

Back to School PE Games

5 FUN ACTIVITIES FOR KINDER TO 8TH GRADE

Back To Back

ABOUT

A fun game where the children will race where they have to talk for 30 seconds

Name Game

SETUP

Have your children form a circle, if you have existing lines, use that.

INSTRUCTIONS

- 1 Once your students are in a circle, pick one child to stand in the middle.
- 2 Next, choose one child to start the game. This child will say their name followed by an object that starts with the first letter. For example, the first child may say "my name is Pat and I like pears." Both words start with a 'P'.
- 3 Then, the next child does the same pattern. Follow this pattern until every child in the circle does this.
- 4 Next, the child in the middle must try to repeat what they learned in order by starting with "Pat who likes pears" trying to remember what each child said.
- 5 Rotate the child in the middle and start the process again. This is a great way for the children to learn each other's name and personalities.

SKILL FOCUS

- ★ Socialization, memory, teamwork

GROUP SIZE

- ★ Groups of 10-15

EQUIPMENT

- ★ No equipment

LOCATION

ABOUT

A socialization activity where children in the class and to tell the class something about them that is fact and then fiction.

Copyright Notice

IT IS ILLEGAL TO POST THIS DOCUMENT ONLINE

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email support@americancoachingacademy.com to report any illegal distribution.

Copyright © AmericanCoachingAcademy.com and Knowledge Spot Inc. All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, social media page, forum, etc. even if you include the copyright notice. Images copyright Away With The Pixels.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

Name Game



SKILL FOCUS

★ Socialization, memory, teamwork

GROUP SIZE

★ Groups of 10-15

EQUIPMENT

★ No equipment

LOCATION

★ Inside or outside

SAFETY

★ Motionless game, no concerns

SETUP

Have your children form a circle, if you have existing lines, use that.

INSTRUCTIONS

- 1 Once your students are in a circle, pick one child to stand in the middle.
- 2 Next, choose one child to start the game. This child will say their name followed by an object that starts with the first letter. For example, the first child may say “my name is Pat and I like pears.” Both words start with a ‘P.’
- 3 Then, the next child does the same pattern. Follow this pattern until every child in the circle does this.
- 4 Next, the child in the middle must try to repeat what they learned in order by starting with “Pat who likes pears” trying to remember what each child said.
- 5 Rotate the child in the middle and start the process again. This is a great way for the children to learn each other’s name and personalities.

