

Australian Edition

**MINI**  
**MINI MIND**  
**MOTIVATORS**

**EDUCATOR ERIN'S**  
**FAVORITE WARM-UP GAMES**  
**SPRING EDITION**

**Crazy Bears and Ballerinas**

**Skunk Tag**



# Educator Erin's Favourite Warm-Up Games - Spring Edition

## BALANCE WARM UP GAMES

### SKUNK TAG



Gather the students in a clear and safe play area.

**Choosing the Skunk:** Select one student to be the "Skunk Tipper." This student will be "it" and will try to tag the other students.

**Explain the Rules:** Let the students know that when the game begins, the Skunk Tipper will try to tag the other students. However, there's a twist to this game. There is also no running or jumping on equipment or objects.

**The Skunk Tipper's Role:** The Skunk Tipper must skip around the room while holding their nose with one hand and using their other hand to try to tag other students by lightly tapping them on the shoulder or back.

**Getting Tagged:** If a student is tagged by the Skunk Tipper, they must freeze immediately and do the "Skunk Balance."

**Skunk Balance:** To do the Skunk Balance, the students lift one leg off the ground and hold it with the arm on the same side as the lifted leg. The other hand should be used to pretend to hold their nose. They must hold this balance steady for three seconds.

**Getting Unfrozen:** To become unfrozen, another student can "unfreeze" the frozen student by touching them. Once unfrozen, the student can rejoin the game.

**Rotate the Skunk Tipper:** After a set amount of time or when the Skunk Tipper successfully tags a certain number of students, switch roles and choose a new Skunk Tipper.

**Continue Play:** Continue playing, allowing different students to be the Skunk Tipper and enjoy the game.

**RELATED LESSON:** Lesson One - Balance



# Educator Erin's Favourite Warm-Up Games - Spring Edition

## ROTATION WARM UP GAME

### CRAZY BEARS AND BALLERINAS



Gather the students in a clear and safe play area. Designate two carpets or areas, one for "Bears" and one for "Ballerinas."

**Choose the Tippers:** Select two students to be the "Crazy Bear Tipper" and the "Crazy Ballerina Tipper." These two students will be "it" and will try to tag the other students.

**Explain the Rules:** Inform the students that when the game begins, they will encounter two types of tippers: Crazy Bear Tippers and Crazy Ballerina Tippers. Each tipper has a unique action associated with getting tagged.

**The Crazy Bear Tipper's Role:** The Crazy Bear Tipper must skip around the room while making bear noises (growling, pretending to have paws, etc.). When they tag another student, that student must immediately go to the "Bear" carpet, shape their body like a bear, and spin once in their bear shape before rejoining the game.

**The Crazy Ballerina Tipper's Role:** The Crazy Ballerina Tipper should skip gracefully around the room like a ballerina. When they tag another student, that student must go to the "Ballerina" carpet, create a ballerina pose, and spin like a ballerina before rejoining the game.

**Rotating Tippers:** After a set amount of time or when the tippers successfully tag a certain number of students, switch roles and choose new Crazy Bear and Crazy Ballerina Tippers.

**Continue Play:** Continue playing, allowing different students to take on the roles of Crazy Bear and Crazy Ballerina Tippers. This game, with its rotating themes and actions, provides a fun way to reinforce the concept of rotations, making learning engaging and active. It encourages students to move, be creative, and develop their motor skills while understanding the concept of turning and spinning.

**RELATED LESSON:** Lesson Four - Jumping and Turning



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## CURRICULUM LINKS

### FOUNDATION

#### **Health and Physical Education, Foundation - Movement and physical activity:**

##### **Moving our bodies -**

##### **Students learn to:**

practise fundamental movement skills in minor game and play situations (**AC9HPFM01**)

- applying different locomotor skills to move from one point to another
- demonstrating how to transfer weight from one part of the body to another

experiment with different ways of moving their body safely and manipulating objects and space (**AC9HPFM02**)

- participating in games that require them to be aware of personal safety in relation to game boundaries, rules and safe use of equipment
- demonstrating spatial awareness when moving around and through indoor and outdoor (natural) environments confidently and safely

### YEAR ONE AND TWO

#### **Health and Physical Education, Years 1 and 2 - Movement and physical activity:**

##### **Moving our bodies -**

##### **Students learn to:**

practise fundamental movement skills and apply them in a variety of movement situations (**AC9HP2M01**)

- demonstrating balances and describing what helps to maintain stable positions

investigate different ways of moving their body, and manipulating objects and space, and draw conclusions about their effectiveness (**AC9HP2M02**)

- demonstrating changes in speed, direction and level as they use locomotor and non-locomotor skills in sequences
- participating in activities that require students to move around different outdoor spaces and discussing which types of movement are most appropriate to move around safely and efficiently