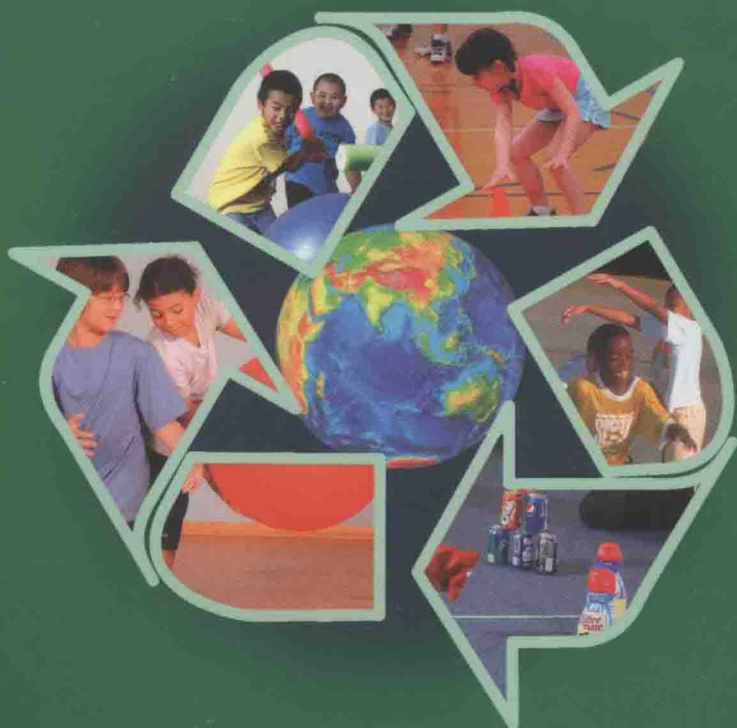


50 Games for Going Green

Physical Activities
That Teach Healthy
Environmental Concepts



Carol Scaini • Carolyn Evans

GT807.0

50 Games for Going Green

*Physical Activities That Teach Healthy
Environmental Concepts*

减 碳 草 稿

体育教学

50 Games for Going Green

Carol Scamm
Carolyn Evans



Human Kinetics

Library of Congress Cataloging-in-Publication Data

Scaini, Carol.

50 games for going green : physical activities that teach healthy environmental concepts / Carol Scaini and Carolyn Evans.

p. cm.

ISBN-13: 978-1-4504-1990-1 (soft cover)

ISBN-10: 1-4504-1990-9 (soft cover)

1. Physical fitness for children. 2. Environmentalism. I. Evans, Carolyn, 1957- II. Title.

GV443.S228 2012

613.7'042--dc23

2011052794

ISBN-10: 1-4504-1990-9 (print)

ISBN-13: 978-1-4504-1990-1 (print)

Copyright © 2012 by Carol Scaini and Carolyn Evans

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher.

The web addresses cited in this text were current as of February 2012, unless otherwise noted.

Acquisitions Editor: Scott Wikgren; **Developmental Editor:** Jacqueline Eaton Blakley; **Assistant Editor:** Anne Rumery; **Copyeditor:** Annette Pierce; **Permissions Manager:** Dalene Reeder; **Graphic Designer:** Joe Buck; **Graphic Artist:** Denise Lowry; **Cover Designer:** Keith Blomberg; **Photographer (cover):** © Human Kinetics; **Art Manager:** Kelly Hendren; **Associate Art Manager:** Alan L. Wilborn; **Illustrations:** © Human Kinetics; **Printer:** McNaughton & Gunn

Printed in the United States of America 10 9 8 7 6 5 4 3 2 1

The paper in this book is Forest Stewardship Council™ certified.