MODIFICATIONS

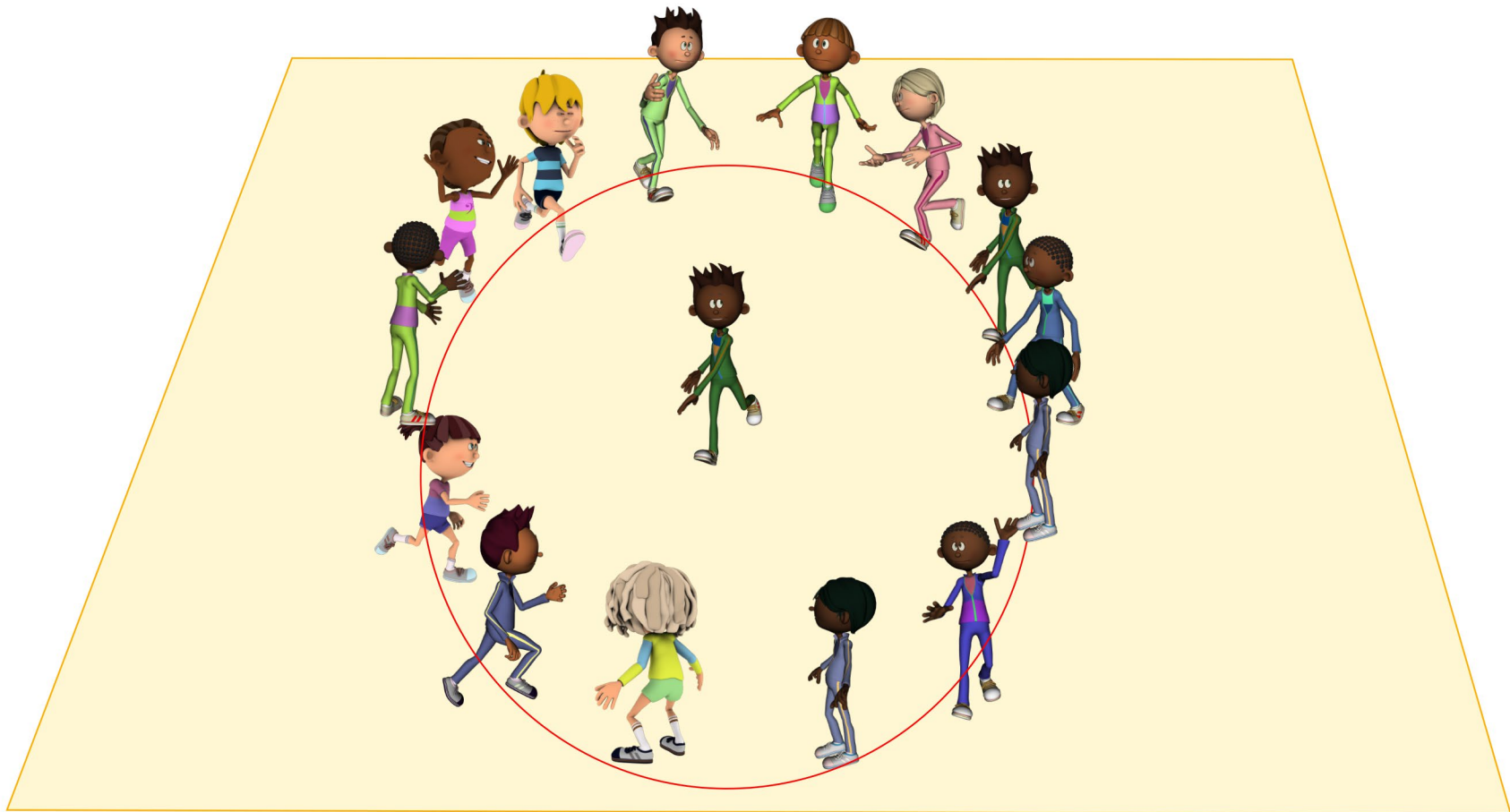
To make it harder, increase the size of the groups.

Name Game

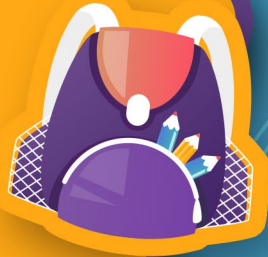


ABOUT

A fun memory game where the kids get to know each other by remembering everyone's name along with a rhyming word for their name.



Back to School



SKILL FOCUS

★ Socialization, running

GROUP SIZE

★ No limit

EQUIPMENT

★ Music

LOCATION

★ Inside or outside

SAFETY

★ Children should be aware of each other so they do not bump into one another

SETUP

Spread your students around the room without a partner. Have music ready to play that they would enjoy listening to.

INSTRUCTIONS

- 1 The purpose of this activity is to get children to learn about their classmates by engaging in conversation.
- 2 Spread the children out all over your room.
- 3 Explain to them when the music comes on, they should jog by themselves all around the room.
- 4 When the music stops, they are to find a partner and stand back to back.
- 5 Once back to back, the teacher will say 'go' and they face each other. Each child has to tell their partner one thing about them that may be interesting.
- 6 After 30 seconds, the teacher will put the music on and the process starts again, but when the music goes off, they have to go back to back with a new friend.

MODIFICATIONS

For older children, you can increase the time limit from 30 seconds to 1 minute.

Back To Back



ABOUT

A fun game where the children will randomly find a partner where they have to talk for 30 seconds.



A Running Introduction



SKILL FOCUS

★ Socialization, memory

GROUP SIZE

★ No limit

EQUIPMENT

★ No equipment

LOCATION

★ Inside or outside

SAFETY

★ Children should be aware of each other so they do not bump into one another

SETUP

Have your children line up on one end line of the room. No other equipment is needed.

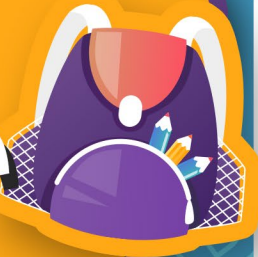
INSTRUCTIONS

- 1 In your room, have your children line up on one of the end lines of the room.
- 2 The teacher will then call out various statements that may apply to children.
- 3 For example, the teacher may say, “Those of you who like pizza.”
- 4 If a child likes pizza, they run across the room to the opposite end line.
- 5 Next, the teacher calls out another statement such as “Those of you who like the New York Yankees.” Again, those kids who like the Yankees must run from one end line to the other end line.
- 6 The children need to be aware of other children. As kids are moving to the other end lines, there will be opportunities for children to run past other children going in the opposite direction when moving.

