



## SHARKS AND MINNOWS

*Demonstrates competency in a variety of motor skills and movement patterns, and applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.*

### HOW TO PLAY:

- » Designate one participant as the shark, and have them stand in the center of the playing area.
- » All other participants will be the minnows and should line up side-by-side at one end of the playing area.
- » The motivator will signal when to begin.
- » The goal is for the minnows to run from one end of the playing area to the opposite end without being caught by the shark.
- » If a minnow is caught by the shark, they become a shark and must now try to catch other minnows until only one minnow remains.
- » Play as many rounds as needed for the sharks to “catch” all of the minnows or play for an allotted amount of time.

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## WACKY LAPS

*Demonstrates competency in a variety of motor skills and movement patterns, and exhibits responsible personal and social behavior that respects self and others.*

### HOW TO PLAY:

- » To make running laps more fun and interesting for your participants, make each lap different and wacky!
- » Map out an area to run laps if you do not have a track that is accessible to you.
- » Participants will complete multiple laps around your designated playing area in a variety of ways.
- » Participants can run the first lap to music, the second lap backward, skip around the third lap, or go as slow as possible the fourth lap.
- » They can run a lap while weaving among cones, another while holding hands with a partner, or even by jumping over hurdles (using mini-hurdles — or bean bags — so they do not get tripped up).
- » The possibilities are endless, so make sure you ask your running club what they think a wacky lap should be to keep them engaged.

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## MONUMENTAL TEAM RUN

*Exhibits responsible personal and social behavior that respects self and others, and recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*

### HOW TO PLAY:

- » Map out an area to run laps if you do not have a track that is accessible to you.
- » Have participants line up in a single file line with you in the front and any other running coaches mixed within or at the end to control the space.
- » Participants will begin jogging or running at a slow pace.
- » The participant in the back of the line must then sprint — along the right side of participants — to the front of the line, then decrease their speed back to the original jog pace.
- » Once the first participant is at the front, the next person begins sprinting to get to the front of the line.
- » Repeat until all participants are back to their starting position in the line (or as time allows).
- » Remind participants that they must work as a team to maintain a solid pace so everyone is able to sprint to the front.

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## TRADITIONAL TAG

*Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance, and recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*

### HOW TO PLAY:

- » Map out a playing area with boundaries.
- » Designate one participant to be the tagger.
- » The goal of the other participants is to avoid being tagged by the tagger and to stay within the boundaries of the playing area.
- » The tagger will count to 10 while the other participants must spread out within the playing area.
- » After the tagger has finished counting, they may then go after any other participants.
- » If they tag someone, that player then becomes the tagger.
- » If any player goes out of bounds to avoid being tagged by the tagger, they automatically become the new tagger.
- » Play as long as desired.

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## DON'T BE THE LAST RUNNER

*Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness, and exhibits responsible personal and social behavior that respects self and others.*

### HOW TO PLAY:

- » Map out an area to run laps if you do not have a track that is accessible to you.
- » Have the participants line up at the start line.
- » When you say “Go” they will begin running laps.
- » After a lap or two, yell out “Last Runner Out Next Lap!”
- » When the next lap is completed, the person who is last will be eliminated.
- » The eliminated person must start running around the route in the opposite direction while the rest of the group keeps running.
- » At the end of each lap, the runner who is last will be eliminated.
- » Keep going until only one participant is running in the original direction.
- » You may substitute this activity for one of your weekly long runs if desired.

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## DISTANCE MEDLEY RELAY

*Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance, and recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*

### HOW TO PLAY:

- » Divide the group into teams and designate a starting point.
- » From the starting point place markers (the number of markers should be equal to the number of group members for each team) around the activity space.
- » The distance between the start and each marker should vary as much as possible from some sprinting segments to longer, slower segments.
- » Each team decides who is going to run what distance (ideally prompted to choose based on team member strength) and the order in which they will run.
- » They can complete the relay legs in any order they choose, and players must tag their teammates hand before they begin their section.

