

Living sculptures*

Aspect of the student's global development

- Develops cooperation and communication
- Develops the physical aspect and motor skills

Educational intentions

The students will have worked on communication, cooperation and global motor skills at the end of the activity.

Professional skills put forth by this activity:

- Carrying out predominantly social activities

Age group

Multi-age

Duration

20 to 30 minutes

Area

Large area

Material layout:

- A large space for moving around

Scenario

The game consists of making shapes with their bodies in a team, standing up or lying on the floor.

Approach

Model the activity with help from 3 students first: form a triangle. Then, add a student and form a square.

Examples

- Five students must form a capital "A" while standing with hands together.
- Four students will form the word "cool" on the floor.

Tips

Ensure to check their comprehension:

- ? Do we stand up or can we lay on the floor?
- ? Do we need to speak to the other students for the activity?

Alternatives

- You can ask a student to choose the shapes or words to be written.
- You can also let the teams decide what they want "to draw" to promote creativity.
- You can change the team members or change the number of players in the teams for each form.

*An idea from the educators at CS des Découvreurs

Here's an active game to play with toddlers.

Surprise box *

Pedagogical skills for the student:

Students will develop global motor skills

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

Multi-age

Approach

- The students are all surprise boxes.
- When the game leader says "Surprise box!" the students crouch down.
- The game leader then says the name of an animal, a character or something that they must imitate when moving.

Variant

Pair together younger and older students.

Examples:

- cat (moving on four legs: knees, hands on the ground)
- kangaroo (jump with both feet together)
- horse (gallop)
- giraffe (on tippy toes)
- frog (crouched position, hands on the ground, jumping)
- bear
- snake (crawl on the ground)
- Flamingo (jump on one foot)

*Taken from Répertoire B-Carbure

Here's an alternative to the famous dodgeball game to be played by students in the 2nd and 3rd cycle.

Dodgeball variant *

Pedagogical skills for the student:

Students will develop spatial organization.

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

9 to 12 years old

Material

- Two goalie nets
- Balls

Approach

- Make two teams of 6 to 15 children.
- They compete on a dodgeball court with a goalie net at each end.
- The basic rules of dodgeball are included: The student is eliminated if touched by the ball and it falls to the ground.
- However, they must remain near their team's terrain in a predetermined static position (chair position, crab, bridge, on one leg, etc.) until the ball is caught by a team member and they can then rejoin the game.
- Also, the ultimate goal is to score the most points by throwing the ball into the opposite net.
- The static position changes with every new game.

*Taken from the Recueil de jeux et d'activités Trois-Rivières

Perform funny sporting events using specific physical skills and cooperation.

Funny Olympics *

Pedagogical skills for the student:

Students will develop global motor skills

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

Multi-age

Approach

- Each test requires the use of funny objects and immerses the student in an unexpected situation.
- The execution of these tests requires the active participation of all students.

Examples:

- throw a balloon filled with water
- jump from the swing
- a race with two, three or four students, with feet tied together
- relay race with pouches
- raising the bucket from the sand
- class challenge: pass around a water balloon as quickly as possible without it dropping or bursting

*Taken from the Répertoire 130 bonnes idées à partager KINO-Québec

A ball game inspired by chess pieces

Chess ball*

Pedagogical skills for the student:

Students will develop psychomotor and cognitive aspects

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly cognitive activities

Age group

Multi-age

Material:

- 5 foam balls
- 12 vests (6 for the king, 4 for the queen, 2 for the bishop)

Approach

Two teams are separated by a central line. They are made up of 1 KING, 1 QUEEN, 1 BISHOP and several PAWNS

- The king must wear 3 vests of the same colour, the queen must wear two vests (identical) and the bishop wears only one vest.
- The game is played in similar fashion to dodgeball: when a pawn is tagged, they must go sit on their team's bench in a line two-by-two.
- The goal of the game is to eliminate the king by tagging them 3 times. The "pieces" must remove one of their vests when they are tagged
- The bishops are invincible unless tagged by another bishop. If they are tagged, they keep their vest but must take their turn on the bench.
- Important element: Two of the players sitting side-by-side can return to the game if one of their teammates catches a ball.

