize alignment to these standards. Examples of standards and student outcomes potentially achieved through toolkit activities include:

Standard: 1. Movement Competence and Understanding in Physical Education

- Demonstrate skills of chasing, fleeing, and dodging to avoid others (DOK 1-3)
- Perform successfully a variety of jump-rope skills using both short and long ropes, and jump to various tempos (DOK 1-2)
- Balance demonstrating momentary stillness in symmetrical and nonsymmetrical shapes on a variety of body parts (DOK 1-3)
- Recognize and demonstrate agility, balance, coordination, power, speed, and reaction time in a variety of physical activities (DOK 1-2)

Standard: 2. Physical and Personal Wellness in Physical Education

- Identify several moderate to vigorous physical activities that provide personal pleasure (DOK 1-2)
- Identify all activities that children participate in on a regular basis (formal or informal) (DOK 1-2)
- Identify physical activities that cause the heart to beat faster (DOK 1-3)
- Compare heart rate before, during, and after exercise, and explain that increasing the heart rate during physical activity strengthens the heart muscles (DOK 1-3)

Standard: 3. Emotional and Social Wellness in Physical Education

- Follow directions, activity-specific rules, procedures, and etiquette with few reminders (DOK 1-2)
- Ask a partner to participate in a physical activity (DOK 1-2)
- Follow safety rules in the gymnasium and on the playground (DOK 1-2)
- Maintain safety within personal space while using implements (DOK 1-2)

Safety

Safety is a priority when engaging in physical activity on the Learning Landscapes. Participants should make sure they can answer yes to the safety questions below before engaging in any Learning Landscapes Toolkit activities on the schoolyard.

1. Am I wearing appropriate shoes for active movement?
2. Are my shoelaces tied?
3. Do I have all jewelry secured and drawstrings tucked in?
4. Am I ready to be mindful of other participants?
5. Am I ready to respect everyone's personal space and treat others with respect?
6. Am I ready to take turns and not push or shove others?
7. Am I ready to listen to all instructions and stay within designated boundaries?
8. Am I ready to seek cooperation with others at all times, follow rules of the activity?
9. Am I dressed appropriately for the weather?
10. Am I ready to avoid slippery surfaces, loose gravel, and cracks on the Blacktop?
11. Am I ready to steer clear of bumps, dips, rocks, and irrigation heads on the Grass Field?
12. Am I ready to keep a lookout for any broken play equipment?
13. Am I ready to zigzag around rocks, tree stumps, or plants in the Natural Areas?
14. If I find any safety hazards, will I report them to the school office?

If you answered YES to all of the safety questions, you are ready to

Get Outside and Get Moving!

Collection

Wormy Wormy	1	Capture the Flag	41
Get In Shape	2	Red Light, Green Light	42
N.U.G.G.E.T.S.	3	Monkey Around	43
Moose on the Loose	4	Tree Tag	44
Veggie Grabber	5	Colorado Wranglers	45
Hidden Treasures	6	B.R.O.N.C.O.S.	46
Jump Rope Races	7	Tetherball	47
Geometry Scavenger Hunt	8	Tetherball Taxonomy	48
Swim Fish Swim	9	R.A.P.I.D.S. Soccer	49
Lava Crossing	10	Stay out of the Principal's Office	50
Fitness Tag	11	Tundra Tag	51
Animal Races	12	Snowy Mountain	52
River Runners	13	Hula Hula Choo Choo	53
The Snake Escaped	14	Hopscotch	54
Category Catch	15	Hopscotch Party!	55
Froggy Froggy	16	Grades to Graduation	56
Mouse Tails	17	Jump Rope Explosion	57
Travel Colorado	18	Four Square	58
Driver's Ed	19	Four Square Fanatics	59
Coyotes and Roadrunners	20	Tick Tock Goes the Fox	60
Chameleon Jive	21	Four Square Fitness	61
Go Go Gecko	22	Low High Calorie Run	62
Measuring Adventure	23	Skill Drill	63
Island Hopping	24	Cardio Dice	64
Speedy Spelling	25	Zoolympics	65
Heart Pumping Math	26	Bean Bag Scramble	66
Action Authors	27	Prairie Dog Chase	67
Alphabet Mingle	28	Musical Yoga	68
What's the Forecast?	29	Happy Hearts	69
Nature ID Game	30	Fly-Fishing Frenzy	70
Alphabet Animators	31	Playground Olympics	71
Frequency Fun	32	Bubbles, Bubbles, Everywhere	72
Number Shuffle	33	Balance Track Stars	73
Imagination Navigation	34	Jump Rope Relay	74
Dancing Trees	35	Play by Numbers	75
Word Web	36	Stretch it Out!	76
Earth Day Every Day	37	Schoolyard Yoga	77
Dance Break	38	Flat Fourteeners	78
Stretch it to Spell it	39	Grab That Workout	79
Alphabet Walk	40	Run Away Train	80

Index

Action Authors	27	Jump Rope Explosion	57
Alphabet Animators	31	Jump Rope Races	7
Alphabet Mingle	28	Jump Rope Relay	74
Alphabet Walk	40	Lava Crossing	10
Animal Races	12	Low High Calorie Run	62
Balance Track Stars	73	Measuring Adventure	23
Bean Bag Scramble	66	Monkey Around	43
B.R.O.N.C.O.S.	46	Moose on the Loose	4
Bubbles, Bubbles, Everywhere	72	Mouse Tails	17
Capture the Flag	41	Musical Yoga	68
Cardio Dice	64	Nature ID Game	30
Category Catch	15	N.U.G.G.E.T.S.	3
Chameleon Jive	21	Number Shuffle	33
Colorado Wranglers	45	Play by Numbers	75
Coyotes and Roadrunners	20	Playground Olympics	71
Dance Break	38	Prairie Dog Chase	67
Dancing Trees	35	R.A.P.I.D.S. Soccer	49
Driver's Ed	19	Red Light, Green Light	42
Earth Day Every Day	37	River Runners	13
Fitness Tag	11	Run Away Train	80
Flat Fourteeners	78	Schoolyard Yoga	77
Fly-Fishing Frenzy	70	Skill Drill	63
Four Square	58	Snowy Mountain	52
Four Square Fanatics	59	Speedy Spelling	25
Four Square Fitness	61	Stay out of the Principal's Office	50
Frequency Fun	32	Stretch it Out!	76
Froggy Froggy	16	Stretch it to Spell it	39
Geometry Scavenger Hunt	8	Swim Fish Swim	9
Get In Shape	2	Tetherball	47
Go Go Gecko	22	Tetherball Taxonomy	48
Grab That Workout	79	The Snake Escaped	14
Grades to Graduation	56	Tick Tock Goes the Fox	60
Happy Hearts	69	Travel Colorado	18
Heart Pumping Math	26	Tree Tag	44
Hidden Treasures	6	Tundra Tag	51
Hopscotch	54	Veggie Grabber	5
Hopscotch Party!	55	What's the Forecast?	29
Hula Hula Choo Choo	53	Word Web	36
Imagination Navigation	34	Wormy Wormy	1
Island Hopping	24	Zoolympics	65

All Around the Learning Landscape

Activities

Geometry Scavenger Hunt	8
Chameleon Jive	21
Action Authors	27
Earth Day Everyday	37
Stay Out of the Principal's Office	50
Skill Drill	63
Cardio Dice	64
Zoolympics	65
Playground Olympics	71

Around the Track

Activities

Driver's Ed	19
Coyotes and Road Runners	20
Alphabet Walk	40
Colorado Wranglers	45
Bubbles, Bubbles Everywhere	72
Balance Track Stars	73
Flat Fourteeners	78
Grab That Workout	79
Run Away Train	80

Blacktop

Activities

N.U.G.G.E.T.S.	3
Veggie Grabber	5
Jump Rope Races	7
Category Catch	15
Island Hopping	24
Speedy Spelling	25
Frequency Fun	32
Number Shuffle	33
Tetherball	47
Tetherball Taxonomy	48
Hopscotch	54
Hopscotch Party!	55
Team Jumping	57
Four Square	58
Four Square Fanatics	59
Four-Square Fitness	61
Low High Calorie Run	62
Bean Bag Scramble	66
Happy Hearts	69
Jump Rope Relay	74

Grass Field

Activities

Wormy Wormy	1
Get In-Shape	2
Swim Fish Swim	9
Fitness Tag	11
Animal Races	12
The Snake Escaped	14
Froggy Froggy	16
Mouse Tails	17
Go Go Gecko	22
Alphabet Animators	31
Red Light, Green Light	42
Tree Tag	44
B.R.O.N.C.O.S.	46
R.A.P.I.D.S. Soccer	49
Tundra Tag	51
Prairie Dog Chase	67
Fly-Fishing Frenzy	70

Natural Area

Activities

Moose on the Loose	4
Measuring Adventure	23
Nature ID Game	30
Dancing Trees	35
Capture the Flag	41
Snowy Mountain	52
Tick Tock Goes the Fox	60

Outdoor Classroom

Activities

River Runners	13
Travel Colorado	18
Heart Pumping Math	26
World Web	36
Hula Hula Choo Choo	53
Musical Yoga	68
Stretch it Out!	76
Schoolyard Yoga	77

Play Equipment

Activities

Hidden Treasures	6
Lava Crossing	10
Monkey Around	43
Play by Numbers	75

Shade Structure

Activities

Alphabet Mingle	28
What's the Forecast?	29
Imagination Navigation	34
Dance Break	38
Stretch it to Spell it	39
Jump Rope Explosion	56

Traditional Recess

Activities

N.U.G.G.E.T.S.	3
Capture the Flag	41
Red Light, Green Light	42
B.R.O.N.C.O.S.	46
Tetherball	47
R.A.P.I.D.S. Soccer	49
Tundra Tag	51
Hula Hula Choo Choo	53
Hopscotch	54
Team Jumping	57
Four Square	58
Tick Tock Goes the Fox	60

Competitive

Activities

Wormy Wormy	1	Colorado Wranglers	45
N.U.G.G.E.T.S.	3	B.R.O.N.C.O.S.	46
Moose on the Loose	4	Tetherball	47
Veggie Grabber	5	Stay Out of the Principal's Office	50
Geometry Scavenger Hunt	8	Tundra Tag	51
Fitness Tag	11	Snowy Mountain	52
Animal Races	12	Hopscotch	54
River Runners	13	Four Square	58
Froggy Froggy	16	Four Square Fanatics	59
Mouse Tails	17	Tick Tock Goes the Fox	60
Coyotes & Road Runners	20	Bean Bag Scramble	66
Go Go Gecko	22	Prairie Dog Chase	67
Speedy Spelling	25	Fly-Fishing Frenzy	70
Nature ID Game	30	Playground Olympics	71
Capture the Flag	41	Bubbles, Bubbles Everywhere	72
Red Light, Green Light	42	Jump Rope Relay	74
Tree Tag	44		

Cooperative

Activities

Get In-Shape	2	Stretch it to Spell It	39
Hidden Treasures	6	Alphabet Walk	40
Jump Rope Races	7	Monkey Around	43
Swim Fish Swim	9	Tetherball Taxonomy	48
Lava Crossing	10	R.A.P.I.D.S. Soccer	49
The Snake Escaped	14	Hula Hula Choo Choo	53
Category Catch	15	Hopscotch Party!	55
Travel CO	18	Jump Rope Explosion	56
Driver's Ed	19	Team Jumping	57
Chameleon Jive	21	Four-Square Fitness	61
Measuring Adventure	23	Low High Calorie Run	62
Island Hopping	24	Skill Drill	63
Heart Pumping Math	26	Cardio Dice	64
Action Authors	27	Zoolympics	65
Alphabet Mingle	28	Musical Yoga	68
What's the Forecast	29	Happy Hearts	69
Alphabet Animators	31	Balance Track Stars	73
Frequency Fun	32	Play By Numbers	75
Number Shuffle	33	Stretch It Out!	76
Imagination Navigation	34	Schoolyard Yoga	77
Dancing Trees	35	Flat Fourteeners	78
Word Web	36	Grab That Workout	79
Earth Day Everyday	37	Run Away Train	80
Dance Break	38		

Brain Breaks

Activities

Category Catch	15
Travel Colorado	18
What's the Forecast?	29
Dance Break	38
Stretch it to Spell It	39
Stretch it Out!	76
Schoolyard Yoga	77
Run Away Train	80

Indoor Recess

Activities

Wormy Wormy	1	Four Square Fitness	61
Hidden Treasures	6	Skill Drill	63
Jump Rope Races	7	Bean Bag Scramble	66
Animal Races	12	Prairie Dog Chase	67
River Runners	13	Happy Hearts	69
Driver's Ed	19	Bubbles, Bubbles Everywhere	72
Go Go Gecko	22	Balance Track Stars	73
Heart Pumping Math	26	Jump Rope Relay	74
What's the Forecast	29	Stretch It Out	76
Dancing Trees	35	School Yard Yoga	77
Dance Break	38	Grab that Workout	79
Red Light, Green Light	42	Runaway Train	80
R.A.P.I.D.S. Soccer	49		

Low Intensity

Activities

Wormy Wormy	1	World Web	36
Lava Crossing	10	Earth Day Everyday	37
Fitness Tag	11	Stretch it to Spell it	39
Category Catch	15	Alphabet Walk	40
Travel Colorado	18	Tetherball	47
Driver's Ed	19	Tetherball Taxonomy	48
Chameleon Jive	21	Hula Hula Choo Choo	53
Measuring Adventure	23	Hopscotch	54
Action Authors	27	Hopscotch Party!	55
Alphabet Mingle	28	Four Square	58
What's the Forecast?	29	Four Square Fanatics	59
Alphabet Animators	31	Balance Track Stars	73
Frequency Fun	32	Stretch it Out!	76
Number Shuffle	33	Schoolyard Yoga	77
Dancing Trees	35		

Moderate Intensity

Activities

N.U.G.G.E.T.S.	3	Nature ID Game	30
Moose on the Loose	4	Imagination Navigation	34
Veggie Grabber	5	Dance Break	38
Hidden Treasures	6	Red Light, Green Light	42
Geometry Scavenger Hunt	8	Monkey Around	43
Swim Fish Swim	9	Tree Tag	44
River Runners	13	Snowy Mountain	52
The Snake Escaped	14	Tick Tock Goes the Fox	60
Froggy Froggy	16	Prairie Dog Chase	67
Mouse Tails	17	Musical Yoga	68
Go Go Gecko	22	Fly-Fishing Frenzy	70
Island Hopping	24	Flat Fourteeners	78
Speedy Spelling	25		

High Intensity

Activities

Get In-Shape	2	Low High Calorie Run	62
Jump Rope Races	7	Skill Drill	63
Animal Races	12	Cardio Dice	64
Coyotes and Road Runners	20	Zoolympics	65
Heart Pumping Math	26	Bean Bag Scramble	66
Capture the Flag	41	Happy Hearts	69
Colorado Wranglers	45	Playground Olympics	71
B.R.O.N.C.O.S.	46	Bubbles, Bubbles Everywhere	72
R.A.P.I.D.S. Soccer	49	Jump Rope Relay	74
Stay Out of the Principal's Office	50	Play by Numbers	75
Tundra Tag	51	Grab That Workout	79
Jump Rope Explosion	56	Run Away Train	80
Team Jumping	57		
Four-Square Fitness	61		

Pre-K - 2nd Grade

Activities

What's the Forecast?	29
Nature ID Game	30
Alphabet Animators	31
Imagination Navigation	34
Stretch it to Spell it	39
Alphabet Walk	40

3rd - 6th Grade

Activities

Get In-Shape	2	Monkey Around	43
N.U.G.G.E.T.S.	3	B.R.O.N.C.O.S.	46
Moose on the Loose	4	Tetherball	47
Jump Rope Races	7	Tetherball Taxonomy	48
Lava Crossing	10	RAPIDS Soccer	49
Fitness Tag	11	Jump Rope Explosion	56
Coyotes and Road Runners	20	Team Jumping	57
Measuring Adventure	23	Four Square	58
Speedy Spelling	25	Low High Calorie Run	62
Heart Pumping Math	26	Skill Drill	63
Action Authors	27	Happy Hearts	69
Frequency Fun	32	Fly-Fishing Frenzy	70
Number Shuffle	33		
Capture the Flag	41		

All Ages

Activities

Wormy Wormy	1	Stay Out of the Principal's Office	50
Veggie Grabber	5	Tundra Tag	51
Hidden Treasures	6	Snowy Mountain	52
Geometry Scavenger Hunt	8	Hula Hula Choo Choo	53
Swim Fish Swim	9	Hopscotch	54
Animal Races	12	Hopscotch Party!	55
River Runners	13	Four Square Fanatics	59
The Snake Escaped	14	Tick Tock Goes the Fox	60
Category Catch	15	Four-Square Fitness	61
Froggy Froggy	16	Cardio Dice	64
Mouse Tails	17	Zoolympics	65
Travel Colorado	18	Bean Bag Scramble	66
Driver's Ed	19	Prairie Dog Chase	67
Chameleon Jive	21	Musical Yoga	68
Go Go Gecko	22	Playground Olympics	71
Island Hoping	24	Bubbles, Bubbles Everywhere	72
Alphabet Mingle	28	Balance Track Stars	73
Dancing Trees	35	Jump Rope Relay	74
Word Web	36	Play by Numbers	75
Earth Day Everyday	37	Stretch it Out!	76
Dance Break	38	Schoolyard Yoga	77
Red Light, Green Light	42	Flat Fourteeners	78
Tree Tag	44	Grab That Workout	79
Colorado Wranglers	45	Run Away Train	80

Before and After School

Activities

Wormy Wormy	1
Get In Shape	2
N.U.G.G.E.T.S.	3
Moose on the Loose	4
Veggie Grabber	5
Hidden Treasures	6
Jump Rope Races	7
Geometry Scavenger Hunt	8
Swim Fish Swim	9
Lava Crossing	10
Fitness Tag	11
Animal Races	12
River Runners	13
The Snake Escaped	14
Category Catch	15
Froggy Froggy	16
Mouse Tails	17
Travel Colorado	18
Driver's Ed	19
Coyotes and Roadrunners	20

Wormy Wormy

When to Play: Before and After



10-15 min.

