



SHARKS AND MINNOWS

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.



WACKY LAPS

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.

#BEMONUMENTAL



MONUMENTAL TEAM RUN

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.

#BEMONUMENTAL



TRADITIONAL TAG

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.

#BEMONUMENTAL



DON'T BE THE LAST RUNNER

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.

#BEMONUMENTAL



DISTANCE MEDLEY RELAY

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.



ZOMBIE TAG

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.

#BEMONUMENTAL



SWITCH

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.



PURSUIT

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.

#BEMONUMENTAL



BLIND RELAY

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.



TIC-TAC-TOE RELAY

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.



IMITATION TAG

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

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.



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.