*Taken from the Banque de jeux coopératifs pour les services de garde, Commission scolaire des Découvreurs

Have fun while discovering how ice cubes are formed and then have a race in the snow with them!

The ice cube race

Pedagogical skills for the student:

Students will develop scientific knowledge (crystals, state of matter)

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly cognitive activities

Age group

First cycle

Material:

- Ice cube trays
- Water
- Food colouring
- Buckets
- Plastic spoons

Approach

- Make coloured ice cubes with the food colouring
- Freeze
- Speak with the students about the principles of temperature
- Have a relay race in the snow in teams or individually
- The goal: Collect the most ice cubes while having fun

Alternative

When moving to collect the coloured ice cubes: jump with feet together, crawl, etc.

Have a race for objects in your neighbourhood.

Object race WIXX*

Pedagogical skills for the student:

Students will develop logical skills

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly cognitive activities

Age group

9-12 years old

Material:

- Bag

Approach

- Designate a route, for example: From home to the park, then return back home using a different way
- Choose a series of objects to be found, for example: a feather, a pink or flat stone, a maple or oak leaf, an empty bottle, etc.
- Set a realistic time limit
- In turn, follow the route and place the objects in a bag
- Do a count when everyone has returned. The winner is the one who returns with the most, or the most beautiful objects on the list!

Alternative

When moving to collect the coloured ice cubes: jump with feet together, crawl, etc.

*Inspired from Répertoire d'activités WIXX 1

Make practising French physical

French action*

Pedagogical skills for the student:

Students will develop language and global skills

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly cognitive activities

Age group

Multi-age

Approach

Organize a Q&A game with opposing teams of the same level. The groups are divided into mixed subgroups.

- The students participate in turns by putting their French skills to the test and perform a physical activity at the same time
- Correct answers and team spirit are rewarded with a point attribution system.

*Inspired from the Recueil 130 bonnes idées à partager de KINO-Québec

Bowling in the schoolyard with water bottles

Water bowling*

Pedagogical skills for the student:

Students will develop spatial organization

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

Multi-age

Material

- One water bottle per person

Approach

- Each player fills a bottle with water.
- Do a random draw to determine who will be the first to start.
- The participants stand 5 m from each other.
- The players place their bottle in front of them. In turn, they kick the ball to try and knock down their opponent's bottle
- When one of the participant's bottles falls, they must run to catch the ball. They can only replace their bottle upright after the ball has been caught
- If one of the participant's bottle is empty, they are eliminated. The game is over when there's only one bottle left with water inside.

*Inspired from Répertoire d'activités WIXX 1

Have a race where refreshment is guaranteed!

The wet race*

Pedagogical skills for the student:

Students will develop temporal organization

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

Multi-age

Material

- Nail
- Yogurt containers
- Large container
- Water

Approach

- Make small holes around the yogurt containers with the nail, at about 1 cm from the bottom
- Give a perforated container to each player
- Place the large empty container at a distance away from either team
- Place another container full of water at the beginning of the race
- At "Go!" one player from each team fills their container and places it on their head. The water runs out of the holes... They will go as fast as possible to empty theirs into the empty bucket
- When the container is empty, the 2nd player of the team takes their turn
- Continue for several rounds
- The winning team is the one with the fullest bucket... and with the driest players!

*Inspired from Répertoire d'activités WIXX 1

Have fun in winter with a reinvented version of kickball!

Snow kickball WIXX*

Pedagogical skills for the student:

Students will develop global motor skills

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

Multi-age

Material

- Soccer ball or kickball
- Food colouring
- Marker for drawing in the snow

Approach

- Find a kickball, soccer ball or similar
- Determine the locations for the goals and the home plate.
- Trace lines to connect them. You can also use a mixture of water and food colouring to make the lines!
- Don't forget to draw a line from the pitcher's position and the home plate, so the ball won't roll too much .
- Form the teams and begin the game!