Where to Play: Grass Field

Equipment: Hula hoops (3-5)

How to Play:

- Spread hula hoops on the ground to be “worm holes.”
All Players find a worm hole to start in. (There will be more than one Worm in a hole.)
- Choose one Player to stand outside of the worm holes and be the Red Robin.
- The Red Robin calls out “Wormy, wormy, come on out!”
- All the Worms have to run to a new worm hole while trying to avoid being tagged by the Red Robin.
- When a Worm is tagged before they get to a new hole, they become a Red Robin.
- As more Worms become Red Robins, the leader removes hula hoops so there are fewer worm holes.
- Play until only one Worm is left and they become the Red Robin in the next game.

Change it up!

Try other movements: running, swimming, skipping, or hopping on one leg or two.

Be creative! Think of other objects around the Learning Landscape that could also be “worm holes”.

Tips

Number of Players: 5 - 10

Let the Players choose a color and animal (Red Robin, Green Dinosaur, Purple Dragon, Brown Eagle, etc.) for each new round.

Worms should be spread out in the worm holes and not all in one.



Get In Shape

When to Play: Before and After



10-15 min.

Where to Play: Grass Field

Equipment: Cones

How to Play:

- Set up shapes using cones 20 to 30 steps apart. (Triangle = 3 cones, Square = 4 cones, etc.)
- Assign a movement to each cone. Movements may include:
 - Skip
 - Crawl
 - Hop
 - High-knees
 - Lunges
 - Sprint
- Players move cone to cone around each shape, changing movements as they pass a cone.
- Players continue around each shape until the Leader signals to stop.

Change it up!

Set up larger shapes to increase physical activity.

If a Player needs a break, they can stretch in the middle of the shape.

Try adding a soccer ball and have Players dribble between cones.

Tips

Number of Players: 10 - 15

Have Players think of shapes and activities to use.

Did you know? A nine-sided shape is called a nonagon.



N.U.G.G.E.T.S.

When to Play: Before and After



15-20 min.

Where to Play: Blacktop

Equipment: Basketball, 1/2 of basketball court

How to Play:

- Players divide into two teams, "Offense" or "Defense," and spread out in half of the basketball court.
- The team on offense passes the ball between team members to score baskets.
- Players only pass and pivot the ball. Dribbling is not part of the game.
- Players on defense try to take away the ball.
- If a pass is dropped, defense gets the ball away, or the ball goes out of bounds, the ball goes to the other team.
- After a basket is scored, the other team gets the ball and tries to score a point.
- A letter is earned for each basket. The first team to spell NUGGETS wins.

Change it up!

If there are only a few Players, take away passing and do shooting only. Earn letters by making baskets from different spots on the court, and encourage other Players to try the same shots.

Tips

Number of Players: 6 - 10

Two games can be played at one time - one on each side of the court.

Encourage Players to spread out and not to crowd the basket.



Moose on the Loose

When to Play: Before and After



10-15 min.

Where to Play: Natural Area

Equipment: None

How to Play:

- Players are campers at the Rocky Mountain National Park (RMNP).
- Players locate “tents”. These could be boulders, benches, or play equipment. There should be one “tent” for every 5-6 Players.
- One Player is the “Moose.”
- Players spread out and do “camping” movements called out by the Leader.
- When the Leader yells “A moose is on the loose!”, the Players stop their activity and run to a tent before being tagged by the Moose.
- Players who are tagged become a Moose.
- The last Player tagged becomes the first Moose in the next round.

Change it up!

Taggers can choose to be other RMNP animals, such as a coyote, mountain lion, or bear.

Tips

Number of Players: 10 - 30

Examples of movements:

- Chopping wood for a campfire
- Running
- Burpies for hiking
- Roasting marshmallows
- Fishing
- Gathering fire wood



Veggie Grabber

When to Play: Before and After



10-15 min.

Where to Play: Blacktop

Equipment: Balls and bean bags (for veggies)

How to Play:

- Players find a partner and line up across from each other.
- Each pair of Players has a bean bag “veggie” placed on the ground halfway between them.
- When the Leader says “Go!”, each Player runs toward their veggie to grab it and bring it home.
- The Player without the veggie must chase and tag their partner with the veggie before he/she gets it to his/her home.
- The Player who gets the veggie home wins a point, and the Player who makes a tag wins a point.
- The first Player to 5 points wins.

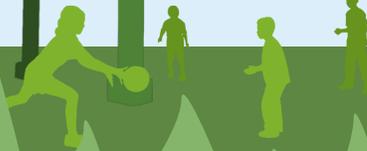
Change it up!

The Leader can call out “hop,” “gallop,” or “bear walk” to change the way the Players reach the veggies.

Tips

Number of Players: 2 - 10

For small groups, use more balls.



Hidden Treasures

When to Play: Before and After  10-15 min.

Where to Play: All around the Learning Landscape

Equipment: None

How to Play:

- Divide Players into small teams.
- Discuss what treasures each team will need to find on the Learning Landscape.
 - Something round
 - Two different types of leaves
 - A beautiful rock
 - Something rough
 - Something the team thinks is a treasure
 - Something taller than you
 - A straight stick
 - Something green
- Teams hunt around the playground to find the treasures.
- The first team to find all the treasures wins!

Change it up!

Have Players use different movements (running, hopping, lunging, or skipping) to get to the treasure.

Tips

Number of Players: 3 - 4 per group

Create smaller groups to keep everyone moving.



Jump Rope Races

When to Play: Before and After



10-15 min.

Where to Play: Blacktop

Equipment: Jump ropes

How to Play:

- Divide Players into an even number of teams and give each Player a jump rope.
- Choose a starting line and ending line.
- On “Go!”, the first Player on the team will run while jump roping (alternating feet) to the finish line.
- Once the first Player has crossed the finish line, the next Player runs while jump roping to the finish line.
- Continue until all team members have crossed the finish line.

Change it up!

Change the way Players jump: high-knees, 2 feet, or 1 foot

If there is limited space, have Players go around a cone and come back to the start line.

Tips

Number of Players: 2 - 30

Have Players spread out, so they are not running into each other with ropes.



Geometry Scavenger Hunt

When to Play: Before and After



10-15 min.

Where to Play: All around the Learning Landscape

Equipment: None

How to Play:

- Players line up shoulder to shoulder.
- Leader calls out a shape, such as “triangle,” and Players quickly move around to find that shape on the playground.
- When a Player finds the shape on the playground, they trace it with their finger and run back to the Leader.
- Players tell the Leader where they found the shape.
- Once all Players have returned, the Leader calls out a new shape.

Change it up!

Try adding other movements (skipping, hopping, leaping, jumping, galloping) for Players to do on their hunt.

Players can work in pairs or small groups.

Tips

Number of Players: 2 - 20

Give examples of shapes that can be found on the playground: “a circle inside the basketball court” or “a square in the hopscotch.”

Remind Players that shapes can be flat on the ground or vertical.



Swim Fish Swim

When to Play: Before and After



15-20 min.

Where to Play: Grass Field

Equipment: None

How to Play:

- Players are “Fish” and line up shoulder to shoulder on one end of the field.
- One Player is the “Shark” and stands 30 big steps away from the other Players.
- The Shark yells out “Swim fish swim if you ___” and ends the phrase with a category they choose. For example:
 - ...have brown hair
 - ...are a 4th grader
 - ...are a boy
 - ...are wearing the color orange
- Fishes that belong to the category run across the field and try to get to the other side without being tagged by the Shark.
- If they are tagged, they become Sharks as well.
- The last Fish left becomes the Shark in the next game.

Change it up!

Players can imagine they are different sea creatures trying to get across the ocean without getting caught by the Shark.

Tips

Number of Players: 4 - 20

Make sure there is enough room for all Players to run.

Remember: A safe way to tag is a two-finger touch on the shoulder or back.



Lava Crossing

When to Play: Before and After



15-20 min.

Where to Play: Play Equipment

Equipment: Hula hoops

How to Play:

- Players divide up into two teams.
- Each Player gets a hula hoop.
- Choose two play areas to be “safe zones” and have each team gather at one of the safe zones.
- Teams work together, using their hoops, to cross “the lava field” and make it to the opposite safe zone without touching the ground (lava).
- If any Players step in the lava, that Player’s entire team must start at the beginning.
- The first team to have all Players reach the safe zone wins.

Change it up!

Pieces of paper can be used if hula hoops are not available.



Tips

Number of Players: 8 - 12

Volcanic rock is formed from magma, or lava, that erupted from a volcano.



Fitness Tag

When to Play: Before and After



15-20 min.

Where to Play: Field

Equipment: Cardio and/or yoga sheets

How to Play:

- Choose one Player to be “it.”
- All other Players will run away to avoid being tagged.
- If a Player is tagged, they must do either a yoga or cardio move (lunges, sit-ups, downward dog pose, tree pose, etc.) until another Player runs in a circle around them.
- After another Player runs in a circle around them, the Player is able to run around again to avoid the tagger.
- Switch who the tagger is every few minutes.

Change it up!

Try doing a different yoga or cardio move every time a Player is tagged.

Tips

Number of Players: 2 - 20

Go over different options of fitness moves or yoga poses for Players to practice before starting the game.

Remember: A safe way to tag is a two-finger touch on the shoulder or back.



Animal Races

When to Play: Before and After



5-10 min.

Where to Play: Grass Field

Equipment: Cones (optional for start and end lines)

How to Play:

- Designate a start line and a finish line.
- Players line up shoulder to shoulder at the start line.
- The Leader calls out an animal for the Players to imitate.
 - Crawl like bears
 - Crab walk
 - Swim like fish
 - Hop like rabbits
 - Gallop like horses
- All Players race to the end line imitating the animal movement.

Change it up!

Allow Players to move like any animal they choose.

Place start and end lines farther apart for a greater challenge.

Tips

Number of Players: 5 - 20

A quick warm-up (stretching, jumping jacks, a short jog, toe-touches, etc.) may be used before the activity.



River Runners

When to Play: Before and After



5-10 min.

Where to Play: Outdoor Classroom

Equipment: 2 long jump ropes

How to Play:

- Set up the “river” by laying 2 long jump ropes on the ground, parallel to each other and 1 foot apart.
- Players line up 20 big steps away and take turns running and jumping over the river.
- When all the Players have had a chance to jump the river, move the jump ropes another foot apart to widen the river.
- Continue to move the jump ropes farther apart.
- The Player that jumps across the widest river without falling is the winner.

Change it up!

Move the ropes up and down and back and forth to create rapids in the river.

Make two rivers in a row to jump over to increase difficulty.

Tips

Number of Players: 5 - 10

Move ropes apart 6 inches at a time for younger and smaller Players.

Did you know? The North Platte River was 1 mile (5,280 ft.) wide at one time. How wide was your river?



The Snake Escaped

When to Play: Before and After



10-15 min.

Where to Play: Grass Field

Equipment: None

How to Play:

- The Leader chooses one Player to be the “Snake” and sets a boundary for the activity.
- To begin, all other Players form a circle around the Snake.
- After the circle is formed, the Snake yells out “The snake escaped!”
- Players run away from the Snake, but must stay in-bounds to avoid being “bit” (tagged) by the Snake.
- If “bit”, the Player joins the Snake by holding hands.
- The Snake continues to tag and grow until only one Player is left.
- The last Player starts the next game as the Snake.

Change it up!

Add more Snakes.

Have the Players avoid the Snake by hopping, skipping, or galloping.



Tips

Number of Players: 10 - 15

You can use wolves and form a pack instead of a snake, or use any other animal that can be grouped.



Category Catch

When to Play: Before and After



10-15 min.

Where to Play: Blacktop

Equipment: Ball(s)

How to Play:

- Players form a circle.
- Leader picks a category (fruit, veggies, states, countries, sports, books, animals).
- Players call out a word from the category (kiwi, lettuce, Nebraska, etc.) and safely pass the ball to another Player.
- Players keep passing the ball until they run out of words in the category.
- Players take 3 steps back, choose a new category and start over again.

Change it up!

Try adding multiple balls to make the game more challenging.

Add a memory challenge for a second round: Players try to remember each other's word. Before passing to a Player, call out their word.

Tips

Number of Players: 10 - 30

Demonstrate safe passes:
forward chest pass, bounce pass, underhand throw.



Froggy Froggy

When to Play: Before and After



10-15 min.

Where to Play: Grass Field

Equipment: Hula hoops (optional)

How to Play:

- Set boundaries of an imaginary pond with a starting line and finish line on either side of the “pond.”
- Choose 1-2 Players to be “Alligators.” Alligators move around with arms outstretched in front, making an alligator mouth movement.
- All other Players are “Frogs” and line up at the starting line.
- On “Go!”, Frogs cross the pond using a “frog jump” movement.
- Alligators tag the Frogs.
- When Frogs are tagged they become Alligators.
- The last Frog tagged becomes the next Alligator.

Change it up!

Add hula hoops as lily pads for Frogs to land on and be safe from Alligators



Tips

Number of Players: 10 - 20

Demonstrate frog jumps and the alligator movement.

Did you know? There are over 4,000 species of frogs, and only 1 species, the African Clawed Frog, can jump backwards.



Mouse Tails

When to Play: Before and After  10-15 min.

Where to Play: Grass Field

Equipment: Materials that are at least a foot long (e.g., flag football flags) for “mouse tails”

How to Play:

- Players each take a mouse tail and tuck it into their waistband.
- One Player does not have a tail and is the “Cat.”
- The Cat chases the Mice until the Cat pulls a tail.
- The Player whose tail was stolen now becomes the Cat and tries to steal a tail from another Player.

Change it up!

Try moving in different ways like running, jumping, or hopping.

Try playing with two Cats.

Tips

Number of Players: 10 - 15

Increase playing area with more Players.



Travel Colorado

When to Play: Before and After



5-10 min.

Where to Play: Outdoor Classroom

Equipment: None

How to Play:

- The Leader calls out Colorado destinations and activities.
- Players use body movements to imitate activities.
 - Ice skate at Evergreen Lake
 - Ski or snowboard down a slope at Vail
 - Swim at Aurora Reservoir
 - Mountain climb up Pike's Peak
 - Crawl through a cave at the Cave of the Winds
 - Practice hitting baseballs at Coors Field
 - Raft down the Arkansas River
 - Ride a bike down the Sand Creek trail
 - Kayak through Salida
 - Dance at the Denver Center for the Performing Arts

Change it up!

Older Players take turns calling out their own Colorado destinations and activities.

Tips

Number of Players: 5 - 30

Did you know? Colorado is the most active state in the USA.

Ask: "What activities do people do in Colorado?"

Ask: "Look for wildlife around you. What do you see?"



Driver's Ed

When to Play: Before and After



10-15 min.

Where to Play: Around the Track

Equipment: One hula hoop per Player

How to Play:

- Each Player grabs a hula hoop and Players spread out along the track.
- The Leader calls out, "Players, start your engines!" and Players hold their hula hoops around their waists.
- When the Leader says "Go!", Players will begin "driving" (walking) along the track.
- The Leader calls out road terms and movements:
 - Highway - Run
 - Speed bump - Big hop
 - Flat tire - Hop on one foot
 - Out of gas - Stop and squat down inside of car
 - Sun glare - Stop and put on sunglasses
 - Stuck in snow - Spin around in place
 - Raining - Sway body back and forth holding hoop
 - Radio - Stop and do a little dance
- The Leader says "Go!" to return to regular driving.

Change it up!

This activity can be done in the Early Childhood Education area around the tricycle track.

