

# Quick Games for Fun & Fitness

*Essentials for those who lead people through movement!*

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AAHPERD Convention St. Louis, MO

Friday, April 4, 2014

7:30 AM

Rooms 240-242

## General Space Ice Breakers:

- Field goals and flowers
- Wrist and Ankle Circles
- The Direction Game

## Partner Games:

- Finger Tag
- Odds & Evens
- Mirror Direction Game
- Leverage
- Two Bounce Basketball

## Line Games:

- Silent Line Up Games
- Name Chaining
- Hand Tag Relays
- The "Jay" Drill
- 'T' Up Shuttle Run
- Group Rope Jumping

## Group Drills:

- Keep Away - Bball/soccer
- Ball Stealer - Bball/soccer
- Tornado Tag
- The Star Drill

## Group Games:

- Partner Tag (Tea Cup Tag)
- The Rainbow Game
- Homerun Derby
- Long Base
- Hunt & Gather
- Inside the Atom
- Team Keep Away Tourney



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