

Game title: "Magnificent Seven"

Type of Game: Point Accumulation Game/Stations (Large Group)

Game Objectives

- Consist of 7 separate events
- There is a time limit per events(2-4 minutes per station)
- Allow for practice before testing period
- Each team has a paper report card with all 7 events, with score keeping columns.
- The goal is to win each event, and the highest cumulative score.

Fitness areas involved

- Many fitness components are integrated within all games.

Area

- Big empty gymnasium

Rules

- 6 or more per team
- Up to 7 teams
- Event #1 – Giant Jump Rope: 2 turners, everybody else jumps within the rope, each completed jump, is worth 1 point.
- Event #2 – "Eye of the Needle" – Hula Hoop, held by one player, everybody must go through the hula hoop held at knee height, every time a player is successful going through the hoop, and they are awarded a point.
- Event #3 – "Sandbag Handoff" – Done with various size and shaped balls (e.g., medicine ball, basketball, tennis ball, and a marble). Players stand in a circle back to back, balls are passed around the outside of the circle, each complete revolution of all 4 balls is worth a point.
- Event #4 – "Shoot the basket" – Players take any sized ball, and shoot the ball in the hoop, from anywhere within the field of play, for each basket the team records a point.
- Event #5 – "Swimming" – 2 scooter boards are bound together, and the participant, uses a swimming motion to go around the designate course and back. For each complete course a point is awarded.
- Event #6 – "Treadmill" – Students line up, and 2 holders use a hockey stick or foam pool noodle. The holders bring the pool noodle through the line and each member in the line jumps over it, the holders then bring it back over their head and back to the front. Each round jumped is equated to a point.
- Event #7 – "Human Chain" – 2 pylons mark out a course. The first person lies face down on the ground, the next in line walks over the first player with a straddled stance and once they get to the front of him, they too lie down in front of him creating a chain. The whole team continues in this fashion until they complete the course, this is worth 1 point.
- Or substitute any event for your own ideas.