Human Kinetics

Website: www.HumanKinetics.com

United States: Human Kinetics, P.O. Box 5076

Champaign, IL 61825-5076

800-747-4457

e-mail: humank@hkusa.com

Canada: Human Kinetics, 475 Devonshire Road Unit 100, Windsor, ON N8Y 2L5

800-465-7301 (in Canada only)

e-mail: info@hkcanada.com

Europe: Human Kinetics, 107 Bradford Road, Stanningley

Leeds LS28 6AT, United Kingdom

+44 (0) 113 255 5665

e-mail: hk@hkeurope.com

Australia: Human Kinetics, 57A Price Avenue, Lower Mitcham, South Australia 5062

08 8372 0999

e-mail: info@hkaustralia.com

New Zealand: Human Kinetics, P.O. Box 80, Torrens Park, South Australia 5062

0800 222 062

e-mail: info@hknewzealand.com



To my mom and dad. Thank you for instilling in me a passion for health and physical education and for your love and support. xoxo

To my nieces and nephews. Life is short: find your passion, dream often, inspire others, make a difference, be active, leave the world a better place, and eat ice cream! xo

Remembering my professor, colleague, mentor, and friend, Dr. Andy Anderson.

—Carol Scaini

For my family and in memory of my mom.

—Carolyn Evans

GAME FINDER

Game	Game type	Activity level	Play area	Page
3-R Challenge	Warm-up	Medium, high	Classroom, gym, outdoors	8
Back to Nature	Fitness	Medium, high	Classroom, gym, outdoors	68
Bin Ball Recycling	Cooperative	Low, medium	Classroom	88
Can You . . . ?	Literacy and drama	Medium, high	Gym, outdoors	59
Compost Bug Tag	Warm-up	Medium, high	Gym, outdoors	14
Do Your Part	Literacy and drama	Medium, high	Classroom, gym, outdoors	62
Don't Be a Litter Bug!	Fitness	Medium, high	Gym, outdoors	74
Eco Olympics	Circuits and stations	Medium, high	Gym, outdoors	41
Environment Tag	Warm-up	High	Gym, outdoors	2
Environmental Crosswords	Literacy and drama	Medium	Gym	52
Every Little Bit Counts	Relays	Medium, high	Gym, outdoors	24
Extinction	Warm-up	Low	Classroom, gym, outdoors	18
Flower Power (Rock, Paper, Scissors)	Warm-up	Medium, high	Classroom, gym, outdoors	6
Get Active! Go Green!	Warm-up	Low, medium	Classroom, gym, outdoors	11
Get Outside and Play: Fall Fitness	Fitness	Medium, high	Gym, outdoors	84
Get Outside and Play: Spring Fitness	Fitness	Medium, high	Gym, outdoors	80
Get Outside and Play: Summer Fitness	Fitness	Medium, high	Gym, outdoors	82
Get Outside and Play: Winter Fitness	Fitness	Medium, high	Gym, outdoors	78
Green Power	Literacy and drama	Medium	Gym, outdoors	56
Green-Team Catch	Cooperative	Medium, high	Gym, outdoors	96
Green-Thumb Gardeners Tag	Warm-up	Medium, high	Gym, outdoors	16
Healthy-Environment Charades	Literacy and drama	Medium	Gym	54
Imagine . . .	Literacy and drama	Low	Gym, outdoors	58
Keep on Recyclin'	Cooperative	Medium	Gym, outdoors	100