*Inspired from Répertoire d'activités WIXX 1

Also called "Kick le cône flyé" - alternative of the WIXX Ball

King cone*

Pedagogical skills for the student:

Students will develop global motor skills

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

Multi-age

Material

- Cones
- A ball

Approach

WIXX Ball is played just like baseball:

- One team is in the field and another at home plate.
- The students must run around the 3 bases to score a point.
- The difference from baseball is that the pitcher rolls the ball and the batter kicks with their feet.
- The teams change place after 3 outs or when all students have had a turn at the plate.

"King Cone"

- "King Cône" is played like WIXX Ball, but instead of running the 3 bases, the batter must knock over the 12 cones around the field with their hands while impersonating King Kong.
- The other students in the field must catch the ball, run after King Kong and tag him with the ball. A point is scored for each cone knocked over.

*Inspired from Répertoire d'activités WIXX 1

Set up courses during recess

Schoolyard circuits*

Pedagogical skills for the student:

Students will develop global motor skills

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

Multi-age

Material

- Cones

Approach

- Invite the students to do one or more of the courses set up in the schoolyard and note the length of the exercise in an individual notebook.
- The notebook is used to entice the student to repeat the activity and take note of the progress made, taking into consideration their motor skills and physical condition
- These courses offer an alternative to the traditional games played during recess

*Inspired from Recueil 130 bonnes idées à partager de KINO-Québec

Here's an alternative to soccer and volleyball to play in the snow.

Soccer volleyball on snow*

Pedagogical skills for the student:

Students will develop spatial organization

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

Multi-age

Material

- Soccer ball

Approach

Goal of the game: Pass the ball three times between your teammates before passing the ball to the other team.

- The field is divided in two by tracing a line on the ground
- The players are divided into two teams
- Just like soccer, the players cannot use their arms or their hands to handle the ball
- As in volleyball, the players must pass the ball between their teammates before passing to the other team. The player who then gets the ball must pass it to a team member, who must then also pass along to another member on their team.
- The last player then kicks the ball to the other team
- If the number of passes is not respected, or if the ball goes out of bounds during the passes, the opposing team is awarded a point
- The team with the most points wins the game

Alternatives

- Increase or decrease the number of passes required
- Designate a zone for each player and rotate each time a point is scored

*Inspired from the Recueil Banque de jeux, B-Carbure

Have a race for objects in your neighbourhood.

Object race WIXX*

Pedagogical skills for the student:

Students will develop logical skills

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly cognitive activities

Age group

9-12 years old

Material:

- Bag

Approach

- Designate a route, for example: From home to the park, then return back home using a different way
- Choose a series of objects to be found, for example: a feather, a pink or flat stone, a maple or oak leaf, an empty bottle, etc.
- Set a realistic time limit
- In turn, follow the route and place the objects in a bag
- Do a count when everyone has returned. The winner is the one who returns with the most, or the most beautiful objects on the list!

Alternative

When moving to collect the coloured ice cubes: jump with feet together, crawl, etc.

*Inspired from Répertoire d'activités WIXX 1

A fun game to play in the schoolyard to learn how to work in teams.

Wet volleyball WIXX *

Pedagogical skills for the student:

Students will develop cooperation in this activity.

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly social activities

Age group

Multi-age

Material

- Scarves
- Balloons

Approach

1. Fill a few balloons with water and enter the court.
2. A volleyball net is ideal. If not, no problem! A rope tied between two trees works just as well.
3. Form teams of two and take one towel (e.g., dishcloth) per team. Each team member holds two corners of the towel. The towel is used to catch the water balloon and throw it back toward the other team.
4. If you have several teams of two, you can even pass it along before throwing it back at the other team. Guess what happens when the balloon falls to the ground! The player(s) who dropped it are splashed and must rethink their strategy.

*Taken from the Répertoire d'activités WIXX 2

Let the kids have fun with this variation on soccer.

Siamese soccer *

Pedagogical skills for the student:

Students will develop cooperation in this activity.