Add in a police officer who can be the tagger of cars doing the wrong motion.

If tagged, the cars have to go to the gas station and "fill up".

Tips

Number of Players: 4 - 10

More appropriate for younger Players.

Make sure Players practice safe driving and do not "crash" into each other.

If drivers get tired, they can take a break and "fill up" at an area designated as the gas station.



Coyotes and Roadrunners

When to Play: Before and After



10-20 min.

Where to Play: Around the Track

Equipment: None

How to Play:

- Designate 2-3 Players as “Coyotes.”
- All other Players are “Roadrunners” and get a 30-second head start walking or jogging around the track.
- Coyotes count to 30 and then start walking or jogging as they try to catch and tag the Roadrunners.
- If Roadrunners are tagged, they become Coyotes, and the Coyotes become Roadrunners.
- Play until time is up.

Change it up!

Try other skills: skipping, slow walking, galloping, hopping.

Instead of the running track, the grass field may be used by placing cones throughout the field for Players to run around.

Tips

Number of Players: 10 - 30

Do some stretches before playing the game.

Did you know?

Roadrunners can run as fast as 17 miles per hour!



Class Time

Activities

Chameleon Jive	21
Go Go Gecko	22
Measuring Adventure	23
Island Hopping	24
Speedy Spelling	25
Heart Pumping Math	26
Action Authors	27
Alphabet Mingle	28
What's the Forecast?	29
Nature ID Game	30
Alphabet Animators	31
Frequency Fun	32
Number Shuffle	33
Imagination Navigation	34
Dancing Trees	35
Word Web	36
Earth Day Every Day	37
Dance Break	38
Stretch it to Spell it	39
Alphabet Walk	40

Chameleon Jive

When to Play: Class Activity



10-15 min.

Where to Play: All around the Learning Landscape

Equipment: None

How to Play:

- Players form a circle.
- The Leader asks questions such as: What is a chameleon? Where do they live? What do they look like? How do they move?
- Leader: “What makes chameleons special?”
 - Answer: Chameleons change color in response to temperature, light, mood, and to defend against predators.
- When the Leader says “Do the Chameleon Jive!”, Players move like chameleons to find objects on the playground that match an item of their clothing.
- Players return to the circle and repeat the activity, matching a clothing color to a playground object.

Change it up!

Find matching colors on your classmates and match up to them.

Tips

Number of Players: 2 - 30

Appropriate for younger Players.

Did you know? Chameleons' tongues can be as long as their bodies. Chameleons can even sleep upside down!



Go Go Gecko

When to Play: Class Activity



5-10 min.

Where to Play: Grass Field

Equipment: Cones for boundaries

How to Play:

- Place cones in a square for boundaries.
- Choose 1-2 Players to be the “Geckos” (taggers).
- Other Players choose an insect to be, such as a Cricket or a Fly.
- Players yell “Go Go Gecko!”
- The Crickets and Flies move around to avoid being eaten (tagged) by the Geckos.
- Players who are tagged become Geckos.
- The last Player tagged becomes the Gecko in the next round.

Change it up!

Try other movements:

- Crawl like lizards
- Hop like crickets
- Flutter like flies

Tips

Number of Players: 15 - 20

Did you know? Geckos do not have eyelids.



Measuring Adventure

When to Play: Class Activity



10-20 min.

Where to Play: Natural Area

Equipment: Paper, pencil, ruler for each Player (optional)

How to Play:

- Leader: Assign Players a number of objects and/or distances to measure.
- Players record the object, the length of measurement, and the unit of measurement used.
- Examples of objects to measure:
 - A rock
 - A flower
 - A twig
 - A blade of grass
 - A leaf
- The distance from a tree to the sidewalk is () number of hands.
- The distance from the garden to the grass is () number of leaps.
- Players share what they learned in their measuring adventure.

Change it up!

Players may work in pairs or small groups to take measurements.

Try working as a large group to measure a long distance.

Players can explore and compare different sizes of objects. (A flower is twice the height of a rock.)

Tips

Number of Players: 5 - 30

Review units of measure (inch, feet, yard, mile, etc.) and demonstrate measuring methods.

There are many ways to measure objects and distances, such as with rulers, with our hands, with our feet, with hops, and even with leaps.



Island Hopping

When to Play: Class Activity



20 min.

Where to Play: Blacktop

Equipment: Chalk, notecards, pencils

How to Play:

- Have Players team up into groups of 4-5.
- Using the chalk, draw one large island. This will be the final spot Players try to get to.
- Make a trail of smaller islands that surround and lead up to the large island. These will be the stepping blocks to reach the big island.
- Write sight words on each small island.
- Give teams a notecard with a list of words written on the small islands, and have them use this as the “map” to reach the main island without falling into the “water” surrounding them.
- The team to reach the big island by following the correct word map wins.

Change it up!

Use numbers for the small islands and have Players follow a map that adds to or multiplies by the number on the next island they need to go to.

Tips

Number of Players: 25 - 30

Make the maps bigger and the islands farther apart for older Players.

Make word maps that are complete sentences and not just word lists to follow.



Speedy Spelling

When to Play: Class Activity



10-15 min.

Where to Play: Blacktop

Equipment: Sidewalk chalk, basketball court

How to Play:

- Each Player gets a piece of chalk.
- Players line up at a the edge of the court.
- The Leader calls out a movement:
 - Hop
 - Walk
 - Skip
 - Gallop
 - Jump
 - Swim
 - Reach
 - Leap
 - Run
 - Dance
 - Skate
 - Wiggle
- Players spell the movement with chalk on the court.
- When the Leader says "Go!", Players move across the court doing the movement.
- The Leader checks Players' spelling and spells the word out loud with the Players.
- Players line up on other side of the court and listen for the next word.

Change it up!

Players run to the 1/4 and 1/2 court to spell shorter words and to the 3/4 and full court for longer words.

Tips

Number of Players: 5 - 10

If a word is spelled incorrectly, "erase it" or "shake it out" and try again.



Heart Pumping Math

When to Play: Class Activity



5-10 min.

Where to Play: Outdoor Classroom

Equipment: None

How to Play:

- The Leader calls out a movement for the Players to do. For example,
 - Hopping
 - Jumping
 - Walking
 - Jumping jacks
 - Skipping
 - Toe-touches
- While Players are doing the movement, the Leader calls out math facts ($3+3$, 3×3 , etc.).
- Players call out the answer to the math fact while doing the movement.
- Repeat with new math facts and movements.

Change it up!

Use multiplication, division, addition, or subtraction facts.

Players can be divided into small groups and take turns calling out a math fact to solve and an exercise to perform.

Tips

Number of Players: 5 - 25

Did you know? The number 1 followed by 30 zeros is called a nonillion.



Action Authors

When to Play: Class Activity



30+ min.

Where to Play: All around the Learning Landscape

Equipment: Paper and writing utensil

How to Play:

- Start in the classroom.
- Players work in groups to write a creative story about a their five favorite activities to do.
- Groups should include a variety of activities, verbs, equipment, movements, and games that can be played all around the Learning Landscape.
- Groups should include instructions on how to perform each activity.
- Groups exchange their creative writing samples and Players head out to the playground to act out the other groups' activities.

Change it up!

Leaders modify the number of activities required in the Players' stories.

Players can add drawings to their stories.

Tips

Number of Players: 25 - 30

Leaders can brainstorm a list of verbs and equipment for Players to use in their writing.



Alphabet Mingle

When to Play: Class Activity



5-10 min.

Where to Play: Shade Structure

Equipment: Alphabet letters

How to Play:

- Provide each Player with an alphabet letter.
- Attach additional alphabet letters to play area features (shade structure, slide, gateway, fence).
- The Leader will call out a movement (run, skip, hop, etc.) for Players to perform on "Go!"
- When the Leader calls out "Alphabet Mingle!", the Players group together to form a word.
- Players can form a word with other Players, with letters attached to play features, or both.
- Groups of Players share their words with the class.
- Players repeat with new movements and groups.

Change it up!

Brainstorm words with the Players before starting the game.

Create word scrambles with Players and have other Players guess the words.

Tips

Number of Players: 25 - 30

Have alphabet letters ready in advance.

You may need to use an extra set of vowels or common consonants to make it easier for Players to create words.



What's the Forecast?

When to Play: Class Activity



5-10 min.

Where to Play: Shade Structure

Equipment: None

How to Play:

- Players form a circle around the Leader, standing an arm-length apart.
- Players perform the movements below to imitate the weather called out by the Leader:
 - Lightning - Clap hands and jump into the air
 - Thunder - Stomp feet
 - Rain - Bring arms up over head and bring down with wiggling fingers
 - Puddles - Jump over puddles
 - Wind - Swing arms around
 - Tornado - Spin around
 - Snow - Pretend to float around
 - Sun - Hold arms in a big circle over head and walk around
- Once each form of weather has been called, the Players form groups of three.
- In their groups, Players make up a "Storm Routine" using the weather movements and then perform it for the rest of the groups. Groups repeat the routine, calling out each movement as it is performed.
- Allow each group to teach their routine to other Players.

Change it up!

Ask for short routines for younger Players and longer routines for older Players.

Add direction. For example: "A thunderstorm is moving in from the south." - Players move from south to north across the Learning Landscape, imitating the weather.

Tips

Number of Players: 5 - 30

Blizzard - Hug your body to stay warm and spin around

Hurricane - Twirl your arms while you spin around

Flood - Pretend to swim to safety



Nature ID Game

When to Play: Class Activity



10-15 min.

Where to Play: Natural Area

Equipment: None

How to Play:

- The Leader calls out natural features found in the Learning Landscape.
- Players run to touch the natural feature.
- Examples of natural features may include:
 - Trees
 - Boulders
 - Tall grass
 - The garden
 - Flowers
 - Short grass
- Continue the activity, calling out new natural features.

Change it up!

Try other movements: skipping, hopping, leaping, jumping, or galloping.

Try giving hints about a feature instead of naming it. For example, "You can find a bird's nest in me."

Tips

Number of Players: 2 - 20

Look around the playground and have Players identify natural features.



Alphabet Animators

When to Play: Class Activity



15-20 min.

Where to Play: Grass Field

Equipment: Balls, bean bags, jump ropes, Frisbees, or any exercise equipment (optional)

How to Play:

- The Leader assigns each Player a letter of the alphabet.
- In alphabetical order, Players call out a movement that starts with their letter.
- For example:

A: Move like an alligator	N: Navigate the playground
B: Bounce like a ball	O: Move like an octopus
C: Crawl	P: Pitch a baseball
D: Do a dance move	Q: Quack like a duck
E: Move like an elephant	R: Row a boat
F: Cast a fishing pole	S: Swim
G: Play guitar	T: Be a tornado, tap dance
H: Hop, hammer	U: Undulate (move like a wave)
I: Ice skate	V: Vacuum
J: Jump	W: Wiggle
K: Kick in the air	X: Play the xylophone
L: Leap, laugh	Y: Pretend to use a yo-yo
M: Move like a monkey	Z: Zig-zag
- Players do the letter movement until the Leader says "next letter".
- Continue the activity until you reach the end of the alphabet.

Change it up!

Make it a memory exercise. As activities are added, Players repeat all the previous letter's activities and then add a new activity with a new letter.

Players do an activity from a starting line to a finish line. When all Players pass the finish line, the next "letter" goes.

Tips

Number of Players: 6 - 30

If a Player is not able to come up with an idea for a letter, have them form the letter using their body instead.



Frequency Fun

When to Play: Class Activity



10-15 min.

Where to Play: Blacktop

Equipment: Basketball, jump ropes, hula hoops, sidewalk chalk, paper, writing utensil, calculator (optional)

How to Play:

- Players pair up and use chalk to write their initials on the blacktop.
- On “Go!”, one Player dribbles the basketball, and the other Player counts the number of dribbles their partner completes.
- The Leader times Players for 30 seconds.
- When the Leader says “Time’s up!”, the partner who counted the dribbles writes the count next to their partner’s initials.
- Partners switch roles and Leader says “Go!” again.
- The Leader repeats the activity so Players can gather a collection of data.

Change it up!

Try other activities: jumping jacks, push-ups, hops, jump rope.

Players can find the mean, median, or mode of their data.

Players can total up their counts and compare with other Players.

Create a graph of all of the Players’ data.

Tips

Number of Players: 2 - 20

Explain to Players that they are collecting data.

Designate who counts or dribbles first. (For example, the Player whose birthday is closest to the current month.)



Number Shuffle

When to Play: Class Activity



10-15 min.

Where to Play: Blacktop

Equipment: Sidewalk chalk

How to Play:

- Players team up with 4 or 5 classmates.
- Each team creates a number line from 1 to 10 on the blacktop with chalk, leaving 2-3 big steps between each number.
- The Leader calls out a math fact (such as $2+2$, 3×3 , or “What is a prime number?”).
- Teams solve the math fact and move quickly to the “answer” on the number line.
- The Leader discusses the correct answer. Repeat with a new math fact.

Change it up!

Players can take turns calling out math facts for their group to solve.

Add more numbers or negative numbers to the number line.

Tips

Number of Players: 25 - 30

Decide as a class how long to make the number lines.



Imagination Navigation

When to Play: Recess



10-15 min.

Where to Play: Shade Structure

Equipment: None

How to Play:

- Choose one Player to be the “Navigator.”
- The Navigator makes up a destination and a mode of transportation, such as “to the moon in a rocket ship” or “to the Galapagos Islands in a pirate ship.”
- Other Players are “Passengers” and step inside the shade structure to listen for instructions from the Navigator.
- The Navigator takes the Passengers on an imaginary journey.
- For example, the Navigator might say, “Passengers, fasten your seat belts, it’s time for takeoff!” or “We are deep into space! Watch out for the meteor heading straight for our ship! Run for your lives!”
- Passengers pretend they are on the journey and do movements (sit down, buckle seat belts, tip side to side, run around, dodge, weave, etc.), to act out the journey.
- Players take turns being the Navigator.

Change it up!

Players can use other areas of the Learning Landscape for this activity.

Tips

Number of Players: 3 - 10

Activate your imagination!



Dancing Trees

When to Play: Class Activity



10-15 min.

Where to Play: Natural Area

Equipment: None

How to Play:

- Have Players start in child's pose on the ground and pretend to be a seed. 
- The "seeds" slowly sprout and grow until they become tall trees and stand in tree pose. 
- The Leader can call out different seasons or movements for trees to imitate.
 - Spring/Windy - wave arms back and forth
 - Fall/Leaves falling - move arms up and down and wiggle fingers
 - Winter/Freeze - stand completely still in best tree pose
 - Summer/Tree full of leaves - arms fully extended above head

Change it up!

Ask Players to switch feet while in tree pose.

For those who need help balancing, have them hold onto something with one hand and practice balancing on one foot.

Tips

Number of Players: 5 - 30

Practice child's pose and tree pose before starting the activity.



Word Web

When to Play: Class Activity



10-15 min.

Where to Play: Outdoor Classroom

Equipment: Ball(s) of yarn

How to Play:

- Players stand in a large circle.
- One Player starts with the ball of yarn.
- Holding the ball of yarn in the throwing hand and the string in the other hand, the Player calls out another Player's name and tosses the ball of yarn to that Player.
- The Player who receives the yarn holds the ball in their throwing hand with the string in the other. They repeat the process, calling out another Player's name and throwing the ball of yarn.
- Continue throwing the yarn and watch as a large web is formed!

Change it up!

Try other topics besides names, such as bugs or things found at school.

Add in an additional ball of yarn.

Rewind! Try to go backwards and re-form the ball of yarn.

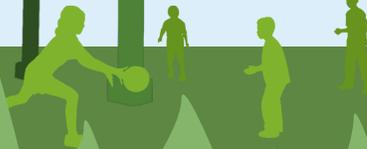
Tips

Number of Players: 10 - 30

Remind Players to hold onto the strand of yarn when they throw the ball of yarn.

Demonstrate how to throw the ball of yarn while holding onto the strand of yarn.

Did you know? The Darwin Bark Spider can make a web spanning the length of two city buses.



Earth Day Every Day

When to Play: Class Activity



5-10 min.

Where to Play: All Around the Learning Landscape

Equipment: Plastic grocery bags, gloves
(if available)

How to Play:

- Before the game begins, Players walk through the area and discuss what is trash: “What should we pick up? (trash) What should we leave alone?” (flowers, glass, plants).
- Players divide into teams, and each team gets one bag.
- On “Go!”, Players collect trash in bags.
- The team that collects the most trash wins!
- To choose a winning team, count the pieces of trash collected or estimate by how full each team’s bag is.
- All Players high-five each other for keeping their school yard BEAUTIFUL!

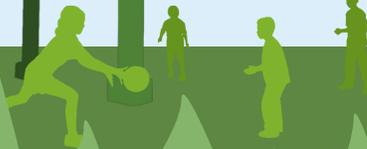
Change it up!

