

9th Grade Study Guide

Games & Activities Unit

Pre-Adventure Education Activities

Icebreakers-activities that allow the students to get to know one another, feel comfortable and safe taking risks and require good: listening skills, honesty, and communication.

- 1) **Name Game** – (Name Tag, Name Buzz) – Students begin circled up. Name tag involves a player in the center of the circle. The person in the center says a name of someone on the outside of the circle. The person on the outside of the circle must say another name before they are tagged by the person in the center. If they are tagged they become “it”. Name buzz involves everyone circled up hands on knees. One at a time the players say their name to the person to their left going around the circle. The event is timed to see how long it takes to get around the circle.

Cooperative-activities that allow the students to work together to achieve success; cooperative games require: listening skills, safety, honesty and playing within the spirit of the game.

- 1) **Circle the Circle (Hoop Relay)**- Student work together to pass a hula hoop around the circle while hands remain locked.
- 2) **Impulse** – Students form a circle and together try to send an impulse (using arm tension) around the circle while being timed. Impulses that can move around the circle are the arm wave, hand squeeze, and snapping.
- 3) **Stand up** – Students sit on the ground and interlock arms. They must work together to try and stand up. It can also be performed by larger groups.
- 4) **Speed Rabbit** – One volunteer is in the center of a circle. They point to a person and say either elephant, rabbit, or cow. That signified individual and the people to their immediate right and left must perform tasks quickly and correctly or the person moves to the middle.
- 5) **Elbow Tag** – Partners interlock elbows and are stationary. The person who is “it” can link on to partners releasing the person on the outside who is now “it”.
- 6) **Add on Tag** – One player starts as “it”. As they tag players the players must join on to “its” outside hands. Only the outside players may tag people. “It” can not make a legal tag if “it” is not connected. The players being tagged must stay inside the boundaries or they become “it”
- 7) **Aerobic Tag** – Students divide into two teams. Points are scored by throwing an object around to teammates. If a team holds control for 30 seconds they gain a point. If a player is tagged they must get rid of the object. Possession is changed if a team intercepts it, runs out of bounds, or drops the object.

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