MODIFICATIONS

To make it harder, increase the size of the groups.

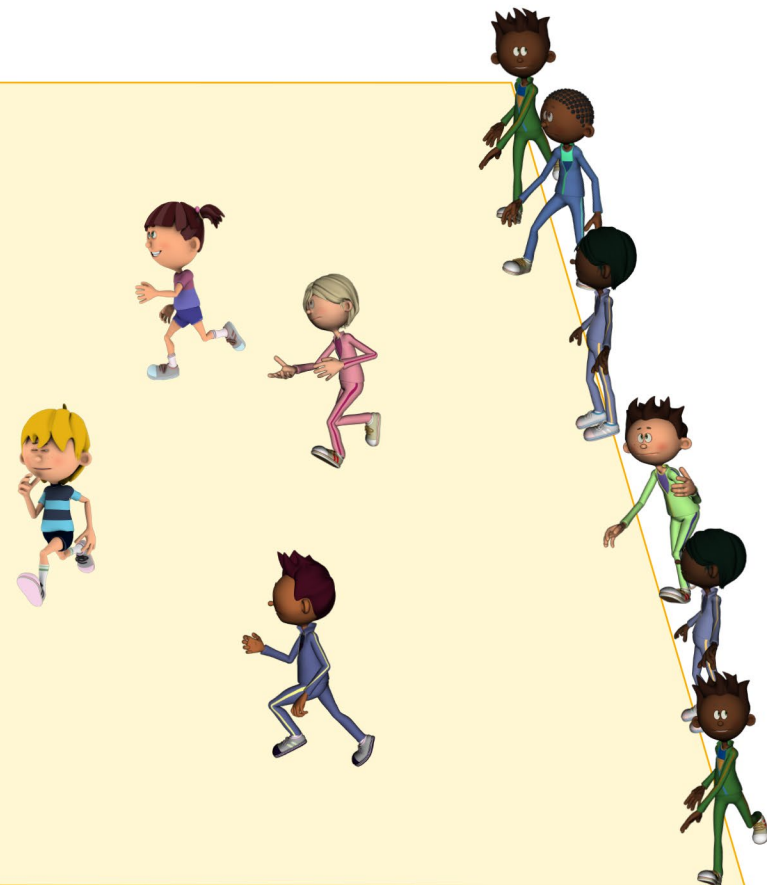
A Running Introduction



ABOUT

A running introduction game where children learn fun facts about other children in their class.

"Those kids who like pizza run across to the other side"



Compliment Game



SKILL FOCUS

★ Socialization, running

GROUP SIZE

★ No limit

EQUIPMENT

★ Paper, pencil

LOCATION

★ Inside or outside

SAFETY

★ Children should be aware of each other so they do not bump into one another

SETUP

Give each student a pencil and piece of paper. Spread your students around the room without a partner. Have music ready to play that they would enjoy listening to.

INSTRUCTIONS

- 1 The purpose of this activity is to have students learn positive behavior by complimenting a classmate.
- 2 Spread the children out all over your room.
- 3 Play music lightly in the background.
- 4 Tell the children they have 15 minutes to walk around the room and make contact with each classmate.
- 5 When they come in contact with a fellow student, they exchange papers.
- 6 When they get their classmates paper, they have to write down one compliment about their classmate. Once completed, they give the paper back.
- 1 Students must try to get to every student in the class in that 15 minute period.