Sort out the recyclable items from the other trash. Players will see how many items stayed out of the landfill as a result of recycling.

Tips

Number of Players: 2 - 30

Remind Players not to pick up sharp objects like glass. If Players are not comfortable picking up an object, they can ask the Leader for help or choose not to pick it up.



Dance Break

When to Play: Class Activity



10-15 min.

Where to Play: Shade Structure

Equipment: Music

How to Play:

- Players form a circle and dance in the middle of the circle to warm up.
- The Leader starts the music and calls out dance moves for Players. For example:
 - Grapevine
 - Do the twist
 - The running man
 - Shopping cart
 - Sprinkler
 - Chicken dance
 - Electric slide
 - Turn to the Player on your right and partner up
 - Lock elbows and go round and round
 - Turn to each other and do-si-do

Change it up!

Try adding clapping hands, stomping, and other rhythmic movements.

Players can take turns being in the middle of the circle to lead dance moves.

Tips

Number of Players: 5 - 30

Vocabulary: Do-si-do is a movement in square dancing in which two dancers approach each other and circle back to back, then return to their original positions.



Stretch it to Spell it

When to Play: Class Activity



10-15 min.

Where to Play: Shade Structure

Equipment: None

How to Play:

- Spread Players out so they can spin around with their arms out and not touch another Player.
- The Leader starts by calling out letters of the alphabet for Players to create with their body.
- Continue to call letters until all Players get the hang of creating letters with their bodies.
- Hold each letter for 5-10 seconds.
- The Leader then calls out a three-letter word such as "hop."
- Players form a team of three.
- Each Player is a letter and the team works together to spell the word "hop" with their bodies.
- Repeat with different letters, words, or numbers.

Change it up!

Challenge Players with longer words (depending on the number of Players).

Do math problems, such as $2+2=4$, assigning each number and sign to a different Player.

Tips

Number of Players: 3 - 30

This is a stretching exercise. Let the Players hold each pose for 5-10 seconds.



Alphabet Walk

When to Play: Class Activity



10-20 min.

Where to Play: Around the Track

Equipment: None

How to Play:

- Players team up with three or four classmates.
- Teams move quickly around the track, calling out things they see or hear following the letters of the alphabet:
 - A- I see an apple tree
 - B- I hear a bird singing
 - C- I see a friend climbing
 - S- I see a shade structure
 - T- I hear a truck driving by
- See how many letters each team can get through on their first lap, second lap, and so on.

Change it up!

Try adding in numbers: 4 flowers, 5 friends laughing, 6 hoops on the basketball court, etc.

Tips

Number of Players: 3 - 30

Have Players move quickly to get their heart rates up.

Have Players form the letter of the alphabet with their body if they are having trouble finding it on the playground.



Recess

Activities

Capture the Flag	41
Red Light, Green Light	42
Monkey Around	43
Tree Tag	44
Colorado Wranglers	45
B.R.O.N.C.O.S.	46
Tetherball	47
Tetherball Taxonomy	48
R.A.P.I.D.S. Soccer	49
Stay out of the Principal's Office	50
Tundra Tag	51
Snowy Mountain	52
Hula Hula Choo Choo	53
Hopscotch	54
Hopscotch Party!	55
Grades to Graduation	56
Jump Rope Explosion	57
Four Square	58
Four Square Fanatics	59
Tick Tock Goes the Fox	60

Capture the Flag

When to Play: Recess



15-20 min.

Where to Play: Natural Area

Equipment: 2 different colored flags (or whatever is available)

How to Play:

- Players divide into two teams.
- Each team designates a home base and takes 30 seconds to hide their flag in the natural area.
- Players gather at the center of the natural area to start the game.
- On “Go!”, teams race to find the opposing team’s flag and return it safely to their home base.
- If a Player is tagged while carrying the opposing team’s flag, that Player must freeze.
- The first team to capture the opponent’s flag and bring it home wins.

Change it up!

Make the game more challenging by expanding play to include the whole Learning Landscape.

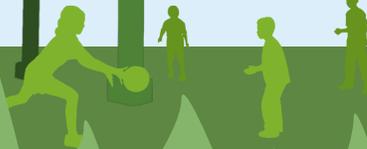


Tips

Number of Players: 4 - 10

Remember: A safe way to tag is a two-finger touch on the shoulder or back.

The natural area can create fun and challenging obstacles for Players, such as climbing over boulders to get home.



Red Light, Green Light

When to Play: Recess



10-15 min.

Where to Play: Grass Field

Equipment: Cones to mark starting line

How to Play:

- Players form a line standing shoulder to shoulder.
- Choose a person to be the “Traffic Light.”
- The Traffic Light stands at least 20 yards away with their arms out and their back turned to the other Players.
- The Traffic Light yells “Green light!”, and Players run towards the traffic light.
- The Traffic Light yells “Red light!” and quickly turns around to face the Players.
- When Players hear “Red light!”, they must STOP!
- If the Traffic Light sees someone moving after he/she says “Red light!”, the Player(s) must return to the start line.
- When a Player touches the Traffic Light on the shoulder or gives them a high-five, that Player becomes the Traffic Light.
- Repeat game.

Change it up!

Try running, skipping, or hopping (on one leg or two).

The Traffic Light may call “Yellow light,” which means Players can walk slowly.

Use your imagination! The “Traffic Light” could also be a “Drawbridge”.

Tips

Number of Players: 10 - 15

Increase field size with more Players.



Monkey Around

When to Play: Recess



10-15 min.

Where to Play: Climbing Equipment

Equipment: Monkey bars

How to Play:

- One at a time, Players cross the monkey bars, trying different challenges.
 - Right-Left- cross with right hand first, then left hand.
 - Grips- cross with hands gripped over bars, cross with hands gripped under bars, cross with one hand over and one hand under, cross with hands wide, cross with hands close together.
 - Follow the Leader- try a combination of grips to come up with your own challenge.
- Players who are not climbing can be spotters and cheer on their teammates or stretch their arms to get ready to climb.

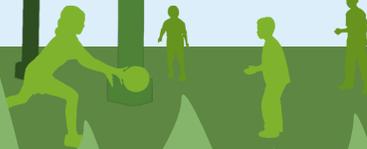
Change it up!

Players move their legs like they are riding a slow-motion bicycle in the air.

Tips

Number of Players: 4 - 6

Vocabulary: Brachiating is moving by swinging with the arms from one hold to another, like monkeys do.



Tree Tag

When to Play: Recess



15-20 min.

Where to Play: Grass Field

Equipment: None

How to Play:

- Have all Players line up shoulder to shoulder on one side of the field, with one Player as the tagger standing 30 big steps away.
- The Players try to run from one side of the field to the other without getting tagged or running out of bounds.
- If a Player is tagged or runs out of bounds, they become a Tree and have to “plant their roots” (feet).
- The next time Players try to run to the other side, the Trees can help tag by reaching out, but cannot move where their “roots” are planted.
- The last Player left becomes the tagger in the next game.

Change it up!

Allow Trees to have a pivot foot or take three steps when trying to tag other Players running by.

Tips

Number of Players: 4 - 20

Set up the boundary lines
Players must stay in before
starting the game.

Remember: A safe way to tag
is a two-finger touch on the
shoulder or back.



Colorado Wranglers

When to Play: Recess



10-15 min.

Where to Play: Around the Track

Equipment: Jump ropes

How to Play:

- Players pick a meeting place like the shade shelter or outdoor classroom.
- Players begin jumping rope around the track.
- The first Player around the track and at the meeting spot gets to be the “Wrangler.” The Wrangler spins in a circle, holding one end of their jump rope and dragging the other end low to the ground.
- Other Players form a circle around the Wrangler and try to jump over the rope.
- If a Player gets tagged by the rope, they step out of the circle.
- Keep wrangling until only one Player is left. This Player gets a head start around the track for the next round.

Change it up!

Players can divide into teams and take turns going around the track.

If Players get too tired, they can take a break by walking around the track or stretching.

Tips

Number of Players: 3 - 5

Did you know? A wrangler is a person in charge of handling animals, especially horses.



B.R.O.N.C.O.S.

When to Play: Recess



30+ min.

Where to Play: Grass Field

Equipment: Ball, cones (to mark zones)

How to Play:

- Set up two end zones on the field.
- Have Players divide into two teams. One team will start as offense and the other as defense.
- Team offense will start with the ball in the middle of the field.
- Team offense passes to teammates, moving the ball to the end zone.
- Team defense tries to take the ball away before it reaches the end zone.
- When a letter is scored or defense takes the ball away, the other team gets the ball.
- A letter is earned for each completed pass into the end zone.
- The first team to spell BRONCOS wins.

Change it up!

Use a Frisbee or a round ball



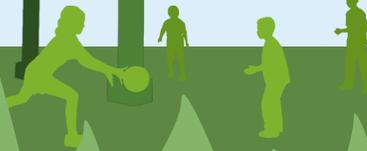
Tips

Number of Players: 8 - 10

Remind Players that there is **NO TACKLING** and **NO TRIPPING**.

Forward passing only.

Players can only run when they do not have the ball.



Tetherball

When to Play: Recess



10-15 min.

Where to Play: Blacktop

Equipment: Tetherball and tetherball court

How to Play:

- One Player stands on each of the two sides of the court and cannot cross the line onto the other Player's side.
- One Player is the server and hits the ball in the direction he or she chooses.
- Players will hit the tetherball in opposite directions, trying to get the cord to wrap around the pole in their direction.
- The game ends when the tetherball is completely wrapped around the pole.

Change it up!

Players may hit with the right hand only, left hand only, writing hand, or opposite hand.



Tips

Number of Players: 2 - 6 per court

Keep everyone in line active by jumping each time the ball is hit.



Tetherball Taxonomy

When to Play: Recess



10-15 min.

Where to Play: Blacktop

Equipment: Tetherball

How to Play:

- Players pick a category:
 - Insects
 - Fruits and Veggies
 - Cities
 - Animals that live in the ocean
- Players call out a word from the category and hit the ball.
- Players switch categories after 20 words or when the ball is wrapped around the pole.
- Switch Players when the ball is wrapped around the pole, or when Players cannot think of words.

Change it up!

Try using only the left or right hand to hit the ball.

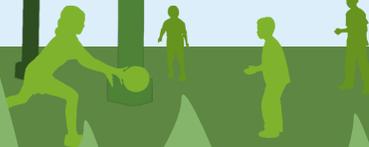
Players waiting in line keep count to 20 for the Players playing.

Tips

Number of Players: 5 - 6 per court

Players who are waiting for a turn can discuss a new category for the next game.

Vocabulary: Taxonomy is the science or technique of classification.



R.A.P.I.D.S. Soccer

When to Play: Recess



15-20 min.

Where to Play: Grass Field

Equipment: Soccer ball, cones

How to Play:

- Use cones to set boundaries for a goal and a mid-field line about 30 large steps out from the goal.
- Players divide into two teams and pick a country to represent (USA, Mexico, Argentina, etc.).
- One team begins on the mid-field line and tries to complete a series of passes to score a goal.
- Players can only play with their feet. If the ball goes out of bounds, a Player from the other team kicks the ball back in bounds. Hands are never allowed in this game.
- The other team plays defense and tries to take the ball away using only their feet.
- When a point is scored or the other team takes the ball away, teams switch places.
- A letter is earned for each completed pass into the goal. The first team to spell RAPIDS wins.

Change it up!

Add a goalie to each side (or to one side if one team is scoring a lot).

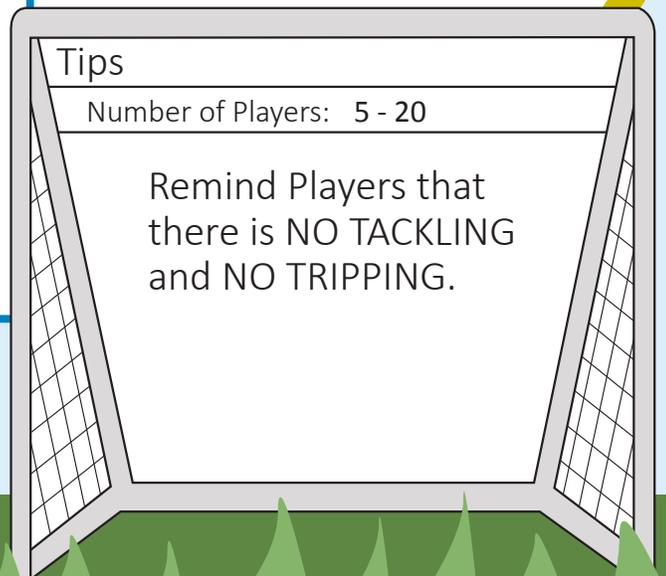
Set up multiple fields and hold a tournament.

Each team member must touch the ball before you can score.

Tips

Number of Players: 5 - 20

Remind Players that there is **NO TACKLING** and **NO TRIPPING**.



Stay out of the Principal's Office

When to Play: Recess



10-15 min.

Where to Play: All around the Learning Landscape

Equipment: None

How to Play:

- Choose one piece of play equipment (soccer goal, swings, slide) to be the principal's office.
- Establish boundaries and choose 1-2 Players to be taggers.
- Taggers start the activity by yelling "Go!"
- If tagged, Players must go to the principal's office and:
 - "Clean the chalk board" – move arms in circles
 - "Put the books away" – squat jump up
 - "Wring out the rags" – twist body like you twist a rag to get the water out
- Players are excused from the principal's office once they have done two jobs.
- If a Player is tagged three times, they become the tagger, and one of the taggers becomes a Player trying to stay out of the principal's office.

Change it up!

Try adding partner activities:

- Catch and throw
- Kick and defend goals
- Bump volleyball back and forth

Tips

Number of Players: 8 - 10

Use cones or natural barriers for boundaries.

If Players are playing for a long time, allow them to rest while in the principal's office as needed.

Remember: A safe way to tag is a two-finger touch on the shoulder or back.



Tundra Tag

When to Play: Recess



5-10 min.

Where to Play: Grass Field

Equipment: None

How to Play:

- Players are animals on the Colorado Tundra.
- Choose one Player to be the “Ranger.”
- Players run around to avoid being tagged by the Ranger.
- When tagged, Players must instantly freeze.
- Players who are not frozen can “unfreeze” frozen Players by running a circle around them.

Change it up!

Ranger can call out a movement such as skipping, jogging, or hopping for all Players to use when trying to avoid being tagged.

Tips

Number of Players: 10 - 15

Remember: A safe way to tag is a two-finger touch on the shoulder or back.

Vocabulary: The Colorado alpine tundra is an ecosystem above 11,000 feet elevation. The environment is harsh, with high winds, snow, and cold temperatures.



Snowy Mountain

When to Play: Recess



10-15 min.

Where to Play: Natural Area

Equipment: None

How to Play:

- One to two Players are “Skiers” (taggers). The other Players are “Snowflakes.”
- Players spread out in the natural area.
- Skiers call out: “Easy Green”, and the Snowflakes run all around the “mountain” to avoid being tagged.
- If the Snowflakes are tagged, they freeze until another Snowflake runs around them in a circle.
- Skiers can call out different commands for all Snowflakes to follow:
 - Double Black Diamond - everyone freeze
 - Breezy Blue - move in slow motion
 - Easy Green - everyone unfreeze and run
 - Avalanche - everyone sits down on the ground
- Change Skiers every few minutes.

Change it up!

Add in Terrain Park and have Skiers and Snowflakes try different jumps and tricks.

Tips

Number of Players: 5 - 10

Remember: A safe way to tag is a two-finger touch on the shoulder or back.

Did you know? Colorado is home to 22 different ski resorts!



Hula Hula Choo Choo

When to Play: Recess



10-15 min.

Where to Play: Outdoor Classroom

Equipment: Hula hoops

How to Play:

- Players divide into two teams.
- Players form a train by holding hands with teammates in a single-file line.
- Begin with a hula hoop at one end of the train.
- Players use their bodies to move the hula hoop to the opposite end of the train (the caboose) without unhooking hands.
- The first team to get the hula hoop to the caboose of the train wins.

Change it up!

Instead of making teams, Players can form a circle. Link hands together and try to get the hula hoop around the circle without breaking apart.

Try to get more than one hula hoop through the train.

Tips

Number of Players: 5 - 10 per group

If there are not enough Players to make two teams, have Players form a circle holding hands.



Hopscotch

When to Play: Recess



10-15 min.

Where to Play: Blacktop

Equipment: Markers (e.g., rocks, bean bags, erasers, etc.)

How to Play:

- Each Player gets a marker and lines up in a single-file line.
- The first Player in line tosses their marker into a square.
- The Player then hops to the end of the court (on one foot or two feet), skipping over the square their marker is in.
- To skip, straddle single squares and hop on one foot for double squares.
- When the Player reaches the end, they turn around and hop back, picking up their marker, still avoiding hopping into the square with the marker.
- Repeat until each Player has hit each square with his/her marker.