Game	Game type	Activity level	Play area	Page
Knock out Pollution	Cooperative	Low, medium	Gym, outdoors	92
Litter Not!	Cooperative	High	Gym, outdoors	90
Living Things	Warm-up	Medium, high	Classroom, gym, outdoors	12
Move It: Reduce, Reuse, Recycle	Cooperative	Medium, high	Gym, outdoors	94
On the Move With Endangered Animals	Literacy and drama	Medium, high	Gym, outdoors	60
Paper-Ball Fitness	Fitness	Medium, high	Classroom, gym, outdoors	67
Pitch In	Relays	Medium	Gym, outdoors	26
Plant a Tree With TLC	Relays	Medium, high	Gym, outdoors	20
Plight of the Polar Bear	Circuits and stations	Medium, high	Gym	47
Pollution Tag	Warm-up	High	Gym, outdoors	4
Put Your Best Foot Forward	Literacy and drama	Low	Gym, Outdoors	57
Ready, Set, Compost	Cooperative	High	Gym, outdoors	98
Recycling-Bin Basketball	Cooperative	Medium, high	Gym, outdoors	102
Reduce, Reuse, Recycle Challenge	Fitness	Medium, high	Gym, outdoors	76
Reducing Litter	Relays	Medium, high	Gym, outdoors	22
Reeeuse! Reecycle!	Fitness	Medium	Gym, outdoors	70
School Yard Fitness	Circuits and stations	High	Outdoors	40
Sock It to Ya!	Circuits and stations	Medium	Gym, outdoors	38
Step up to Recycling	Relays	Low, medium	Gym, outdoors	30
Take a Pass on Pollution	Fitness	Medium, high	Classroom, gym, outdoors	72
Take Care of the Earth	Relays	Low, medium	Gym, outdoors	28
Three Cheers for Planet Earth	Relays	Medium, high	Gym, outdoors	32
Trash Ball Fitness	Circuits and stations	High	Gym, outdoors	36
Trees! Trees! Trees!	Warm-up	Medium, high	Classroom, gym, outdoors	10
Whole World in Your Hands	Fitness	Medium	Gym	64
Working out for the Environment	Circuits and stations	Medium, high	Gym	44

ACKNOWLEDGMENTS

Special thanks to our students who played our games and provided us with creative ideas for new games and activities.

Thank you to the team at Human Kinetics for their support.

Thank you, Scott Wikgren, for your direction, support, and enthusiasm for all things green!

Thank you, Jackie Blakley—your support and expertise were greatly appreciated and made fine tuning the book a real pleasure.

INTRODUCTION

We often take our environment for granted. The air we breathe, the water we drink, the land we walk on, the food we eat, the trees and plants and animals, these are all essential for us to live healthy lives. But they are increasingly threatened by destructive choices we make—wasting resources, littering, failing to take into account the collective effects of our carelessness.

50 Games for Going Green is a resource for teachers and youth leaders to educate students about the importance of caring for the environment through the use of fun physical activities. The book is filled with simple games and activities that we hope will not only engage our students in physical activity, but also inspire them to become environmental stewards who appreciate and take care of the earth.

The book focuses on educating students about the importance of the three Rs—reducing, reusing, and recycling. As teachers, we have found that emphasizing the value of reducing, reusing, and recycling through fun and innovative games has helped to generate excitement in our students to help them get active and go green.

Lessons are fast, fun, ecofriendly, and easily modified to suit a variety of ages, abilities, and skill levels. These activities can be played in a variety of settings and require little or no equipment; in fact, many allow you to use everyday recyclable items that are easily found at home or school. One person's trash is another person's treasure, so why not make cards from recycled paper, balls from socks, and bowling pins from plastic bottles? When students try to find new uses for recyclable items, they are inspired to be creative thinkers, active players, and environmental protectors. The games and activities in this book also provide a wonderful opportunity for students to demonstrate cooperation, fair play, and respect, not only for each other, but also for our world.

Although this book is written primarily for physical educators, anyone involved in leading physical activities (e.g., classroom teachers, Scout and Girl Guide leaders, recreational leaders, outdoor education instructors) will also find these games to be useful.

HOW THE BOOK IS ORGANIZED

The book is divided into six chapters that cover the following topics:

- **Warm-up activities** get students moving and learning about the environment.
- **Relays** are a fast and fun way for students to work in teams to accomplish a task related to an environmental theme.
- **Circuits and stations** are easy to follow and aim to keep students moving and improve overall fitness.
- **Literacy and drama activities** engage the mind and body by allowing students to think while being active.
- **Fitness activities** allow students to exercise their entire body in various physical challenges.
- **Cooperative activities** are positive, motivating, and fun. They promote teamwork, creative thinking, and problem solving.