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly social activities

Age group

Multi-age

Material

- Scarves
- Balls

Approach

Same rules as soccer, except the students are attached with a scarf tied around the ankles, two by two.

Alternatives

- Add more balls
- Tie the wrists together instead
- If a team of two falls down, they move to the edge of the area. When a goal is scored by a team, all players on that team who are waiting on the sidelines can now return to the game.

*Taken from Répertoire B-Carbure

Here's a game of pursuit to be done with students in the schoolyard or gymnasium.

Cosmic rescue *

Pedagogical skills for the student:

Students will develop cooperation in this activity.

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly social activities

Age group

Multi-age

Material

- Frisbee

Goal of the game

Stay as microns

Approach

1. Designate a student among the participants to play the role of a "GOULOM" healer. The other students are microns, i.e., people infected with an intergalactic disease.
2. The disease is that the microns make all kinds of noises and gestures to escape from the "GOULOM".
3. The cosmic frisbee has the power to heal this disease if "GOULOM", or another healer, places their hands on them and activates the healing with their body heat.
4. "GOULOM" with frisbee in hand chases after the microns.
5. A micron is cured if touched by the frisbee held by the "GOULOM". They then become a healer as well and help the "GOULOM".
6. Healers can pass along and throw the frisbee, but the microns can intercept it; they leave the frisbee on the ground to hinder the healers from getting it back.
7. The game is over when all of the microns are cured.

* Source: Je coopère, je m'amuse. Chenelière, McGraw, 1999, 115 pages.

Relay race to be done with students in the schoolyard or gymnasium.

The boomerang *

Pedagogical skills for the student:

For teamwork, the student is encouraged to develop their self-esteem with assistance.

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly emotion-based activities

Age group

Multi-age

Material

- Balls or balloons

Context

In a multi-age team, the students must encourage their teammates in a unique fashion.

Goal of the game

Everyone takes a turn: The first player returns to their starting point as fast as possible without dropping the ball.

* Taken from the Répertoire des jeux actifs pour la cour d'école, Régie régionale de la santé et des services sociaux Lanaudière

Approach

1. The teams line up in single file.
2. The facilitator gives a ball to the first player of each team.
3. At "Go!" the first player hands the ball to the second by passing it over their head. The second player gives the ball to the third by passing it through their legs, this continues until the last player, who runs to the front of the line and the game begins again.
4. The game is over when the first players have returned to their starting position.

Alternatives

- Use more balls or balloons (2-3)
- Pass along different objects of various sizes and forms.

A game to be played in a team for developing relationships with their peers: forming student units.

The units *

Pedagogical skills for the student:

The student develops cooperation

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly social activities

Age group

Multi-age

Approach

1. A first unit involves 2 students who link their arms together.
2. They must run together and try to tag the other students. When they tag a student, they too must now link their arms together.
3. They must then run together as a trio to try and tag a fourth student.
4. When a fourth student is tagged, they must also join arms, the unit then divides and forms two groups of two students.
5. The game is over when all students are part of a unit.

Note:

Remind the students to work together as one to make moving around easier.

* Taken from Répertoire d'activités WIXX 2

A fun game to play in the schoolyard to learn how to work in teams.

Dog sled race WIXX *

Pedagogical skills for the student:

The student develops cooperation

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly cooperative activities

Age group

Multi-age

Material

- Sleds
- Ropes

Approach

1. Find sleds: toboggans, crazy carpets or even a ski sled .
2. Tie ropes to the front of each sled The game consists of a game of tag: the pirates must tag the captains.
3. Mark a starting line and a finish line.
4. Make teams.
5. One player sits in the sled and the others pull on the ropes.

Suggestions:

The "dogs" can bark during the race!

* Taken from Répertoire d'activités WIXX 1

Relay race to be done with students in the schoolyard or gymnasium.