Change it up!

If a marker lands on or outside the square's line, that Player loses a turn and goes to the end of the line.

Players can decide what they want to do for each square the marker lands in (e.g., avoid that square, hop three times, etc.).

Tips

Number of Players: 3 - 4

Use sidewalk chalk to draw your own hopscotch squares.



Hopscotch Party!

When to Play: Recess



10-15 min.

Where to Play: Blacktop

Equipment: Markers (e.g., rocks, bean bags, erasers, etc.)

How to Play:

- The first Player in line throws a marker onto a square.
- When the Player hops to that square, they do a movement (spin, clap three times, jumping jack) and then finish the rest of the hopscotch.
- The next Player follows and does the same movement in the same square.
- Once all Players have had a turn, the next Player in line throws the marker and comes up with a new movement to do where the marker landed.

Change it up!

Add on: Have the first person in line do a movement for where their marker lands, but leave the marker there. The next person in line comes up with a movement for their marker, but also does the first person's movement. Continue until everyone in line has tried to do all the movements.

Tips

Number of Players: 4 per court

Use sidewalk chalk to draw your own hopscotch squares.



Grades to Graduation

When to Play: Recess



5-10 min.

Where to Play: Shade Structure

Equipment: Long jump rope

How to Play:

- Two Players hold the ends of the rope and begin swinging the rope.
- All other Players line up to jump in one at a time.
- The goal is for Players to get through each grade in school, represented by a different amount of jumps through the ropes.
- Start at kindergarten by running through the ropes without any jumps.
- Increase the number of jumps for each grade. (Two jumps for second grade, three jumps for third grade, etc.)
- When a Player graduates, they switch with someone swinging the ropes.

Change it up!

Players can “graduate” at 5th grade, 8th grade, or 12th grade.

Tips

Number of Players: 5 - 6 per jump rope

Have Players practice swinging the ropes if they have never done it before.



Jump Rope Explosion

When to Play: Recess



5-10 min.

Where to Play: Shade Structure

Equipment: Long jump rope

How to Play:

- Choose two Players to swing the jump rope.
- Other Players line up about ten large steps from the rope.
- Players holding the rope start to swing the jump rope.
- Players take turns running and jumping in.
- Players in line keep count of how many jumps the Player can do before getting caught on the rope.

Change it up!

For younger Players, start with the rope stopped until they feel comfortable jumping into the moving rope.

Tips

Number of Players: 5 - 6

Review basic jump rope techniques and safety.

Switch “jumpers” and “rope swingers” often to keep everyone moving.



Four Square

When to Play: Recess



10-15 min.

Where to Play: Blacktop

Equipment: Bouncy four square ball and four square court

How to Play:

- Four Players each find a square to stand in to start the game.
- The Player in the serving square starts the game by bouncing the ball once in their square, then tapping the ball with an open hand into another Player's square.
- The Players bounce the ball between the squares.
- Players rotate back to the first square when they step out of bounds, hit the ball out of the court, let the ball bounce twice in their square, use an overhand throw, or catch the ball.
- Players rotate up to the next square.

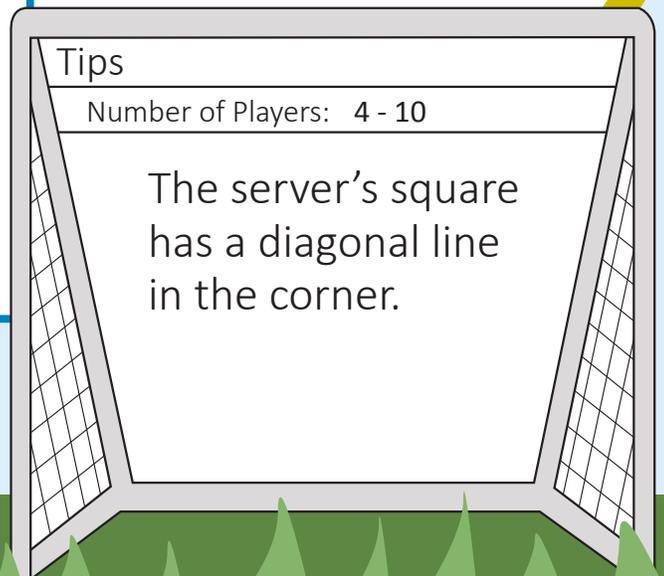
Change it up!

If there is a line, the Player who breaks a rule goes to the back of the line, and the first person in line comes into the game at the lowest square.

Tips

Number of Players: 4 - 10

The server's square has a diagonal line in the corner.



Four Square Fanatics

When to Play: Recess



10-15 min.

Where to Play: Blacktop

Equipment: Bouncy four square ball and four square court

How to Play:

- Begin by setting up a four square game.
- The Player in the serving square starts the game by calling a “special rule” to move the ball.
- Examples of special rules:
 - Bubbles or Popcorn - Players juggle the ball lightly between their hands before hitting it to another square.
 - One-Handed - Players keep one hand behind their back and bounce the ball with their other hand.
 - Pirate - Players keep one foot off the ground and one eye closed.
 - Tea Party - The two Players may only hit the ball to each other until one of these two Players is eliminated.
 - Double Bounce - The ball must bounce twice in a Player’s square before they hit it.
- If a Player breaks a four square rule or special rule, they rotate back to the first square and everyone else moves up a square.

Change it up!

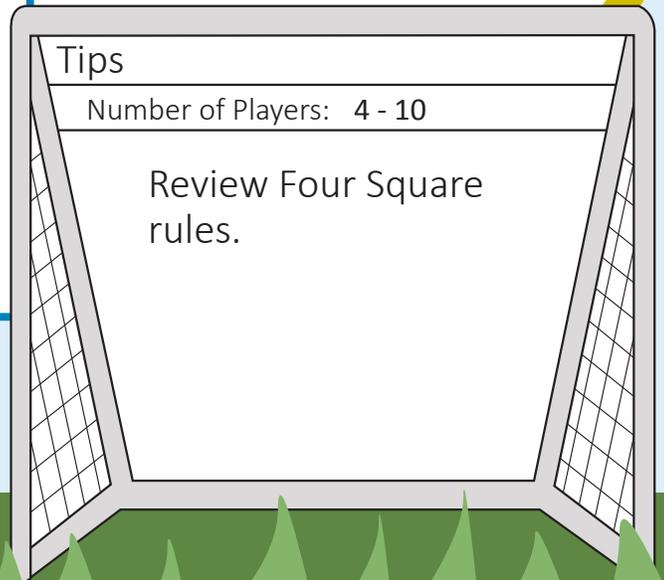
Players can make up their own “special rules.”

If there is a line, the Player who breaks a rule goes to the back of the line, and the first Player in line moves into the lowest square.

Tips

Number of Players: 4 - 10

Review Four Square rules.



Tick Tock Goes the Fox

When to Play: Recess



15-20 min.

Where to Play: Natural Area

Equipment: None

How to Play:

- Choose a Player to be the “Fox”.
- Other Players line up shoulder to shoulder at one end of the natural area.
- The Fox stands 20 big steps into the play area with his/her back turned to the other Players.
- Players yell, “What time is it Fox?”
- When the Fox answers with a time, such as “It’s 6 o’clock!”, Players take 6 steps forward using any size step they want. If the Fox says, “2 o’clock”, Players take 2 steps forward.
- If the Fox says, “It’s time for dinner!”, all Players run back to the starting line and the Fox tries to tag them.
- If the Fox tags a Player, the Player becomes the next Fox.

Change it up!

Try different movements to escape the Fox (skipping, hopping, galloping).

If a Player is tagged, they become a Fox with the original Fox until only one Player is left. This Player becomes the Fox in a new game.

Tips

Number of Players: 5 - 30

Players cannot go past the Fox.

Remember: A safe way to tag is a two-finger touch on the shoulder or back.



P.E.

Activities

Four Square Fitness	61
Low High Calorie Run	62
Skill Drill	63
Cardio Dice	64
Zoolympics	65
Bean Bag Scramble	66
Prairie Dog Chase	67
Musical Yoga	68
Happy Hearts	69
Fly-Fishing Frenzy	70
Playground Olympics	71
Bubbles, Bubbles, Everywhere	72
Balance Track Stars	73
Jump Rope Relay	74
Play by Numbers	75
Stretch it Out!	76
Schoolyard Yoga	77
Flat Fourteeners	78
Grab That Workout	79
Run Away Train	80

Four Square Fitness

When to Play: P.E.



10-15 min.

Where to Play: Blacktop

Equipment: Cardio sheets and cones

How to Play:

- Choose four cardio sheets, one for each square in a four square court. For example:
 - Mountain Climbers
 - Push-ups
 - Squats
 - Lunges
- Place one Cardio sheet at each square.
- Players divide into groups of 4-6 and rotate through the squares, completing the activity in each square.
- The Leader instructs Players on the length of time or number of repetitions for each activity.
- After completing one circuit, Players move to the next four square court to begin a new circuit.

Change it up!

Use multiple four square courts with different circuit activities.

After completing one circuit, Players can move to the next four square court for a new circuit.

Include a stretch break in one of the squares.

Tips

Number of Players: 4 - 16

Demonstrate cardio or stretching moves to the Players.

If Players need to rest, give them stretches to do.



Low High Calorie Run

When to Play: P.E.

 20 min.

Where to Play: Blacktop

Equipment: None

How to Play:

- Players start shoulder to shoulder at the center line.
- The Leader calls out two different foods and points to two opposite sides for each option.
- The Players run to the side for the food they think has fewer calories.
- For example, to the left of the Players is mac and cheese and to the right of the Players is carrot sticks. Players should run to the right side.
- The Leader discusses which was the correct choice. The Players meet in the middle again to repeat the game.

Change it up!

Use different motions to move from one side to the other (hopping, skipping, lunging, etc.)

Tips

Number of Players: 10 - 15

Allow Players to discuss some of their favorite healthy food choices and snacks.

Vocabulary: A calorie is a unit of heat used to indicate the amount of energy that foods will produce in the human body.



Skill Drill

When to Play: P.E.



10-15 min.

Where to Play: All around the Learning Landscape

Equipment: Basketballs, soccer balls, Frisbees, four square balls

How to Play:

- Set up stations for Players to improve their sports skills.
 - Shoot basketballs
 - Kick goals
 - Throw Frisbees
 - Run over hurdles
 - Bump volleyballs
 - Dribble a soccer ball through cones
- Players pair up to practice their sports/skills together at each station.
- When the Leader calls “Rotate,” Players move to the next station.

Change it up!

Try adding partner activities:

- Catch and throw
- Kick and defend goals
- Bump volleyball back and forth

Tips

Number of Players: 25 - 30

Stations should focus on a particular sport or skill set.

Multiple pairs can be at each station.



Cardio Dice

When to Play: P.E.



15-20 min.

Where to Play: All around the Learning Landscape

Equipment: Cardio sheets and Toolkit dice

How to Play:

- Players form a circle and stand an arm-length away from the Players next to them.
- One Player rolls the cardio dice into the center of the circle and demonstrates how to do the move on the dice.
- The Player who rolls the dice chooses how many repetitions of the move the group will do.
- Switch who gets to roll the dice with each turn.

Change it up!

The Leader can incorporate equipment into the activities.

Tips

Number of Players: 25 - 30

Demonstrate how to perform the cardio moves on the sheets.



Zoolympics

When to Play: P.E.



15-20 min.

Where to Play: All around the Learning Landscape

Equipment: Hula hoops, jump-ropes, cones

How to Play:

- The Leader sets up stations throughout the Learning Landscape.
- Station examples may include:
 - Field - Jump from hula hoop to hula hoop like a frog
 - Shade shelter - Balance on one foot like a flamingo for 10 seconds
 - Field - Crawl under five hurdles like a caterpillar
 - Slide - Slither down the slide like a snake
 - Blacktop - Jump rope like a kangaroo
 - Monkey bars - Swing like a monkey through the monkey bars
 - Climbing structure - Climb the boulders or climbing structure like a mountain goat
 - Swings - Soar in the air like an eagle
- Start Players on different parts of the playground.
- Players move from one part of the playground to another once they have completed the activity for that area.

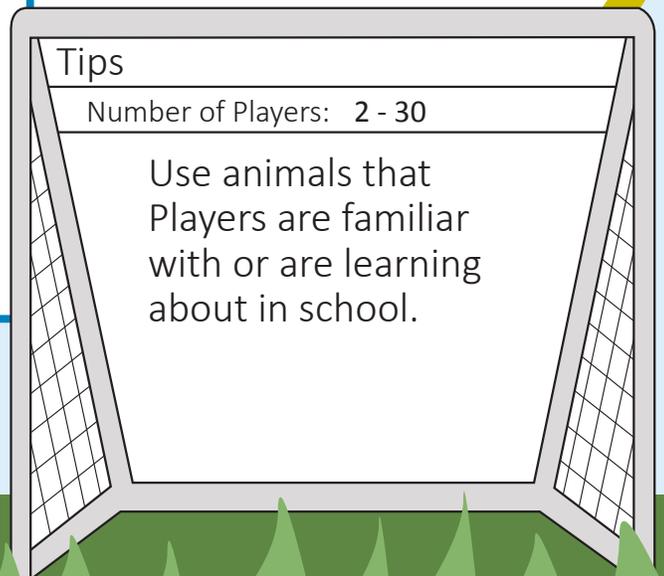
Change it up!

Set up multiple courses and have teams compete to see who can get through the course quickest.

Tips

Number of Players: 2 - 30

Use animals that Players are familiar with or are learning about in school.



Bean Bag Scramble

When to Play: P.E.



10-15 min.

Where to Play: Blacktop

Equipment: Bean bags

How to Play:

- Players split up into two teams and line up on opposite sides of the field.
- Create a center line on the field using bean bags.
- Teams form a single file line. On “Go!”, Players run one at a time to the center line, grab one bean bag at a time, run it back to their team, and give the next Player in line a high-five as a signal for them to run to get a bean bag.
- Play until all bean bags are gone.
- Teams count bean bags to see how many they have gathered.
- Place lines farther away from center line for a greater challenge in the next game.

Change it up!

Try different movements to retrieve bean bags, such as skipping, hopping, galloping, or jogging.

Tips

Number of Players: 10 - 15

Remember: Only grab one bean bag at a time.



Prairie Dog Chase

When to Play: P.E.



10-15 min.

Where to Play: Grass Field

Equipment: Hula hoops

How to Play:

- Set up hula hoops as prairie dog holes.
- One or two Players are the “Coyotes” and the rest are “Prairie Dogs.”
- The prairie dog holes are safe, but only one Prairie Dog can be in a hole. If another Prairie Dog gets in your hole, you have to leave.
- When a Prairie Dog is tagged by a Coyote, they become a Coyote.
- The last Prairie Dog remaining is the Coyote for the next game.

Change it up!

As the number of Coyotes increases, remove hula hoops so that fewer prairie dog holes are open.

Tips

Number of Players: 10 - 30

Try to have at least 1 hula hoop for every 2-3 Players.

Remember: A safe way to tag is a two-finger touch on the shoulder or back.



Musical Yoga

When to Play: P.E.



15-20 min.

Where to Play: Outdoor Classroom

Equipment: Yoga sheets and music

How to Play:

- Set up stations with a different yoga pose sheet at each.
- The Leader starts the music, and Players begin to walk around the stations as music plays.
- The Leader stops the music, and Players do the yoga pose on the sheet at the station they stopped on.
- Players hold the pose for 15-20 seconds.
- The Leader starts the music and the next round begins.

Change it up!

Add in new and more challenging poses as Players become more comfortable. Or make up your own new, safe moves.

Tips

Number of Players: 2 - 20

Increase playing area with more Players.



Happy Hearts

When to Play: P.E.



10-15 min.

Where to Play: Blacktop

Equipment: Sidewalk chalk, stopwatch/timer for Leader (optional)

How to Play:

- Players stand in a circle, elbow to elbow.
- Players count their heartbeats for 30 seconds and record results (write it down with chalk or memorize).
- As a group, Players do a movement for 30 seconds (arm circles, hopping, jogging, toe touches, etc.). When time is up, the Leader says "Freeze!"
- Players count their heartbeats for 30 seconds and record results (write it down or memorize).
- As a group, Players do a movement for 30 seconds (running in place, jumping, mountain climbers, high knees). When time is up, the Leader says "Freeze!"
- Repeat the activity, having Players record new movements and the number of heartbeats counted.
- Players may compare their heart rates at the end of the activity and discuss how different activities changed their heart rates.

Change it up!

Try combining upper and lower body movements at the same time.

Draw a graph on the asphalt and chart how heart rate changed with each activity.

Tips

Number of Players: 4 - 30

Vocabulary: Exercise Intensity means how hard your heart is working. You can measure intensity by your heart rate and how hard you feel you are working.



Fly-Fishing Frenzy

When to Play: P.E.



10-20 min.

