



CLASSROOM ENERGIZER

- Activity:** Super Chicken
- What you Need:** Nothing
- Get Ready:** Have students stand behind their chairs and put all backpacks and materials under their seat
- The Why:** To become an immortal chicken.
- How to Play:** Review normal rock-paper-scissors (rock beats scissors; paper beats rock; scissors beat paper). "Rock-Paper-Scissors-SHOW"
- Demonstrate the full body movements (rock = crouch and hug knees, paper = spread arms and legs as wide as possible, scissors = one leg forward one leg back, one arm forward one arm back). Check for understanding by having students perform each movement
- Demonstrate chicken (chicken wings like in the chicken dance), super chicken (arms forward like superman/woman), and immortal chicken movement (arms up to the sky like you're immortal). Check for understanding by having students perform each movement.
- Explain basic rules of the game. Everyone starts as a chicken and challenges someone to full body rock, paper, scissors. Whoever wins moves up a level toward immortal chicken; whoever loses moves down a level. Once immortal, students do not move down a level even if they lose. Continue playing the game until everyone is an immortal chicken.
- Options/Ideas:** Students unable to do full body movements can do traditional rock paper scissors.

Activity Contributed by:

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CLASSROOM ENERGIZER

- Activity:** Bowl and Bound
- What you Need:** Crumpled paper, bean bag, soft ball, or other slidable object
- Get Ready:** An open space is needed to play this activity. Divide students into groups of 4–6. Within each group, choose half of the students to be “sliders” and the other half of the students to be “jumpers.”
- The Why:** In this activity, there are 2 groups: “sliders” and “jumpers.” The sliders will try to slide or roll their object (paper, bean bag, etc.) and hit the jumpers’ feet. The jumpers will utilize a 2-legged jump to jump over the sliding objects. Sliders may keep track of their score: one point for each time their object hits the feet of a jumper.
- How to Play:** Position the sliders on either side of the jumpers, and provide a boundary (e.g. a line of tape on the floor or an imaginary line between two objects) to divide the sliders’ space from the jumpers’ space. On “go” the sliders begin SLIDING/ROLLING their objects to try to hit the feet of the jumpers. This will continue for about 60 seconds, at which time, students will switch roles. Each student keeps track of their own score. Play as many rounds as you’d like!
- Options/Ideas:** Progressions:
1. Sliders are positioned in a circle around the jumpers.
 2. Each slider has multiple objects for sliding.
 3. Jumpers balance and jump on only one leg

Activity Contributed by:

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CLASSROOM ENERGIZER

Activity: Silent Speed Ball

What you Need: One or more balls

Get Ready: Students form a circle

The Why: Practice throwing skills and a fun brain break!

How to Play: First, students make a circle. They can play either sitting or standing. You start with one ball. The students have to pass the ball across the circle to another student. The goal is to complete as many passes as possible. Students cannot talk during the game. If a student talks, the trial is over. The trial is also over if a pass is wild, or incomplete. Use a soft ball that is easy to catch (ie. fleece balls or foam balls). The teacher can choose whether or not to set a limit on the amount of time a student can hold the ball before passing.

Options/Ideas: Keep track of the class record. Each time you play, challenge the class to beat their record. You can form smaller circles with less students, and for an added challenge add in more balls to pass. This activity is featured in [this blog post](#) along with a few other activities.

Activity Contributed by:

S&S Worldwide

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CLASSROOM ENERGIZER

- Activity:** fit Field Day: An Inclusive Workout for Kids
- What you Need:** Computer or Tablet
- Get Ready:** Students may be sitting or standing.
- The Why:** Provide kids with an energizing activity that can be done sitting or standing and viewed in either English or Spanish.
- How to Play:** Kids can follow along with the virtual field day in a classroom or any activity area.
➤ [Video LINK](#)
- Options/Ideas:** The video presents both standing and sitting options for kids as they progress through virtual field day activities.

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