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## ZOMBIE TAG

*Exhibits responsible personal and social behavior that respects self, and recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*

### HOW TO PLAY:

- » Map out an area to run laps if you do not have a track that is accessible to you.
- » Create two safe zones approximately 75-100 meters apart.
- » Use additional markers to create a boundary similar to a football field.
- » Choose a volunteer or supervisor to fulfill the zombie role at the start.
- » The kids run from one safe zone to another while avoiding the zombies.
- » If the participant is tagged or runs out of bounds, they will become zombies.
- » When each runner makes it to the safe zone they remain there until everyone is there.
- » Repeat until the last participant remains and keep track of the number of rounds to calculate the approximate distance the participants covered during the activity.

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## SWITCH

*Demonstrates competency in a variety of motor skills and movement patterns, and exhibits responsible personal and social behavior that respects self and others.*

### HOW TO PLAY:

- » Map out a playing area.
- » Scatter cones around the playing area (there should be enough cones for all but one of the participants).
- » The object of the game is for participants to run to a new cone when the motivator calls out “switch”.
- » If a participant does not find an unoccupied cone, they are eliminated.
- » Be sure to remove a cone each time you call out “switch”.
- » Play until only one participant remains next to a cone or as long as desired.

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## PURSUIT

*Exhibits responsible personal and social behavior that respects self, and recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*

### HOW TO PLAY:

- » Set up a circle or loop around your playing fields/space and create two start lines equal distances apart.
- » Everyone in the group needs a partner and each participant will begin at one of the two start lines.
- » When the signal to start is given, each participant will take off running in a counter clockwise direction in an attempt to catch their partner.
- » Celebrate the participants who caught their partner first and who was able to outrun their partner the longest.
- » Play as many rounds as desired.
- » Two person teams create an alternative version and the pursuit ends when each of the pairs are caught.

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## BLIND RELAY

*Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance, and recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*

### HOW TO PLAY:

- » Map out a playing area.
- » This is a relay race where the participants cannot see their opponent.
- » Split the group into equal teams and each has their own start and finish line.
- » The teams will begin the race in opposite directions by running to a designated turnaround, when they reach the turnaround they run **backwards** back to their team.
- » Change the turnaround point as needed and to create additional challenges.
- » \*Running backwards improves leg speed, muscular balance and posture.

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## TIC-TAC-TOE RELAY

*Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance, and recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*

### HOW TO PLAY:

- » Setup a tic-tac-toe board using hula hoops or any other equipment you have, and it should be about 15-meters from your designated start line.
- » The objective is to win a game of tic-tac-toe as a team by running to the game board, making a mark, and running back to their team to tag the next player so they may take their turn.
- » Players will drop a bean bag or similar to mark their location.
- » There should be 5 players or less per team.
- » If you have many participants, set up multiple boards or build bracket play so the groups may play against all teams.

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## IMITATION TAG

*Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance, and recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*

### HOW TO PLAY:

- » Map out a playing area.
- » The object of the game is for the participants to imitate the chaser.
- » Before the game begins the chaser chooses a motion (for example, two legged hopping).
- » The chaser and all other participants being chased must maintain that motion while trying to escape.
- » When someone is tagged, the game resets and that person becomes the new chaser designating the motion everyone has to copy.
- » Repeat as many times as desired or for a specific amount of time.

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## ROCK, PAPER, SCISSORS, CATCH

*Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.*

### HOW TO PLAY:

- » Map out a playing area.
- » Everyone starts off in a pair, in the center of the field about 3-meters apart and play rock, paper, scissors.
- » The winner chases the loser until they tag them.
- » At that point, they become a pair and must find another pair to face off against in another game of rock, paper, scissors.
- » Each team must decide between them what symbol they will play. Repeat until the game ends in a big, one versus one game of rock, paper, scissors.
- » Play for as long as desired or for a specific amount of time.

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