Where to Play: Grass Field

Equipment: Ball

How to Play:

- Designate boundaries of an area to be the “river.”
- Players are “Fish” and line up arm to arm at one end of the river.
- Choose one Player to be the “Fly-Fisher.”
- The Fly-Fisher casts the fly out into the river by throwing the ball down the river as far as he/she can.
- The Fish race to get to the “bait” (retrieve the ball).
- The Fish who gets the bait tries to make it back to the starting line by running and passing the ball to other Fish.
- The Fly-Fisher tries to steal the ball away from the Fish while passing.
- The last Fish with the ball at the starting point is the next Fly-Fisher.

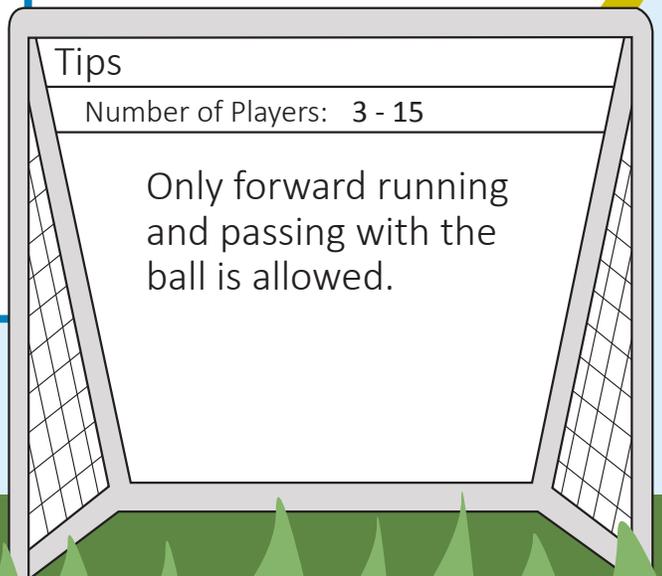
Change it up!

Try other movements (e.g., running, tip-toeing, heel-toe, big steps, etc.).

Tips

Number of Players: 3 - 15

Only forward running and passing with the ball is allowed.



Playground Olympics

When to Play: P.E.



30+ min.

Where to Play: All around the Learning Landscape

Equipment: Balls, hurdles, hula hoops, jump ropes, and cones

How to Play:

- Leader sets up 8-10 stations or obstacles with equipment as needed.
- An equal number of Players start at each obstacle.
- Obstacles may include:
 - Jump rope to a hula hoop and hula hoop five times
 - Run through cones
 - Skip to the slide and slide down
 - Hop through hopscotch
 - Swing across monkey bars
 - High-knees on the track
 - Walk through the outdoor classroom balancing a Frisbee on your head
 - Hold downward dog in the shade structure for 30 seconds
- On "Go!", Players try to make it through the obstacles as fast as possible.
- Once the course is completed, take a stretch break and rotate one obstacle to the right.
- Go through the course again. Repeat until all Players have started at each obstacle.

Change it up!

Have Players form relay teams and move through the course.

Tips

Number of Players: 25 - 30

Did you know? The first Olympic games were held in 776 B.C.



Bubbles, Bubbles, Everywhere

When to Play: P.E.



15-20 min.

Where to Play: Around the Track

Equipment: Hula hoops

How to Play:

- Spread out 5 or 6 hula hoops on the field.
- Players spread out along the track.
- The Leader calls out, “Bubbles, bubbles, everywhere,” and Players begin walking around the track.
- When the Leader calls out, “Bubbles, bubbles, pop, pop, pop!”, Players must get to a bubble (hula hoop) as quickly as possible, with only one Player per bubble.
- Players who are in a bubble call out a movement for everyone not in a bubble to perform (squats, sit-ups, push-ups).
- Players return to the track, and the game begins again with a new movement.

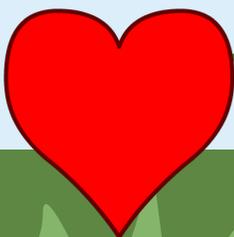
Change it up!

Do different movements instead of walking around the track (skipping, running, hopping, galloping, etc.).

Tips

Number of Players: 10 - 30

Have Players brainstorm movements and exercises that can be done during the activity. If Players need help with ideas, use the cardio and yoga sheets from the Toolkit.



Balance Track Stars

When to Play: P.E.



10-15 min.

Where to Play: Around the Track

Equipment: Bean bag for each Player

How to Play:

- Players grab a bean bag and spread out along the track.
- The Leader calls out, "Place your bean bag on your _____!" (head, palm of hand, chest, shoulder).
- Players begin to move along the track, balancing their bean bag. If a Player drops their bean bag, they can try again.
- Give Players a different location to balance their bean bag after at least 30 seconds.
- Try new races with different movements and different areas of the body for balancing the bean bag.

Change it up!

Try other movements (running, tip-toeing, heel-toe, big steps, little steps, crab-walking, etc.).

Provide Players with more than one bean bag for balancing.

Tips

Number of Players: 2 - 30

Did you know? Your ears aren't just important for hearing. They also help you keep your balance!



Jump Rope Relay

When to Play: P.E.

 5-10 min.

Where to Play: Blacktop

Equipment: Jump ropes, cones

How to Play:

- Divide Players into teams of three or four.
- Set up a cone for each team with a jump rope about 30 feet away.
- Players line up behind the cone.
- The first Player on each team runs from the cone to the jump rope and jumps rope 10 times.
- After the Player jumps 10 times, they run back to the cone and high-five the next Player in line.
- The first team to have all of their members finish jumping rope wins.

Change it up!

Increase the number of jumps or types of jumps to make it more challenging.

Try changing movements (jumping, skipping, galloping) to get from the cone to the jump rope.

Try using the whole Learning Landscape by setting up jump ropes at different elements. Players run to the element, jump, and run back to their team.

Tips

Number of Players: 20 - 30

Review basic jump rope techniques and safety.

Instead of cones, use the basketball court for start and finish lines.



Play by Numbers

When to Play: P.E.



10-15 min.

Where to Play: Play Equipment

Equipment: None

How to Play:

- Players complete different activities, counting from one to ten.
- Activities are completed one number at a time. For example:
 - 1- Go down the slide 1 time
 - 2- Climb 2 ladders
 - 3- Crawl under 3 pieces of equipment
 - 4- Try 4 pull-ups
 - 5- Hang with one arm for 5 seconds
 - 6- Do 6 push-ups
 - 7- Cross 7 monkey bars
 - 8- Do 8 sit-ups
 - 9- Pump your feet 9 times on the swings
 - 10- Do 10 jumping jacks
- Once all Players have completed the activities, try doing them in reverse from ten to one.

Change it up!

Pair or group Players and have them switch off choosing activities.

The Leader should lead the first round of activities to help Players understand what activities are appropriate.

Tips

Number of Players: 2 - 20

More activities include:

- Straight arm hang
- One-arm hang
- Crawl under parts of the play equipment.



Stretch it Out!

When to Play: P.E.



5-10 min.

Where to Play: Outdoor Classroom

Equipment: Stretch sheets and Toolkit dice

How to Play:

- Players form a circle, standing an arm-length away from the Players next to them.
- One Player rolls the dice with stretch sheets and demonstrates the stretch that the dice lands on.
- After the quick demonstration, the Leader begins a group count to 10.
- After 10 counts, switch sides of the body. (If you started stretching the right arm, switch and stretch your left.)
- The next Player rolls the dice.

Change it up!

Add stretch time. Instead of 10 seconds, stretch for 20.

Count by 2s, 3s, or 4s, or in a different language.

If no dice are available, a leader can call out different stretches from the sheets in the Toolkit.

Tips

Number of Players: 2 - 30

Choose a Leader who is familiar with the stretches and can demonstrate them.

Use stretch sheets in the binders for reference and additional stretch ideas.



Schoolyard Yoga

When to Play: P.E.



10-15 min.

Where to Play: Outdoor Classroom

Equipment: Yoga sheets and Toolkit dice

How to Play:

- Players form a circle, standing an arm-length away from the Players next to them.
- Players take a few deep breaths to calm their minds.
- One Player rolls the dice with yoga sheets and demonstrates how to do the pose the dice lands on.
- Other Players try each pose, holding the pose for 15-20 seconds.
- The Player who rolled the dice then passes it to another Player who rolls it for a new pose.

Change it up!

If no dice are available, you can use the yoga sheets from the Toolkit.

Tips

Number of Players: 5 - 30

Leader: Model how to breathe deeply for concentration and focus.

Remind Players to roll the dice on the ground and not to throw it up in the air.



Flat Fourteeners

When to Play: P.E.



15-20 min.

Where to Play: Around the Track

Equipment: Paper clips or other small objects (optional)

How to Play:

- Players work individually or in teams to walk around the track to complete a flat fourteener.
- Players keep track of how far they have walked by laps around the track:
500 steps = 1 lap = 1/4 of a mile.
- Colorado flat fourteeners:
 - Grays Peak - 7.5 miles or 15,000 steps
 - Mt. Democrat - 4 miles or 8,000 steps
 - Mt. Evans - 14 miles or 28,000 steps
 - Quandary Peak - 6.75 miles or 13,500 steps
 - Torreys Peak - 7.5 miles or 15,000 steps
 - Pikes Peak - 11.5 miles or 23,000 steps
 - Mt. Bierstadt - 7 miles or 14,000 steps
 - Blanca Peak - 15 miles or 30,000 steps
 - Mt. Sherman - 5.25 miles or 10,500 steps
 - Mt. Massive - 13.75 miles or 27,500 steps

Change it up!

Try other skills: galloping, side shuffle, side twists, high knees, high heels, etc.

Have the class combine all of their steps to see how far they walked as a class.

Tips

Number of Players: 2 - 30

Use small objects to keep track of laps.

Vocabulary: A fourteener is a mountain that is more than 14,000 feet above sea level.



Grab That Workout

When to Play: P.E.



15-20 min.

Where to Play: Around the Track

Equipment: Cardio sheets and cones

How to Play:

- Place cones around the track, with a cardio sheet at each cone.
- Activities may include:
 - Push-ups
 - Sit-ups
 - Squats
 - Lunges
 - Plank
 - Tuck jumps
 - Jumping jacks
- Players start at different cones, perform the assigned activity, and jog to the next cone to perform the next activity.
- Players continue until they are back at their original cone, then reverse directions.

Change it up!

Players can participate as teams, racing to complete the circuit first.

If Players need a break, they can walk between cones or stretch in the middle of the track.

Try changing the movement used between cones (skipping, galloping, hopping, side galloping, etc.).

Tips

Number of Players: 25 - 30

If in pairs, allow Players to switch off at each cone, giving them a little break from the activity to cheer on their partner and catch their breath.



Run Away Train

When to Play: P.E.



15-20 min.

Where to Play: Around the Track

Equipment: Ball

How to Play:

- Players team up into groups of 5-8.
- Each group forms a single file line on the track.
- The first Player in line is the “Engine” and starts to jog, setting the pace for everyone else in line.
- While jogging, the Engine carefully passes an object to the Player behind them in line.
- When the object reaches the last Player in line, the “Caboose,” that Player sprints to the front of the line to become the Engine.
- Repeat until all Players have been both the Engine and the Caboose.

Change it up!

Try other skills (galloping, side shuffle, side twists, etc.) or combine groups to lengthen the sprinting course.

Tips

Number of Players: 25 - 30+

Use one group to demonstrate the activity.

Change the form of movement every few minutes.



Stretching Exercises



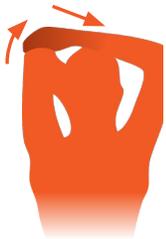
Shoulder Stretch

Use the left arm to gently press the right arm across the body. Hold for 10 to 30 seconds.



Calf Stretch

Stand with one leg near the wall. Extend other leg back, keeping the heel on the ground.



Tricep Stretch

Grab the right elbow with the left hand and gently pull back. Hold for 10 to 30 seconds.



Side Lunge

Bend leg to a 90-degree angle and stretch out other leg with toes pointing at a 45-degree angle.



Straddle Stretch

Bend over right leg, then to the center, then to left leg. Hold each for 10 to 30 seconds.



Crossover Toe-Touch

Stand with feet together. Slowly roll down from the back and reach for the toes with your hands.



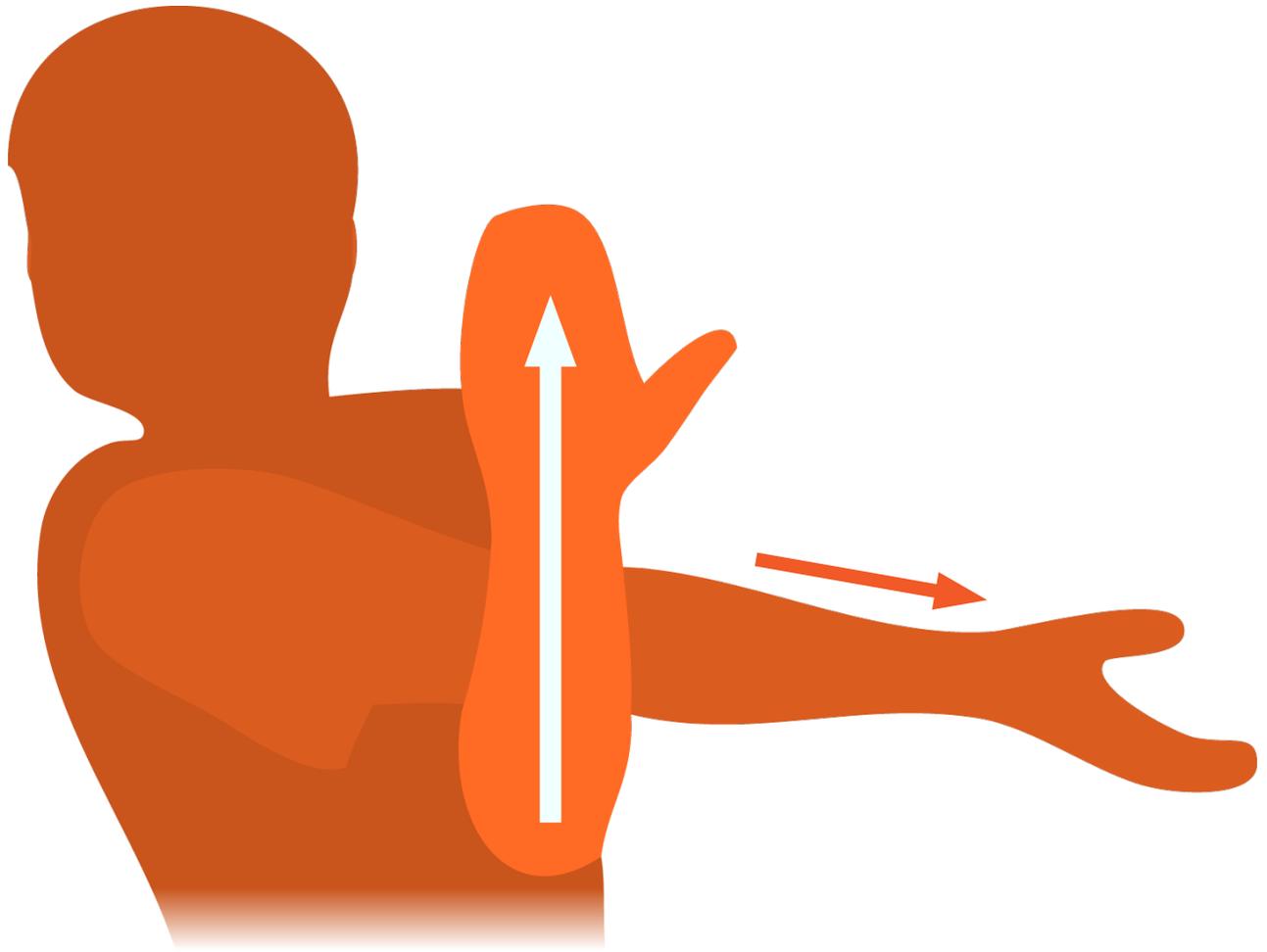
Quadricep Stretch

Bend leg and grab it with opposite hand. Gently press the foot toward the buttocks.