Bateau pirate *

Pedagogical skills for the student:

The student develops cooperation

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly cooperative activities

Age group

Multi-age

Material

- 4 mats
- 2 cones
- 2 vests

* Taken from the Répertoire des jeux actifs pour la cour d'école, Régie régionale de la santé et des services sociaux Lanaudière

Approach

1. There are 4 mats in each corner of the gymnasium (captains' boats).
2. In the centre, places cones in a square (pirates' boat)
3. 2 pirates are chosen (they can wear a vest to be easily identified)
4. The game consists of a game of tag: the pirates must tag the captains.
5. The mats (captains' boats) are used as a safe zone. If a captain is tagged, they are taken back to the centre (pirates' boat) by the person who tagged them.
6. The captain in the pirates' boat must be freed by one of their peers and they hold hands until they are returned to their boat. However, if they get tagged before they get back to their boat, both must go to the centre (pirates' boat).
7. To get the captains out of their safe zone, the pirates count to 5. After they count to 5, the captains must find another boat.
8. The game ends after a set time or when all of the captains are captured.

Alternative for outside:

Game of 4 corners

Have fun while knitting a scarf with your hands and arms in teams.

Knitting with hands *

Pedagogical skills for the student:

The student develops fine motor skills

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

9-12 years old

Material

- 2 large balls of wool or lengths of wool tied together to make a large ball.
- 1 stick or a large rod to put your knitting on if need be.

Approach

Follow these instructions or take inspiration from this video:
<https://www.youtube.com/watch?v=F876mzVBbio> (French only)

1. start assembling the 1st stitches. To start your knitted arm, start by pulling out a 100 cm length of yarn and make a slip knot. Place it on your arm.

* Taken from <https://www.phildar.fr/phil-acade-mie/a/tricoter-bras.r.htmls>

2. Insert the thumb and index finger between the threads from the wrist, from top to bottom. Now, turn hand over towards the top and pivot the thread toward the outside of the hand. Goal: Get a loop around each of the two fingers.
3. Put the index finger and thumb through the loop to grab the top thread around the index finger.
4. Place the first line of stitches on the wrist, without it being too tight. Knit loosely to easily make the next line of knitting.
5. Repeat gestures 2. and 3. as needed to obtain the number of stitches that you need. For example, it takes 6 to 8 stitches to knit a tube scarf about 30 cm wide.
6. Knit the first row: Now, move over all of the first stitches knitted from the right to the left arm: first, hold the threads of yarn from the ball in the hand of the arm where your stitches are already placed. Then, with the other free hand, pull on a stitch on the empty wrist. Repeat the same gesture until the end of the row.
7. Knit the second row : Repeat the same gesture as in stage 2 but in the opposite direction!
8. Repeat until the end of the knitting!
9. Fold back the stitches on the arm knitting.
10. To end your stitches, start by knitting the first two stitches normally.
11. Then, place the 1st stitch above the 2nd and knit the following stitch.
12. Repeat until there is no more stitches on the wrist.
13. Cut the yarn, place in the last stitching and tighten!
14. For the final seam of both ends, use the starting thread of yard to interlace the end stitches together. Basically, the last and first row must be connected together.
15. Tighten and tie a knot on each one.
16. To hide the excess strand of yarn and enjoy a beautiful finished product, do not make any knots! Slip the remaining thread inside the finished product along a few centimetres and cut.

Game to play in teams of two to develop fine motor skills.

Deux singes WIXX*

Pedagogical skills for the student:

The student develops fine motor skills

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

9-12 years old

Material

- Large T-shirts
- Clothespins

Approach

Two monkeys have escaped from the zoo! Quick! They must be found before they get their fleas everywhere!

1. Select two students and have them wear a large T-shirt over their shirt
2. Give them a dozen clothespins and ask them to clip them onto their T-shirts. These will be the "fleas ».
3. Go! Have the students run behind their adversary and ask them to try and remove the other's clothespins. The player who succeeds in removing all of the "fleas" from the other is the winner!

