

Fitness & Games to Get Your Blood Pumping *Energize Your Day*

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SUMMARY:	In this session we will: get our bodies moving and our blood pumping, because sometimes we just need to run around in order to re-energize ourselves for the rest of the camp day. Wear your active shoes and come prepared to move around and have fun!
ABC GOALS:	<p>Affective: Participants will feel....</p> <ul style="list-style-type: none"> • More energized • Ready to take on the rest of the day <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Lead their peers and campers in fun energizers and games at camp <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • That moving your body can help improve your mood, make you feel more positive and energized for the rest of the day • New games and energizers to share with their camps
AUDIENCE:	Can be any size group (more than 10 is preferable), any ages above 8 years old
TIMING:	45 minutes
APPENDICES:	None
MATERIALS NEEDED:	<p>1 soft dodgeball (gator ball)</p> <p><i>Can be done with zero materials, depending on which games the facilitator chooses to include. The goal is to be able to do these games without any setup and with minimal or no materials.</i></p>
SET-UP DETAILS:	Outdoors or in a large indoor space with zero furniture (room to run around is essential).

SESSION TIMELINE

00:00-00:10 Introductions

00:10-00:40 Playing Games!

00:40-00:45 Closing

SESSION OUTLINE:

00:00-00:10 Introductions

Each person shares their name, camp, and favorite energizer game

00:10-00:40 Playing Games!

Facilitator leads the group in a warmup exercise to get their blood flowing:

- Running yell – start lined up at one end of field or court. When facilitator yells “go”, participants start running and yelling at the same time. They can only run as long as they are continuing to yell – and it must be in one breath!

After the warmup, play a few large group tag games.

Link Tag (also known as Blob Tag)

In this large group game of tag one person begins as “it”. As other players get tagged, they link arms with the person chosen to be “it” and form a chain. The chain of people must work together and communicate as they try to tag the remaining players. The last player to get tagged is the winner and a new game can begin.

Banana Tag

Once the game starts, everyone is “it.” Each person tries to tag other people on the knees or below. Once a child has been tagged, she must sit down in place and cannot participate in the game for the time being. She is released when the child who tagged her has himself been tagged. Children need to keep track of the person who tagged them so that they will know when they have been freed. What this means is that often the game will work its way down to only two people left standing. When one of these tags the other, lots of people will be released, and the game will continue! The game ends when only one person is left standing.

Cooperation Tag

One person is it.

When the game begins, the person who is it, chases people and tries to tag them.

A person is safe from being tagged as long as they are holding the object(ball or something fun like rubber chicken).

When a person is tagged without holding the object(chicken), they become it. Then the game continues.

After tag games, play two additional games:

Ball

Everyone stands in a circle and tries to keep the ball in the air – it sounds simple but it’s not as easy as it sounds. If group is too big, can split into smaller groups of ~10 people (cabin size). Best ball to use is a gator ball (soft dodgeball type ball). Count how many times the group can hit the ball in the air. The count resets when the ball hits the ground.

Ninja

Participants form a standing circle. Each player takes a jump outward and strikes a starting pose. A player is chosen to start the game. That player can make one sudden movement. That movement can be to move away from other players or to try to take a life from another player. They do this with a quick movement of the arm that touches another player. If their movement connects, the other person loses one of their two lives and must put an arm of their choice behind their back. If they miss, they



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must hold the position they come to when the movement ends. The player they target is allowed to dodge the attack. They may do this with one swift motion. They must hold the position they come to when the movement ends. Then it is the next player's turn in the circle. If a player loses both lives, they are eliminated. The game continues until there is a winner.

Ask the group to share their own favorite camp games. If time, play a few more!

00:40-00:45 Closing

Each person shares one highlight and one takeaway from the session

BRINGING IT TO YOUR CAMP:

While this session is not intended to be replicated in its entirety, parts of it can (and should) be used with campers or even staff members during downtimes or transition times at camp, particularly if they are in need of an energizing activity.