

Rock, Paper, Scissors

Equipment: None

Starting Position: Students are with a partner and facing each other. Space them throughout the classroom.

- Students must understand how to play, Rock, Paper, Scissors. The following hierarchy exists: Rock breaks scissors; Scissors cut paper; and Paper wraps rock.
- Partners face each other. They jump up and down for 5 counts and on the 6th count they perform Rock, Paper, and Scissors with their bodies.
Scissors: One leg and arm in front, one leg and arm behind
Paper: Arms and legs out to the side
Rock: Legs together, arms folded.
- Partners score a point when they beat the other. If they both make the same position, it is a tie. Change partners after three goes.

Who is Leading?

Equipment: None

Starting Position: Students stand in a large circle. Two students are selected to step into the center of the circle and cover their eyes.

- The teacher selects a person in the circle to be the “leader.”
- The “leader” starts a motion such as jumping up and down, twisting back and forth, hopping on one foot, running in place, etc. and the class follows the movements.
- On signal, the two students uncover their eyes and watch the group change from one movement to another. Their task is to identify the “leader” who is signaling the movement changes.
- Players should cover for the “leader,” who also tries to confuse the guesser by looking at other players.
- Each of the two “guessers” gets one guess to identify the leader.
- The game works best when the guessers are positioned in the middle of the circle, because they cannot observe the entire class at once.

Bring back my Bonnie to me

Equipment: None

Starting Position: Students are sitting in their chairs.

- Students sing the song and every time they sing a word with the letter “B” in it they stand up and sit back down (quickly!).
- Sing the song slowly at first, then faster and faster.

My Bonnie lies over the ocean,
My Bonnie lies over the sea,
My Bonnie lies over the ocean,
So bring back my Bonnie to me.
Bring back, Bring back,
Bring back my Bonnie to me, to me.
Bring back, Bring back,
Oh, bring back my Bonnie to me.

Hokey Cokey

Equipment: None

Starting Position: Students can stand by their desks to do this activity, or a circle formation can be used if desired.

- Students sing the following song inserting a different body part each time the song is sung.
- Body part examples include: right foot, left foot, right leg, left leg, right arm, left arm, right hand, left hand, whole body etc.

You put your right foot in,
You put your right foot out
In out, in out
And shake it all about,
You do the Hokey Cokey
And you turn around
That's what it's all about
That's what it's all about

Chorus:

Oh, the Hokey Cokey
Oh, the Hokey Cokey
Knees bent
Arm stretch
Ra ra ra