Note: Every time you lose a clothespin, shriek like a monkey to show your frustration

* Taken from Répertoire d'activités WIXX 1

Effectively facilitate the student's transition with these suggestions

Transitions*

Pedagogical skills for the student:

The student develops laterality

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

4-5 years old

Approach

Select a transition from the ones listed below:

1. Sing songs accompanied by gestures
2. Move around like an animal
3. Play "Simon says »
4. Do mimes (sports, animals, professions...)
5. Have a muscle stretching period
6. Play hopscotch
7. Play limbo
8. Skip rope
9. Challenge the students: jump on one foot, move backward, knees up, combine different movements, etc.
10. Dance to the beat of music
11. Play "The mirror game"

Designate a player who will be the leader. The other player stands in front of them. The leader makes movements that the other must imitate (for example, arms in the air, hands on the head, jump with feet together, stand on one foot, make a face, etc.) as if they were the reflection in a mirror. After a few minutes, the leader selects one player who they

think was their perfect reflection to take their place.

12. Play "The musical statue"

13. The participants dance to the beat of music. When the facilitator stops the music, the children must stand like a statue and stay still until the music starts again.

14. Play "What's next?"

The participants stand around in a circle. The facilitator tosses a ball to one of them and them to name a vegetable, a fruit, a flower, etc.

The participant tosses the ball to someone else. The same word cannot be repeated twice. The game continues until the player cannot name anything else. No one will be eliminated since the goal of the game is to increase memory.

* Taken from Banque de jeux B-Carbure

Here's a transition game for preschool and kindergarten students

What time is it, Mr. Wolf?*

Pedagogical skills for the student:

The student develops global motor skills

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly psychomotor activities

Age group

4-5 years old

Approach

1. One child plays the role of the wolf and turns their back to the other players at least 3 metres away.
2. The other players line up behind the wolf and ask: "What time is it, Mr. Wolf?"
3. The wolf answers with an hour (for example ten o'clock) and the other players walk the number of steps that correspond to the hour stated (ten steps in this case).
4. The players move closer and closer towards the wolf. But the wolf can also say "It's time for supper!"
5. When this happens, he turn saround and chases the other players who must try and reach the starting line.
6. The player tagged by the wolf then becomes the wolf. The game continues on like this.

Alternative for older groups

The game can be modified for older students by adding a new rule: when the wolf "eats" another student, both become wolves and go arm-in-arm. If the duo tags another student, they join with them and so on.

Alternative for multi-age groups

The older wolves and lambs have trouble getting around: they must jump with feet together or jump on one leg. The younger students can run around as normal.

* Taken from the Banque de Jeux
Coopératifs pour Services de Garde -
Commission Scolaire des Découvreurs

A memory relay game, in teams

Memory relay game*

Aspect of the student's global development

- Develops the physical aspect and motor skills
- Develops the cognitive aspect

Educational intentions

The students will have worked on memory and global motor skills at the end of the activity.

Professional skills put forth by this activity:

- Carrying out predominantly psychomotor activities

Age group

Multi-age

Duration

20 to 30 minutes

Area

Small class with a course or a large area

Material layout:

- A deck of cards
- An obstacle course with chairs, desks, cones, etc.

* An idea from the educators at CS Draveurs

Scenario

The game consists of a relay race along an obstacle course, with a memory game at the end of the course. Several teams are formed to increase the participation of each student.

Approach

1. Each team has their own memory game with cards. Therefore, if there are 4 teams, there must be 4 memory games at the end of the course.
2. Use your imagination for the course: circle around a chair, crawl under a desk, jump like a rabbit...
3. One student per team must go through the obstacle course and turns over two cards. If they are the same, the students take them back to their team. If not, the student turns the card face down and returns to their team to tag the next player, who will then go through the course.
4. The first team to have all of the cards wins a point.

Tips

Create the memory game first and ensure the instructions are understood.

- ? How many cards can we turn over?
- ? What do we do when we have two of the same card?
- ? What do we do when they're different?

Thereafter, create the course with volunteers (hyperactive students) and ensure to check their comprehension once again.

- ? Can we yell?
- ? Where do we go after the cards are turned over?

7 in a row relay*

Aspect of the student's global development

- Develops the physical aspect and motor skills

Educational intentions

The students will have worked on memory and global motor skills at the end of the activity.

