

Warm Up/Instant Activity

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Scarf or Flag Tag

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Equipment: 4 hula hoops, 1 scarf per student and 4 extra scarves (can also use flags/flag belts).

Set-up: Place 1 hoop in each corner of the playing area. Place 1 scarf in each hoop. Give each student a scarf and have them tuck it in their waist (in the back) or back pocket. They spread out in the playing area.

Game Play: When the music starts, all students will move around the playing area in an attempt to steal a scarf/flag from another player AND keep their scarf/flag from being taken. If a scarf/flag is taken, the player it was taken from must go to one of the hoops and take another scarf/flag, keep one foot in the hoop while tucking the scarf back in or putting the flag back on, and re-enter the game. Players cannot get flags/scarves taken when a foot is in a hoop and are in the process of getting a new flag/scarf. The player that stole the scarf/flag must run and place it in any hoop.

Note: – You can also have students perform a quick fitness activity/exercise before getting a new scarf/flag from a hoop and re-entering the game if you wish.



Gym Set Up