Each chapter contains a variety of games and activities that can be used in the gym, classrooms, and outdoors. They also include activity and game instructions along with a diagram to illustrate how to play.

An easy-to-follow format provides detailed instructions for introducing games and activities.

SAFETY

It is important to provide an environment that encourages and enables students to engage in safe and enjoyable physical activity. Before conducting the activities in this book, consider the following tips for ensuring a safe environment:

- Check surrounding area and eliminate potential hazards before use.
- Encourage students to report problems to the teacher or leader.
- Check all equipment before use to ensure all equipment is safe and in good working order.
- Ensure recyclable materials are clean.
- Ensure students use equipment for its intended purpose.
- Ensure students wear suitable footwear and clothing.
- Be aware of medical conditions of participating students.
- Establish rules and routines.

PITCH IN

Eco Thought

Recycling can be easy when we all pitch in. We can find out how you can get recycling bins at your school and start a program. Recycling is good for all of us.

Eco Thought

Provides basic environmental information for your students to think about, discuss, and take action on

Equipment

- A variety of recyclable materials (e.g., water bottles, aluminum cans, plastic containers) or a beanbag, skipping ropes, balls, scoops)
- 2 recycling bins
- Stopwatch or gym clock

Equipment

Describes the equipment required for the game or activity (We have added music to activities where we feel it will help motivate the students. Music is always optional in our activities.)

Setup

- Divide players into two teams, forming two lines.
- Place an empty recycling bin at the end of each line and half of the recycling items at the beginning of each line.

How to Play

1. On the go signal, both teams start passing items down their line.
2. The first player passes the item to the second player, who passes it through his or her legs to the third player, who passes it over his or her head, and so on. The first team to safely recycle all of its materials can cheer, "We pitched in!"

How to Play

Provides simple instructions for game play

Setup

Provides information to help prepare the game or activity

Note

Ensure recyclable items are safe and clean.

Note

Offers safety considerations and special reminders for game play

Variations

- Change the method of passing the recycling items (hands only, knees only, feet only, sideways).
- Make the last player in line can pitch it in any way of pitching it each time (e.g., underhand, set shot, with both feet, ball).

Variations

Presents new ways to play the game or activity and new challenges

Encourages students to take a leadership role and challenges them to create their own games

- Ensure everyone has an equal chance to play.
- Provide activities that are age appropriate.
- Encourage respect and fair play.

It is our hope that teachers will recognize the need to educate their students about the important role they play in protecting our earth. Learning through activity will engage students to take this knowledge and apply the ideas to their own lives. This can be as simple as reconnecting with the great outdoors or making a commitment to reduce, reuse, and recycle. Or it can be as complex as exploring ways to reduce their carbon footprint and take action on global warming and climate change. Take the games in this book and make them your own. Have fun playing them, building on them, changing them, and creating new ones. Inspire your students to come up with their own creative ideas and together have fun going green.

What happens in one part of the world can have a great impact on another part of the world. We must all work to protect our beautiful earth by taking strong steps to respect it, enjoy it, and take care of it. It all starts with you!

CONTENTS

Game Finder vi

Acknowledgments ix

Introduction xi

1	Warm-Up Activities	1
2	Relays	19
3	Circuit and Station Activities	35
4	Literacy and Drama Activities	51
5	Fitness Activities	63
6	Cooperative Activities	87

50 Ways to Pitch in and Do Your Part 105

Recommended Resources 109

About the Authors 111

CHAPTER

I

WARM-UP ACTIVITIES

.....
Take care of the earth and she will take care of you.

—Author unknown
.....

Warm-up games are simple activities that get students moving. They serve as *instant activities* to prepare students for skill development and are a great way to help spark excitement about participating in subsequent games.

ENVIRONMENT TAG

Eco Thought

Millions of recyclables such as fine paper, plastic water bottles, and aluminum cans are thrown into the garbage every day instead of being placed in recycling bins. By making an effort to recycle more, we create far less pollution and reduce the amount of unnecessary waste in landfills. Think of all of the new materials that could be made if we just recycled more.