Hamstring Stretch

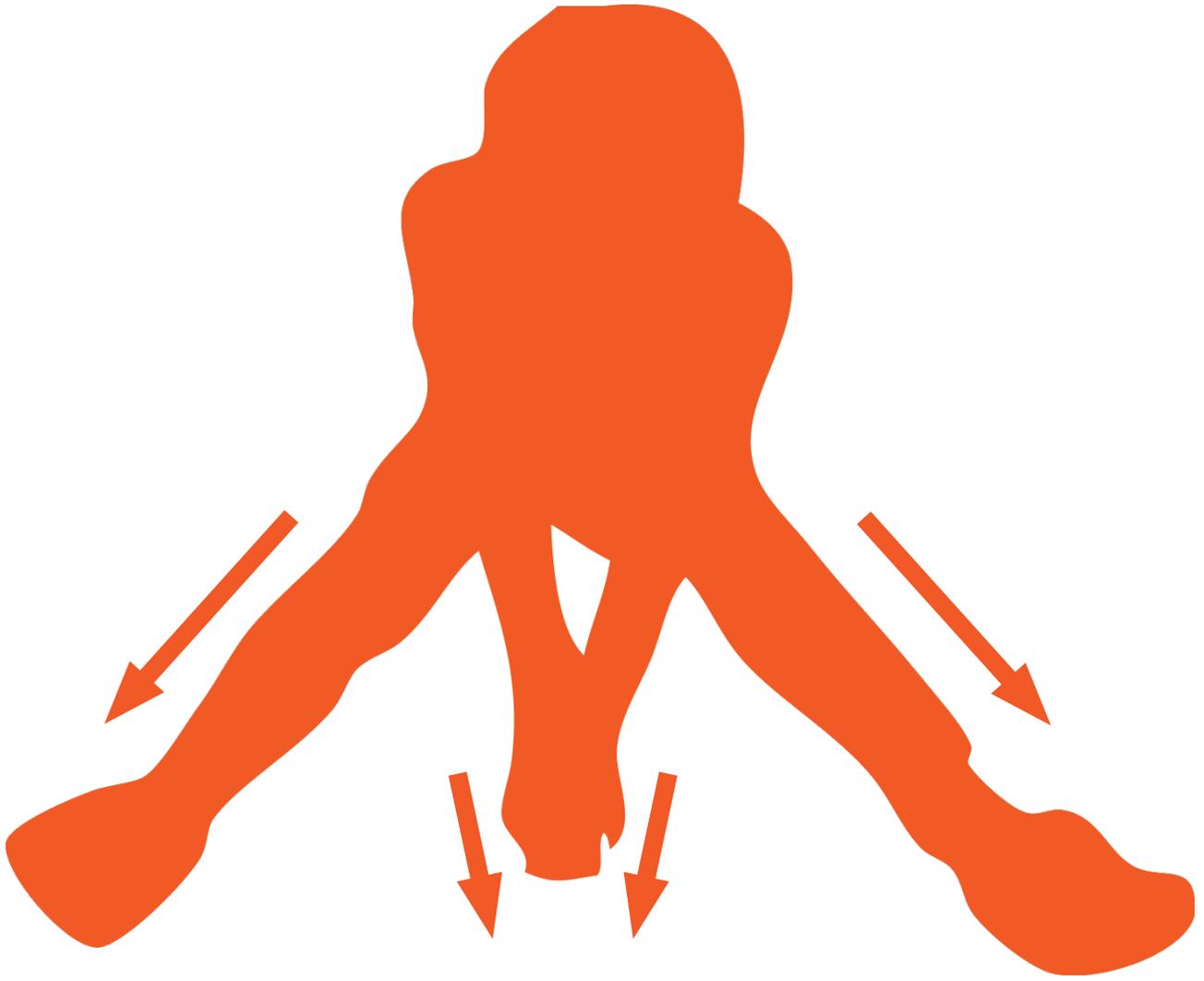
Sit down with one leg stretched forward, toes up. Bend other leg inwards. Reach forward to toes.



Shoulder Stretch



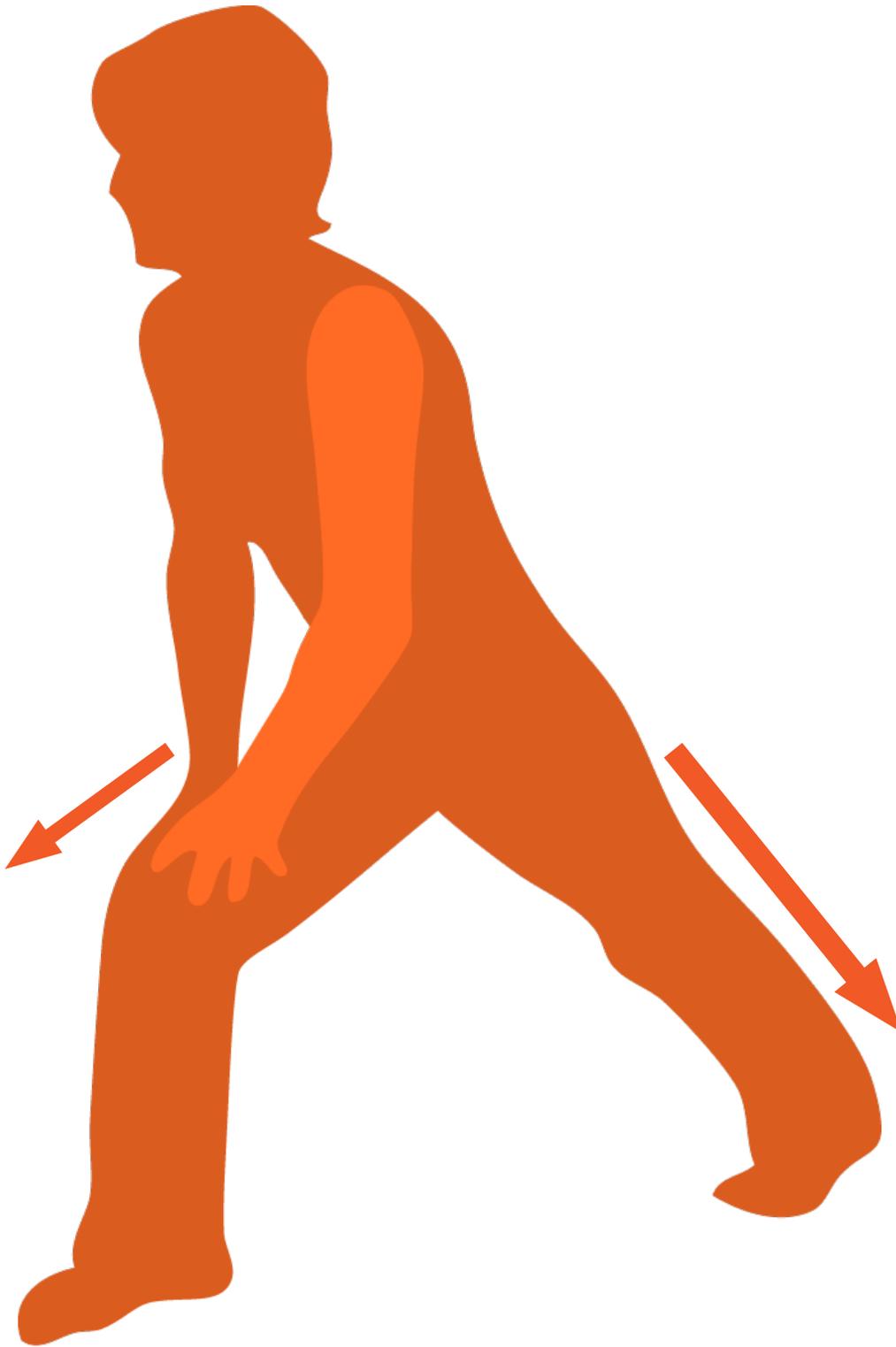
Tricep Stretch



Straddle Stretch



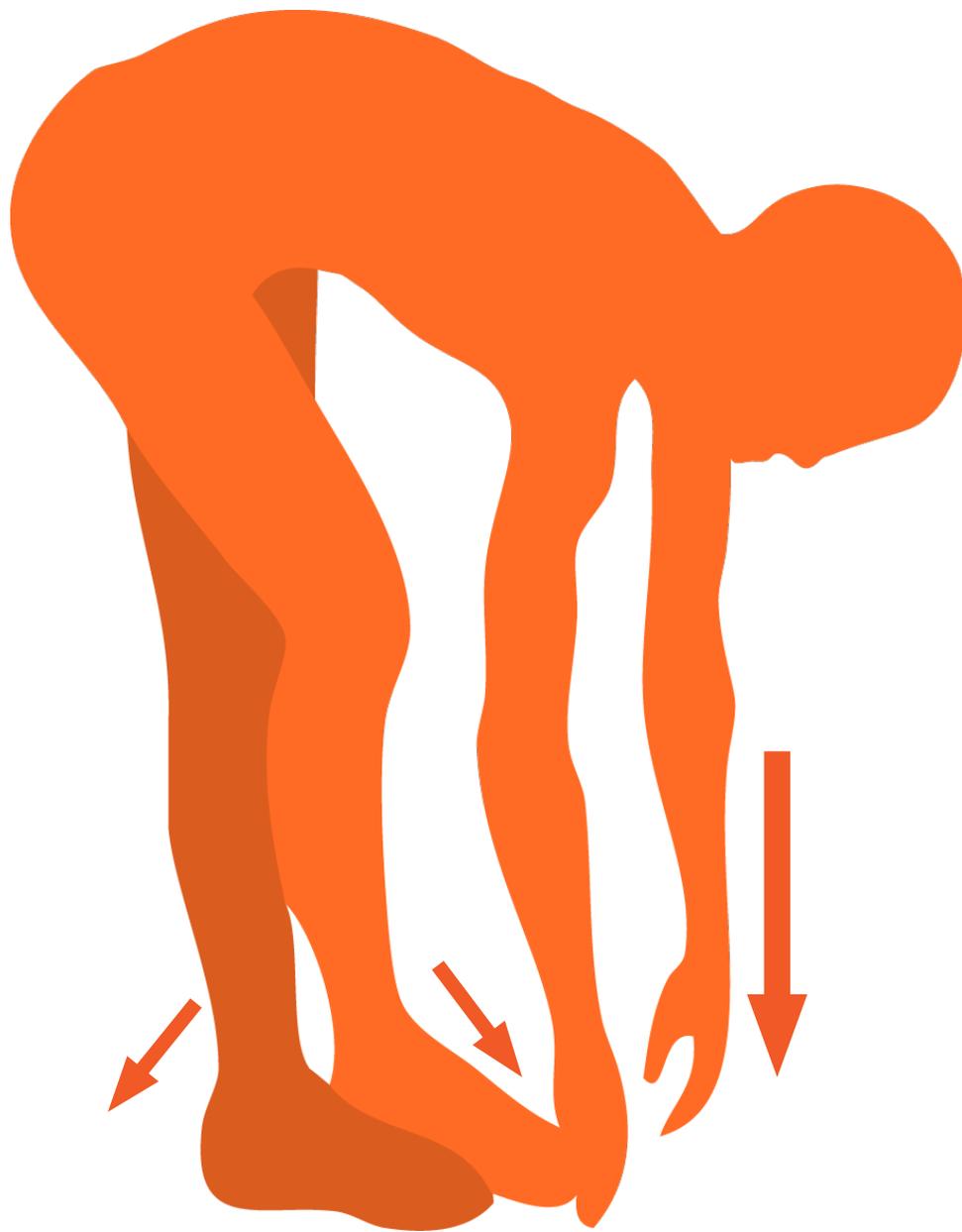
Quadriceps Stretch



Calf Stretch



Side Lunge

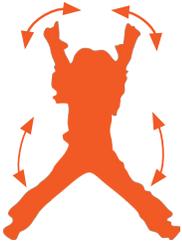


Crossover
Toe-Touch



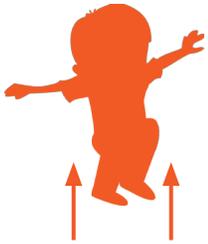
Hamstring Stretch

Cardio



Jumping Jack

Stand with feet together and arms by your side. Bend knees a little and, as you jump to a straddle, bring arms above your head. Arms should not go out in front but out to the side. Jump feet back together while you bring arms back by your side. Repeat.



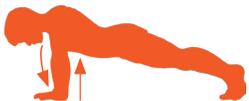
Tuck Jump

Stand with your feet shoulder width apart. Jump up as high as you can, pull your knees up into the chest, and release before you land.



Mountain Climber

Begin in a push-up position on the hands and toes. Bring the right knee in towards the chest, resting the foot on the floor. Jump up and switch feet in the air, bringing the left foot in and the right foot back. Hands stay on the ground.



Plank / Push-Up

Place both hands on the ground and stretch your legs back so you are holding yourself up. Bend arms until you almost touch the ground and extend them to Push-Up position. Repeat. For plank, start in Push-Up position with arms straight and body in a straight line. Hold for 15 – 60 seconds.



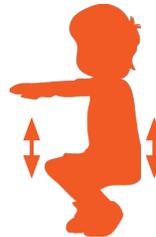
Sit-Up

Lie on your back, with knees bent and pointing to the sky. Cross your arms over your chest. Use your abs to sit up and extend your arms to reach your toes. Return your back and shoulders to the ground and repeat.



Crab Walk

Sit on the ground and hug your knees. Release your knees and place hands, palm down, on the ground behind you. Push up. Walk around on your hands and feet.



Squat

Stand with your feet apart. Keeping your back straight, bend at your knees, keeping your knees in line with your toes. Your knees should never pass your toes. Bend until your knees are bent 90 degrees and return to a stand. Repeat.



Skip

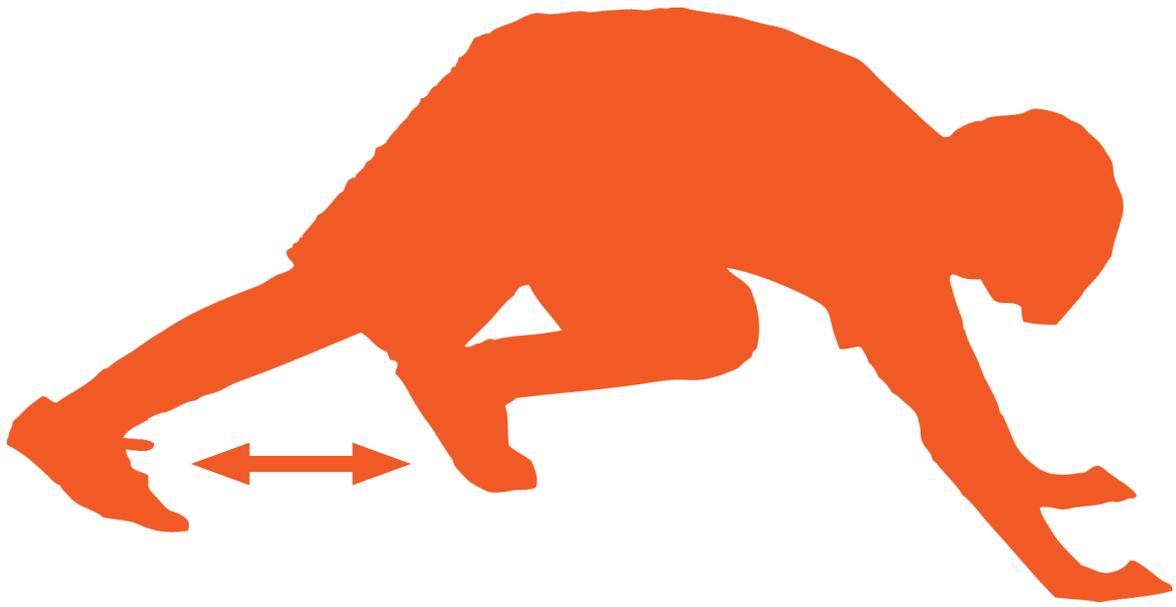
Start by standing up straight with your legs together. Lift your right knee up towards your chest while pushing off/jumping with your left foot. Land on your left leg and put your right leg down. Push off your right foot as you lift your left knee up towards your chest. Repeat.