Professional skills put forth by this activity:

- Carrying out predominantly psychomotor activities

Age group

Multi-age

Duration

20 to 30 minutes

Area

Small class with a course or a large area

Material layout:

- A deck of cards
- An obstacle course with chairs, desks, cones, etc.

* An idea from the educators at École du Pélican

Scenario

The game consists of a relay race along an obstacle course, with a deck of cards at the end of the course. The students must make a run with cards (1-2-3-4...). Several teams are formed to increase the participation of each student.

Approach

1. Separate the deck into four packs (spades, diamonds...). Each team has their own pack at the end of the course.
2. Use your imagination for the course: circle around a chair, crawl under a desk, jump like a rabbit...
3. One student per team must go through the obstacle course and turn over a card. If they get the ace, they place it on the table to start the run. If not, the student places it at the back of the deck and returns to their team to tag the next player, who will then go through the course.
4. The first team to have 1 to 7 in a row wins the game!
5. Thereafter, create the course with volunteers (hyperactive students) and ensure to check their comprehension once again.

Tips

Don't forget to ask instruction checking questions:

- ? Can we yell?
- ? Where do we go after the card is turned over?

Active play that develops cooperation

Musical hoops*

Aspect of the student's global development

- Develops social aspect

Educational intentions

The students will have worked on cooperation at the end of the activity.

Professional skills put forth by this activity:

- Carrying out predominantly socio-affective and moral activities

Age group

Multi-age

Duration

10 to 15 minutes

Area

Small class

Material layout:

- Hula hoops or chairs
- Music

Scenario

It's the same principle as musical chairs, but students must stand up straight in a hula hoop when the music stops.

Approach

1. Place one hula hoop per student in the room. Make the students move in a unique fashion to the music (while jumping, while skiing...). When the music stops, the students must jump in a hoop.
2. However, the student with no hoops available is not eliminated, they must share one with a friend.
3. All students must try and stay standing in one hoop, which requires cooperation.

Alternatives

You can use chairs instead of hoops for this game: the students will sit on one another.

Tips

Model the musical hoops first and ensure the instructions are understood.

- ? How do we move around?
- ? What do we do when the music stops?
- ? Can we push our friends?

*An idea from the educators at CS Portages de l'Outaouais

Cooperation game, in teams

The floor is on fire*

Aspect of the student's global development

- Develops cooperation
- Develops the physical aspect and motor skills

Educational intentions

The students will have worked on cooperation and global motor skills at the end of the activity.

Professional skills put forth by this activity:

- Carrying out predominantly social activities

Age group

Multi-age

Duration

20 to 30 minutes

Area

Large area with chairs

Material layout:

- A large space for moving around
- Small chairs without armrests

*An idea from the educators at CS des Découvreurs

Scenario

The game consists of moving to the other side of the room, while standing on a chair, without touching the floor.

Approach

1. Make teams of three students.
2. Each team has four chairs available, set up in rows at the end of the room.
3. Each student then stands on a chair.
4. The students must work together and move the empty chair, to be placed at the front of the row.
5. Once the empty chair is in front, the students must move towards the front, without touching the ground.
6. They will then move the empty chair towards the front, the game continues until they reach the other end of the room.

Alternatives

Make it into a race or to the other end of the room once again.

Tips

Model the game with one team in front. Ensure to check their comprehension:

- ? Can we put our feet on the floor?
- ? Do we move around on the chair we are on or on the empty chair?

Other students can also participate and play the roles of guards, sharks or molten lava!

Here's a relay game that can be played when students are in a line.

Relay race *

Pedagogical skills for the student:

Students will develop awareness of others

Professional skills put forth by this activity:

- Planning and organization of activities for children and groups of children
- Carrying out predominantly social activities

Age group

Multi-age

Material:

- Ball
- Book
- Marbles

Approach

The students must follow a course (or not) with a ball, book, marble, etc.

- They must then bring it to the teacher
- They must use different ways to move, plus have chairs and tables as obstacles*

*Can be used when the students are lined up.

*Taken from the Recueil de jeux et d'activités Trois-Rivières