

1. Introduction
  - a. Juggle
  - b. Chicken in the Coop
  - c. Pass the Bass
    - i. Follow the Leader
    - ii. Circle
  - d. Goldilocks
2. Why Paper and Scissors Rocks
  - a. Football
  - b. Ha Ha
    - i. Regular
    - ii. No Wait
    - iii. Different Exercise
  - c. Versus the Leader
  - d. Crow and Cranes
    - i. Regular
    - ii. True-False
    - iii. RPS
  - e. Push them Back
  - f. Evolution
  - g. Quick Draw–How more active?
  - h. Winner Weave (Noodles)
    - i. Train
    - j. Scream
3. Tag
  - a. Butt Tag
  - b. Toilet Tag
  - c. Hot Dog Tag
  - d. Triangle Tag
  - e. In and Out Tag
  - f. Bug Off
4. Bulldog
  - a. Gauntlet
  - b. Missile Launcher
  - c. Statues and Spears
  - d. Police and Robbers
  - e. Gold Hunting

Resources: [byl@redeemer.ca](mailto:byl@redeemer.ca)    [www.humankinetics.com](http://www.humankinetics.com)    [www.ciraontario.com](http://www.ciraontario.com)

From Human Kinetics (1-800-465-7301)

*\*Chicken and Noodle Games*

*\*Having a Ball*

*\*101 Fun Warm-Up and Cool-Down Games*

From CIRA Ontario (1-905-575-2083)

*\*Everybody Move*