MODIFICATIONS

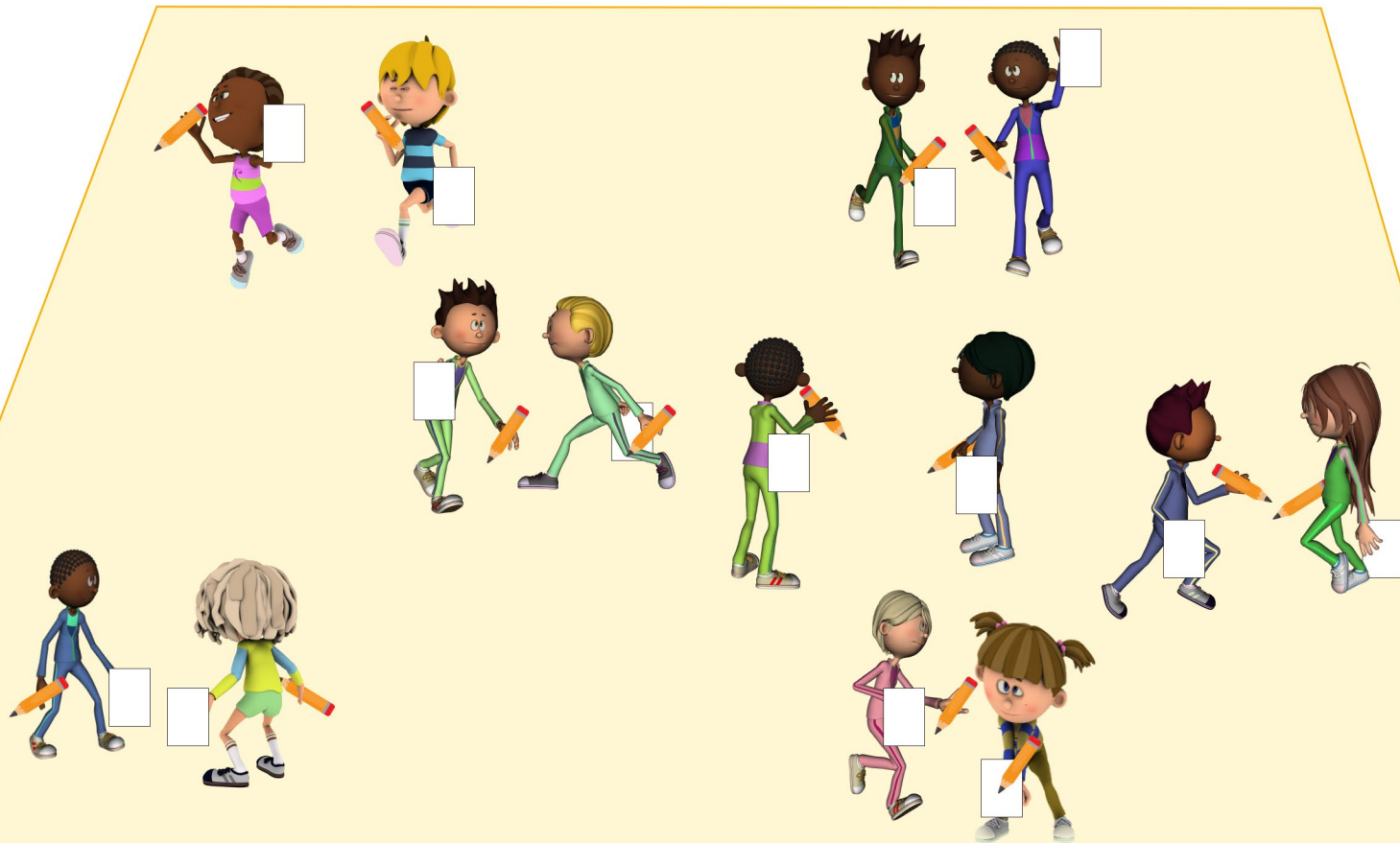
For older children, you can have them write down two compliments.

Compliment Game



ABOUT

A socialization activity where children in the class will compliment other students.



Fact Or Fiction



SKILL FOCUS

★ Socialization, cognitive skills

GROUP SIZE

★ No limit

EQUIPMENT

★ None

LOCATION

★ Inside or outside

SAFETY

★ No safety concerns

SETUP

Have the group of students gather together and pick one child to come in front of the class.

INSTRUCTIONS

- 1 The purpose of this activity is to have students feel positive about communicating with other students in an effort to break the ice.
- 2 Have the children gather in the room and pick one child to come to the front of the class.
- 3 The child in front of the class must tell their classmates two things that are facts about them and one thing that is fiction.
- 4 Then, the other students in the class have to guess the one statement that is fiction.
- 5 When completed, have the next child come in front of the class until everyone gets a turn.
- 6 This is a great ice breaking activity for the students to get to know each other.

MODIFICATIONS

For older children, you can have them tell the class 3 facts and 2 fictions.

Fact Or Fiction



ABOUT

A socialization activity where children in the class and to tell the class something about them that is fact and then fiction.

