



Physical Activity Bank

Relay races of any type that cover a reasonable distance work perfectly for adding physical activity to youth events, but if you're all relayed out, try these ideas!

Balloon Buddies

Provide two 12" balloons to each youth member and instruct them to blow up the balloons to a reasonable size. Define the boundaries for the game as there will be a great deal of movement. Instruct each person to place a balloon (their buddy) under each armpit. Youth will not be permitted to use their hands to hold their buddies, only their armpits. Their duty is to protect their "buddies" by not letting them escape while at the same attempting to knock other youths' buddies out of their arms.

Days of the Week

In the room, be sure to provide enough space for seven lines, and place seven pieces of tape on the floor, representing where seven lines of youth could stand/sit. Have youth form seven lines/rows (representing Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday). Instruct the youth that the lines/rows must always be in the order of Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday and that there will be times in which the week begins with a day other than Sunday. The leader will stand in front of a line/row and call out a day of the week. If that day of the week that is called is not currently located at that piece of tape, the youth representing the day of the week that was called must all move to the correct row/piece of tape. Consequently, all of the other days of the week must follow suit. For example, if Sunday is currently the first day of the week (the row/tape farthest to the left), and the leader stands on the third piece of tape from left (which currently represents Tuesday) and calls "Friday," the groups must rearrange so that all youth are still with their day of the week in the following order starting from the left: Wednesday, Thursday, Friday, Saturday, Sunday, Monday, and Tuesday. In this example, youth representing Tuesday were in the third row, but after hearing the leader call "Friday" for the third row, they had to move to the seventh row. The group that is last to reach their new row is removed from the current round. If, for example, the Tuesday group was the slowest to reach their correct row, their row is left blank. The leader might then stand at the first row and call "Monday." The correct order would then be: Monday, empty row, Wednesday, Thursday, Friday, Saturday, and Sunday. Continue until only one group remains.

Food Group Relay

Print or write a list of food items that fit into the five food groups of MyPlate and cut out each food item separately. Line up 5 brown grocery bags and label them Fruits, Vegetables, Dairy, Grains and Protein. Divide youth into 2 teams and place the bags at the end of the hall/room. Give each group equal amounts of food item

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papers and have them run to the grocery bags and place the paper in the correct bag (i.e. pudding in dairy bag, carrots in vegetable bag). Instruct them to run back to a teammate and tag them. At the end of the game, verify that the bags contain the correct foods.

Laughter is the Best Medicine

Have one student begin laughing ("fake it until you make it" is ok here). Join in yourself and watch how contagious laughter overcomes the room. If some don't participate, tell them to fake it. It will catch on. Cut it off at 3 minutes because it is hard to stop laughing on cue. This is a fun abdominal exercise.

Name Game

Divide the youth into groups of three or four. Give each group a list of the activities that correspond with each letter (listed below). Each youth will spell out their first name by doing the activities. If there is time, they can spell out other words. The larger group can try to guess what word is being spelled out.

Here are some examples. Feel free to use these or make up some of your own.

A = Five jumping jacks	N = Spin on your stomach
B = Three sitting toe touches	O = Bicycle legs
C = Five standing toe touches	P = Nod your head four times
D = Gallop five steps and back	Q = Neck stretches side to side
E = Spin on your bottom	R = Shrug your shoulders
F = Three giant arm circles	S = Touch your head, shoulders, knees, and toes
G = Three giant steps	T = Three frog jumps
H = Crab walk five steps	U = Five windmills
I = Wiggle your body	V = Five sit-ups
J = Skip five steps	W = Five tiny arm circles
K = Jump six times	X = Clap your hands three times
L = Run in place	Y = Roll your body three times
M = Hop on left foot five times	Z = Baseball swing

People to People

Pair up in groups. Make sure participants introduce themselves to one another. The leader will say different combinations that each pair will try to fulfill such as hand to hand, feet to feet, knee to knee, shoulder to shoulder, back to back, left foot to right foot, head to shoulder, right hand to left leg, etc. Once the leader says People to People, each player will find a new partner and introduce themselves.