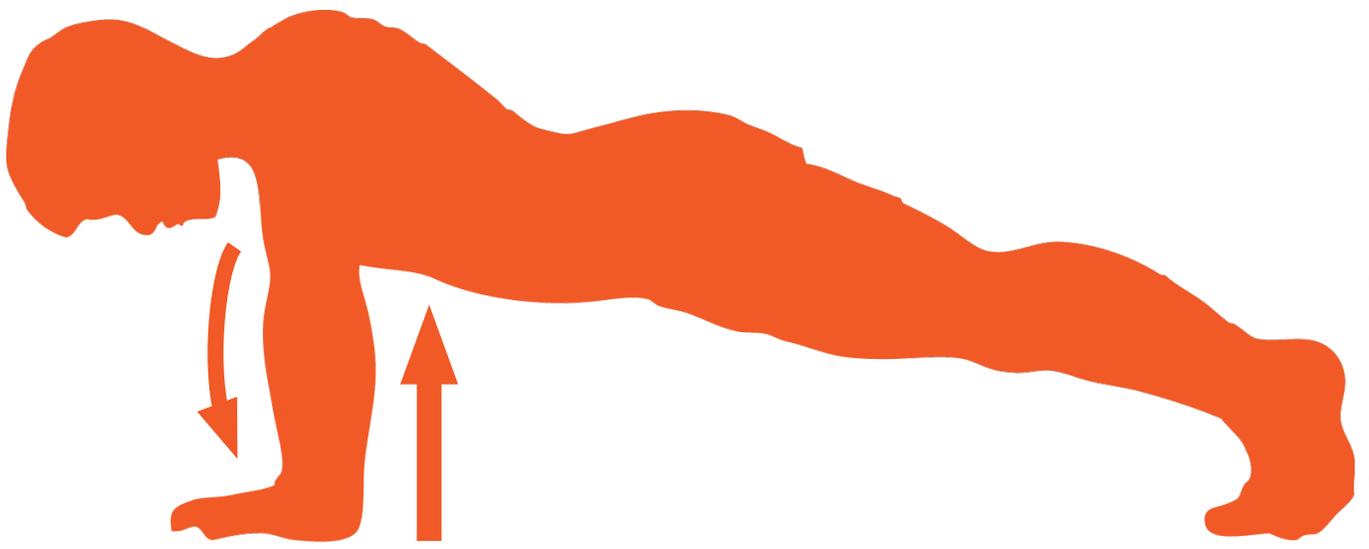
Jumping Jack



Tuck Jump



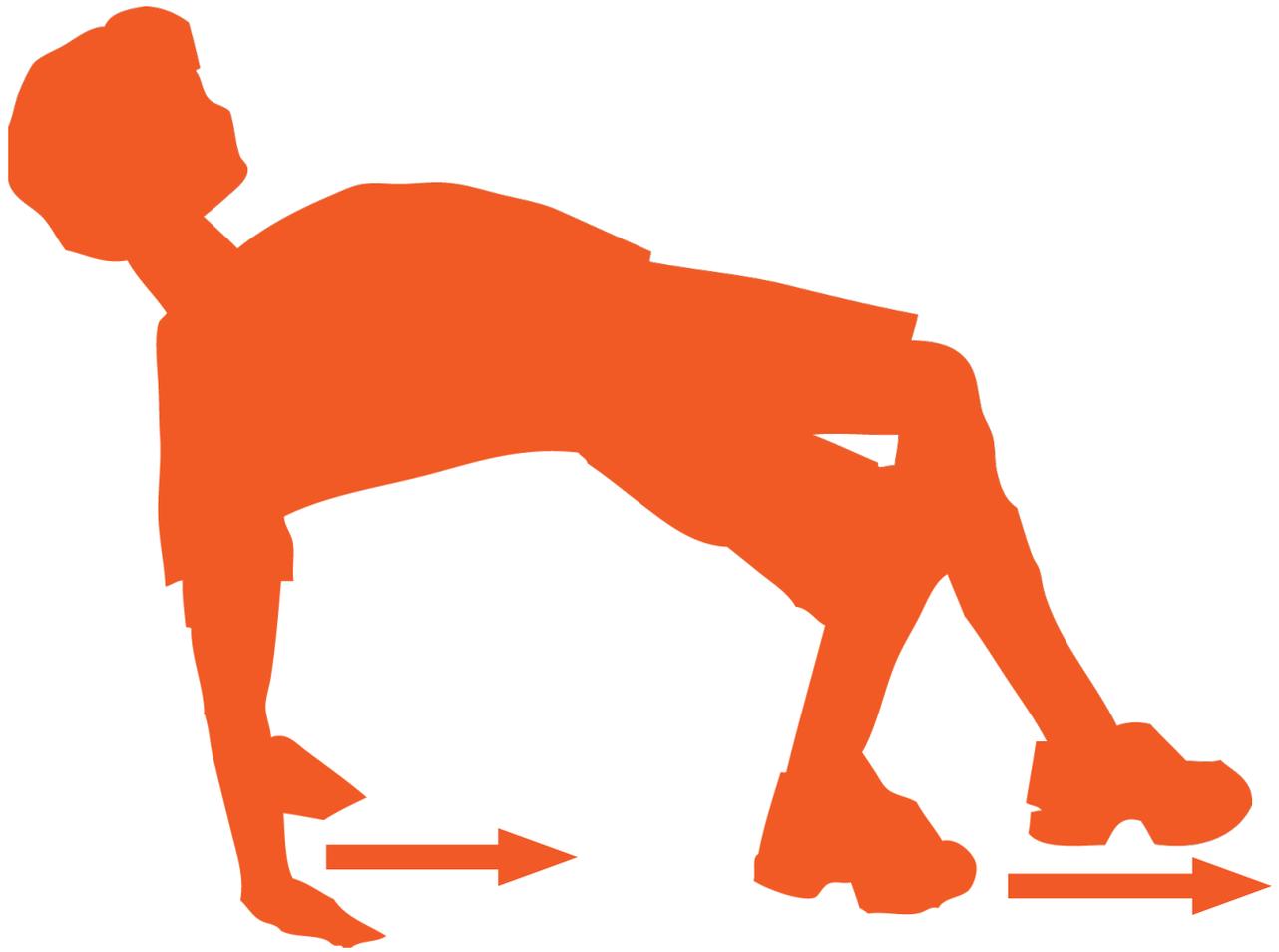
Mountain
Climber



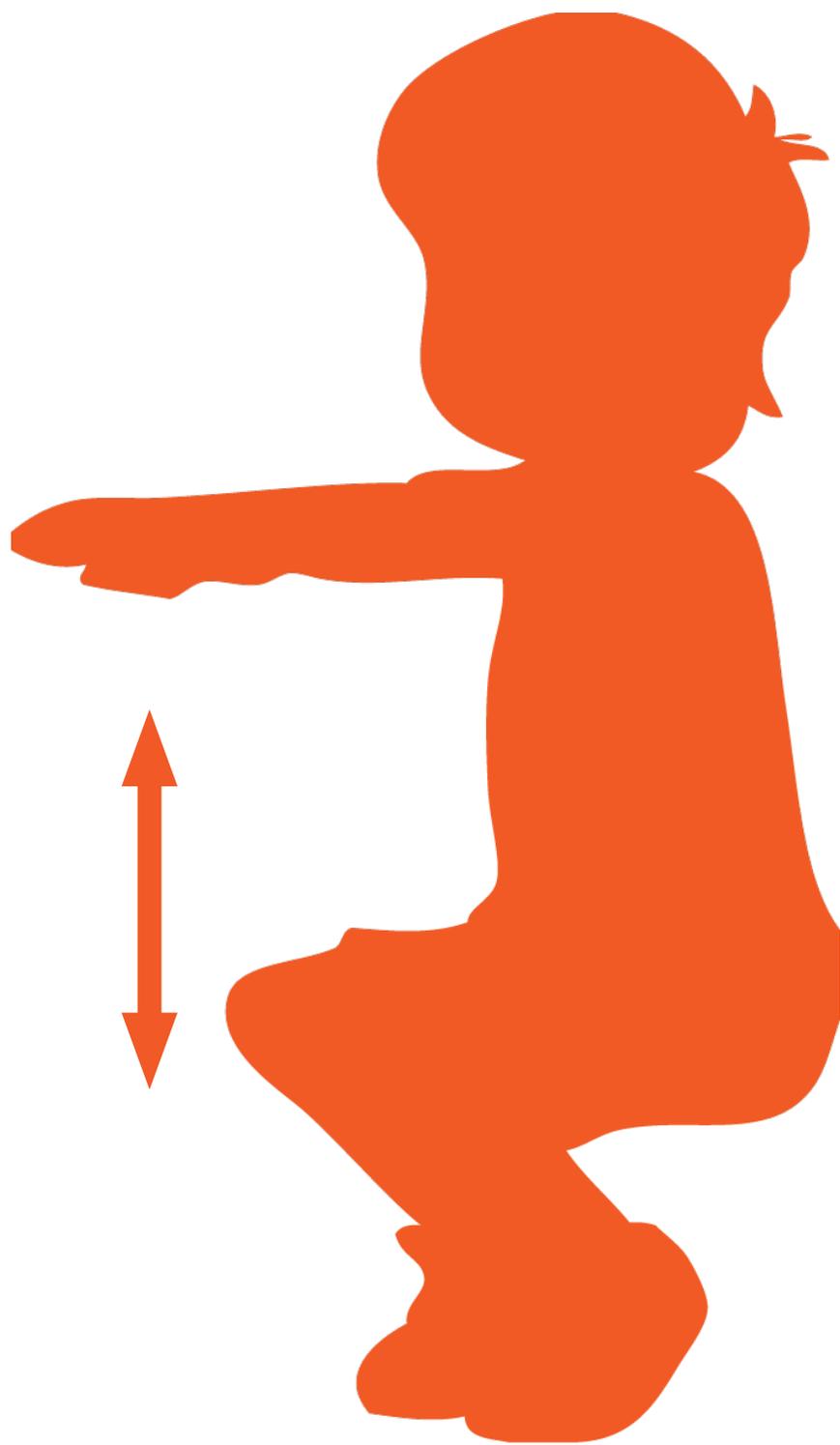
Plank / Push-Up



Sit-Up



Crab Walk



Squat



Skip

Yoga Moves



Sunset / Sunrise

Stand up tall and take a deep breath. Lift both arms above your head and reach toward the sky. Hold for two breaths then bend at your waist and reach for your toes. Hold for 2 breaths and repeat.



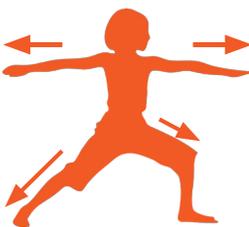
Tree Pose

Stand evenly on both feet, then shift weight to balance one foot. Raise the other foot up and rest it on the thigh. Put your palms together, spread your arms up and out like tree branches, and balance. Breathe and hold.



Butterfly Pose

While seated, bring the bottom of the feet together and let the knees fall out to the sides. Grasp ankles with hands and sit up straight and tall. Flap knees up and down like butterfly wings. Breathe and hold.



Warrior Pose

Stand with feet pointed forward. Lift arms, keeping arms and hands straight. Turn out toes of right foot so it's pointing in direction of right hand. Lunge with the right leg and hold. Switch legs.



Cobra Pose

Lie face down with your palms flat. Push your upper body off the floor and straighten your arms while keeping your hips, legs, and feet planted on the floor. Tilt your chin upward. Hold for 5 full breaths.



Downward-Facing Dog

Begin on your hands and knees like a dog. Press into your hands and feet, straighten your legs and arms, and lift your hips into the air. Breathe and hold.



Camel Pose

Kneel on the ground, then sit back onto your calves. Slowly rise up off of your calves until you are standing on your knees. Reach back and grab the soles of your feet. Breathe and hold.



Child's Pose (Arms Out)

Kneel on the ground, big toes together. Sit back on your heels, separating your knees hip-width apart. Fold over and bring your head down to the ground. Stretch arms out in front, breathe, and hold.



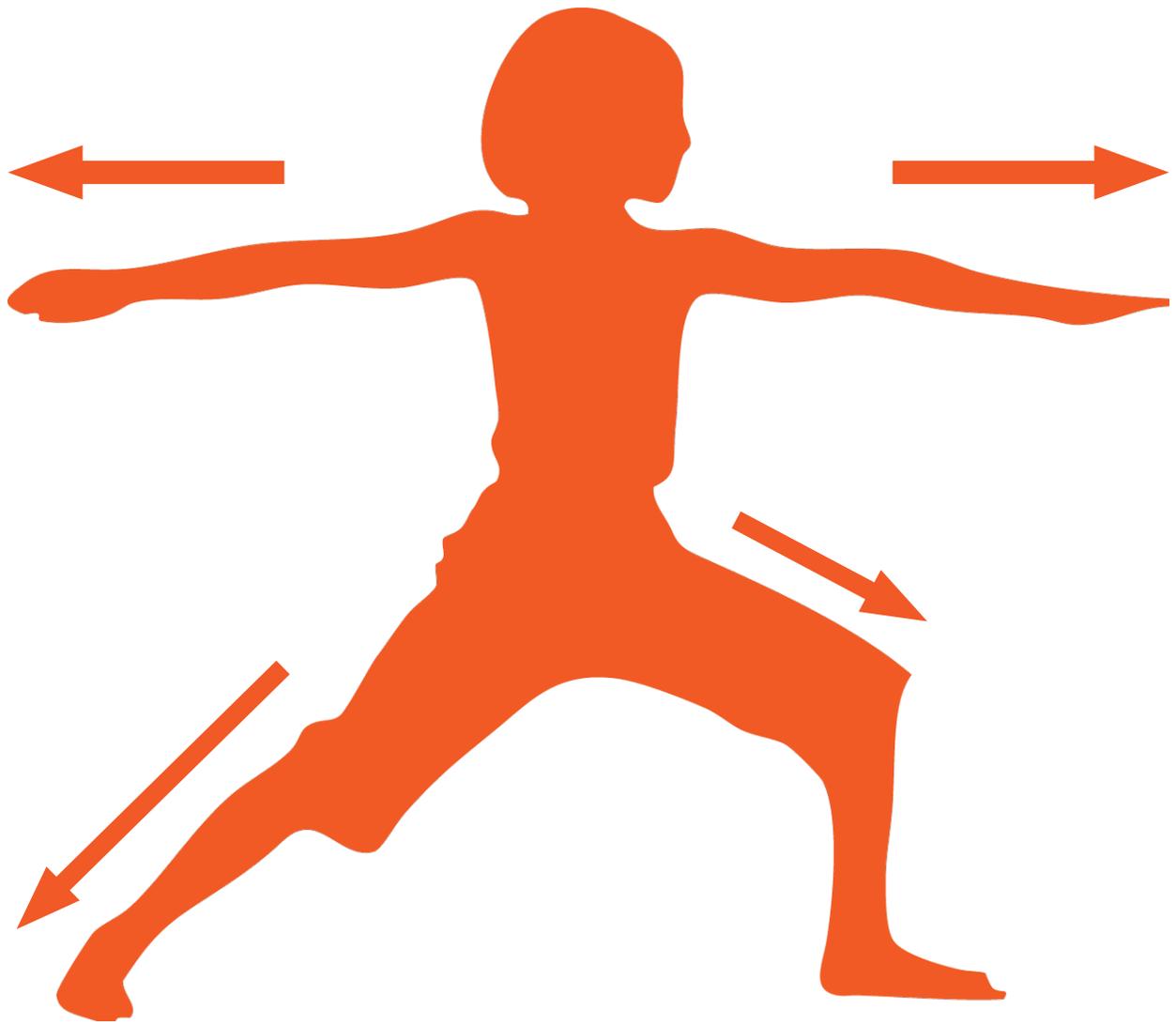
Sunset / Sunrise



Tree Pose



Butterfly Pose



Warrior Pose



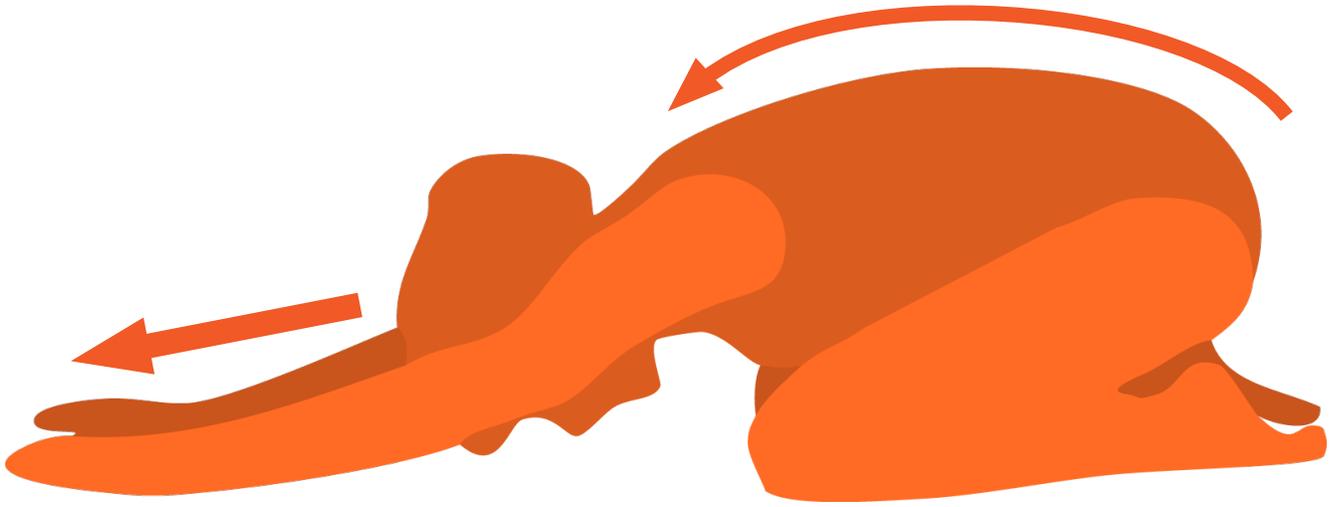
Cobra Pose



Downward-
Facing Dog



Camel Pose



Child's Pose
(Arms Out)