



PHYSICAL ACTIVITY CHEAT SHEET

Athletes for Hope conducts athlete and philanthropy life skills workshops with professional, Olympic, and college athletes. Many athletes and teams choose to engage in charitable opportunities that involve young people and physical fitness. This document serves as a resource guide to help athletes formulate an agenda and exercises for physical activity sessions with children.

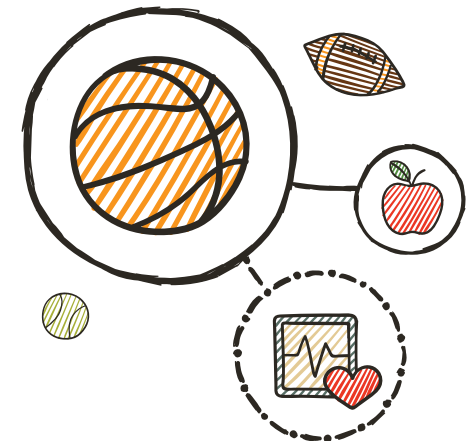
GIVING HOPE

- H** – Healthy Experiences; The leader focuses on both the physical and emotional health of the kids.
- O** – Opportunity; Everyone has the opportunity to participate and have fun.
- P** – Personal Connection; The leader sets a positive tone by personally connecting to the kids.
- E** – Engage; Through age appropriate activities, simple rules, and clear communication, the leader will engage all of the kids in fun physical fitness sessions.



GROUPING GAMES

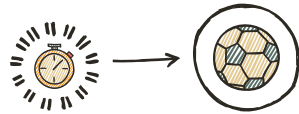
- Name Size:** Students must count the number of letters in their first name and then find a partner who has the same number of letters. Once students have found their partner, the student whose name begins with a letter closest to A stands and the other sits, which creates teams similar to Partner Sit/Stand.
- Same Shoe Size:** All students find a partner who has the same shoe size as them. You can also use eye color, hair color, hand size, etc. Once students have found a partner, refer to Partner Sit/Stand.
- Rock Band:** Use “Mingle, Mingle!” to get the students into groups of four. Have the group decide on a rock band name and have each student select one of the four roles in the band: lead singer, drummer, guitarist, or keyboardist. Instruct each Rock Band role to form its own group: all drummers together, all lead singers, together, etc.



A POSITIVE PHYSICAL ACTIVITY SESSION INCLUDES

- Dynamic Stretching:** Stretching while moving prepares kids for more vigorous activity and develops motor skills.
- Warm Up Activity:** Simple tag games prepare kids for physical activity.
- Active Games:** Games are fun, develop motor skills, and provide health related fitness.
- Static Stretching:** Static stretching after playing sports or participating in physical activity improves flexibility and body awareness.
- Debrief:** Review what kids experienced. Empower them by asking kids to recount what they learned.

TAG GAMES



Amoeba Tag

- Set Up: large open area. Set boundaries using existing markers such as lines on a basketball court or cones.
- Rules and Directions
 - One person is "IT" while others scatter
 - If touched, students join hands or link elbows and continue to chase each other, thus becoming an "amoeba."
 - Only the "amoeba" reaches four people. It splits into two.
 - Each piece of the amoeba continues to split when it reaches four people until everyone is caught.

Blob Tag

- Set Up: large open area. Set boundaries using existing markers such as lines on a basketball court or cones.
- Rules and Directions
 - One person is "IT" while others scatter
 - If touched, students join hands or link elbows to become a blob and continue to chase each other.
 - The blob continues to grow until all are caught.

Paparazzi Tag

- Set Up: Large open area for the groups
- Rules and Directions
 - Have the students get in groups of four
 - In each group, there should be 1 celebrity, 2 body guards, and 1 paparazzi
 - The bodyguards and celebrity lock arms at the elbow, and are not allowed to break that connection.
 - The paparazzi tries to tag the celebrity and the bodyguards shuffle their feet to keep the paparazzi away from the celebrity.
 - This competition continues for 30 seconds and then someone else is designated the tagger and the game continues until the target is caught.

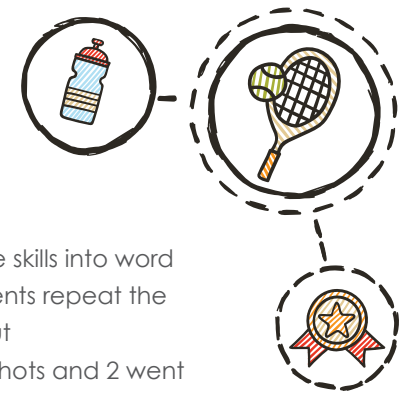
GAMES

Over, Under, Around, and Through

- Rules and Directions
 - Formation: students line up around the perimeter of the room.
 - Facilitator decides on a pattern where students go over, under, around and through imaginary or real objects.
 - Lead the line of students around the room, following this pattern for at least 30 seconds each.
 - Example 1 – Over a sea of sticky peanut butter, under a cherry tree, around an ice cream crone and through a sea of Jell-O
 - Example 2 – Over a turtle, under a big dog, around the elephant and through a giraffe's legs.

Sports Galore

- Rules and Directions
 - Leader calls out the following sport skills to mimic for at least 10-15 seconds.
 - Shooting a jump shot
 - Running through tires
 - Batting a baseball
 - Serving a tennis ball
 - Downhill skiing
 - Spiking a volleyball
 - Variations
 - Leader can also integrate skills into word problems and have students repeat the number he or she calls out
 - Ex. If Juan made 5 jump shots and 2 went in the basket, how many did he miss?



Get Involved.
Be Inspired.

7900 Tysons One Place
Suite 470
Tysons Corner, VA 22102

www.athletesforhope.org
contacts@athletesforhope.org
Tel 571-297-8690