Play Cards

Using a standard card deck, remove all face cards and jokers. Assign an activity to each of the four suits (ex: jumping in place, running in place, sit ups, squats). Pass out a card to each young person and at the leader's signal, have each person do the activity for that suit for according to the number on the card (i.e. 7 of hearts = jump in place 7 times). Have students pass their cards to their neighbor and repeat for 5 passes.

Seat Shuffle

Form a circle of chairs in which the seats are on the inside of the circle and chair backs face out. With all youth sitting in a chair, ask one person to be "it." This person stands up in the center of the circle, leaving their chair empty. This seat must now be filled. The individuals sitting next to the empty seat must decide who/which way the group will progress, but the youth will always try to fill the seat next to them. The person in the center will also try to fill the seat by sneaking into the seat whenever possible. If a person in the chair circle does not want to fill the seat next to them, they can tap their hand on the seat two times to indicate the movement of the circle must switch (ie. if the group was filling the next seat in a clockwise manner, and the next seat filler taps on the empty seat twice, the group will now fill the next seat in a counterclockwise manner). If the person who is "it" fills the empty seat, the person who didn't fill the seat becomes "it."



Sign Your Name

Using your index finger as an imaginary pencil, write your name in huge cursive writing in the air. Now repeat using different body parts as your pencil—elbow, knee, toe, belly button, bottom, head, etc.. Don't forget to make sure all your "i"'s are dotted and "t"'s are crossed!

Sound the Alarm!

Do physical activity all throughout the meeting by the sound of an alarm! Create an alarm noise that triggers the youth to get up and out of their chairs. Have them fast-pace walk around the room or down the hall and then return to their chairs. Try to maintain order by being selective about when to sound the alarm, but sound the alarm at very random times to maintain interest. You can increase laughter by sounding the alarm as soon as the youth return to their seats from the previous alarm.

Stand Up for Vocabulary

Find a poem or story that repetitively uses the same word or sound (ie. the ee sound found in cream, scream, dream, mean, street). Whenever the word is said or the sound is made, the youth must stand. When it is heard the next time, the youth sit, and so on. Alternative: You could also instruct the youth to stand whenever the words begin with a specific letter. Every time a word starting with that letter is said have students stand up or sit down.

Task Master

Have youth stand up and push in their chairs. Explain that you are going to give them a series of tasks and the goal is to complete them as quickly as possible. Direct youth that once they have completed the task, they should stop where they are and raise their hand. For the first task, have the youth touch 10 chairs not in a row. For the next task, have students touch elbows with 8 different youth. For the next task, alternating boy/girl/boy/girl, touch knees with 4 classmates with a different hair color. For the last task, touch toes with 6 classmates wearing 6 different colored shirts.

Wiggles

Jog in place while doing the activities listed below. On the leader's signal, the youth begin to:

1. Wiggle their fingers.
2. Then their fingers and wrists.
3. Then their fingers, wrists, and forearms.
4. Then their fingers, wrists, forearms, and elbows.
5. Then their fingers, wrists, forearms, elbows, and shoulders.
6. Then their fingers, wrists, forearms, elbows, shoulders, and rib cage.
7. Then their fingers, wrists, forearm, elbow, shoulders, rib cage, and hips.
8. Then their fingers, wrists, forearms, elbows, shoulders, rib cage, hips, and knees.
9. Then their fingers, wrists, forearms, elbows, shoulders, rib cage, hips, knees, and head.

Variations: start from toes and work your way up (toes, knees, hips, etc.) or repeat activity without jogging as cool down.

Sources:

- *Play 60 Physical Activity Breaks, developed by the NFL and American Heart Association*
- *The Energizers, developed by East Carolina University in partnership with the North Carolina Department of Public Instruction, Be Active NC, and NC Healthy Schools.*
- *Serving Up MyPlate: A Yummy Curriculum with Professor Popcorn, developed by the Purdue University Cooperative Extension Service*

Additional Resources:

- *Find Something to Do!, Jim Cain*
- *Great Group Games, Susan Ragsdale and Ann Saylor*
- *Teamwork & Teampay, Jim Cain & Barry Jolliff*

