

Global Edition

**MINI
MIND
MOTIVATORS**

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

FALL EDITION

Crazy Bears and Ballerinas

Skunk Tag



Educator Erin's Favorite Warm-Up Games - Fall 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."

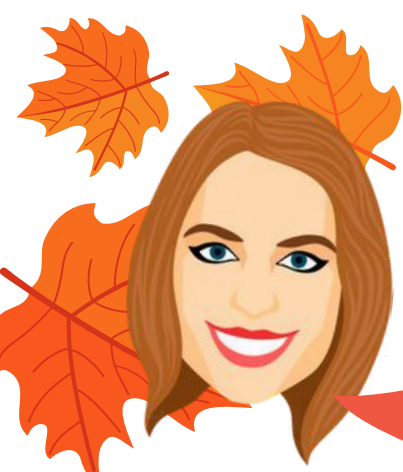
Skunk Balance: To do the Skunk Balance, the students lift one leg off the ground and hold it with the arm on the same side as the lifted leg. The other hand should be used to pretend to hold their nose. They must hold this balance steady for three seconds.

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 Favorite Warm-Up Games - Fall 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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KEY CONSIDERATIONS: CURRICULUM LINKS - GLOBAL

KINDERGARTEN

In Health and Physical Education, educators should look for standards that:

- practice fundamental movement skills in minor game and play situations by applying various skills for movement and weight transfer.
- experiment with safe movement, including awareness of personal safety, spatial understanding, and adherence to rules and boundaries in games and different environments.
- support students in developing balance on 1 or more body parts.
- encourage sharing and turn-taking skills.

YEAR ONE AND TWO

In Health and Physical Education, educators should look for standards that:

- practice fundamental movement skills and apply them in various situations, demonstrating balances and describing elements that help maintain stable positions.
- investigate different ways of moving their bodies, manipulating objects and space, and draw conclusions about their effectiveness, including changes in speed, direction, and level in locomotor and non-locomotor skill sequences.
- encourage students to participate in activities that involve moving through different outdoor spaces and discuss the most appropriate types of movement for safe and efficient navigation.