Equipment

- Music
- 4 beanbags of the following colors:
 - Green: reduce
 - Red: reuse
 - Blue: recycle
 - Brown: compost
- Environmental fitness signs for each corner of the playing areas:
 - Reduce: the twist (while moving the body up and down)
 - Reuse: jumping jacks
 - Recycle: bicycle pumps
 - Compost: push-ups

Setup

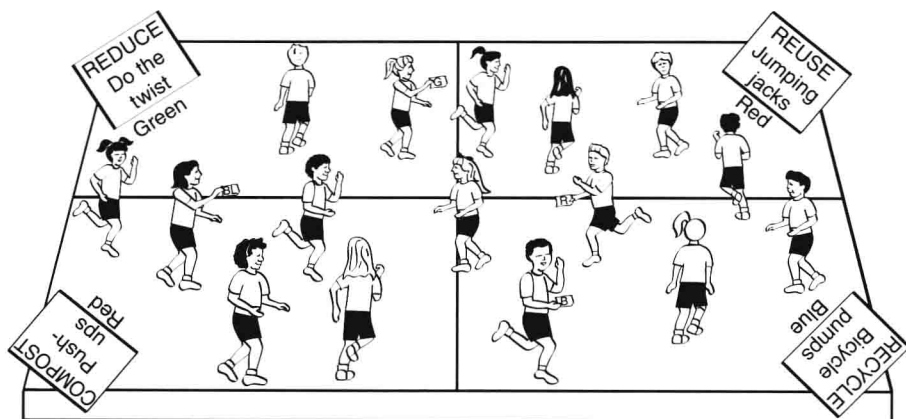
- Divide the playing area into four fitness areas representing reduce, reuse, recycle, and compost.
- Select four students to be the environmental taggers, one for each area: reduce, reuse, recycle, compost.

How to Play

1. Students move freely around the area trying to avoid being tagged by one of the four environmental taggers.
2. Once a student is tagged, he or she must go to the fitness area represented by that tagger and perform the fitness task. For example, if the reduce tagger tags a student, he or she must go to the reduce area and do the twist up and down while jumping.
3. Once a tagged student completes the fitness task, he or she may return to the game.

Notes

- Change the four environmental taggers often throughout the game.
- Vary the fitness tasks.



POLLUTION TAG

Eco Thought

Pollution affects the health of people, animals, and the planet. We can all do our part to keep pollution at bay by making a better effort to reduce, reuse, and recycle.

Equipment

Music

Setup

- Divide students into groups of four.
- Three students form a triangle by holding hands. These three students represent reduce, reuse, and recycle. Student four represents pollution.

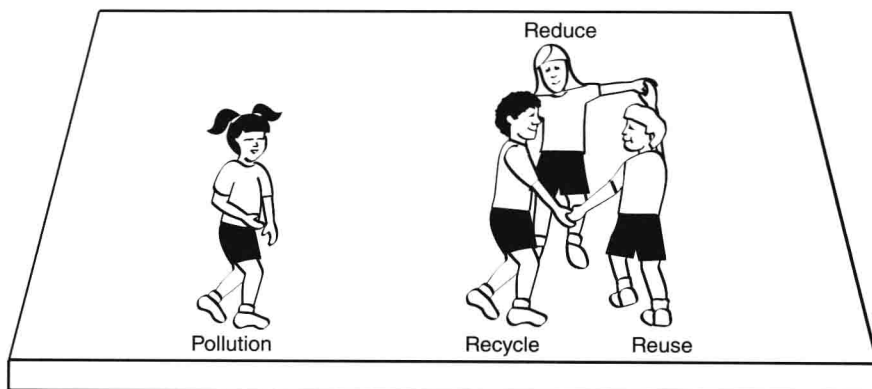
How to Play

1. Pollution is the tagger on the outside of the triangle.
2. Pollution chooses to tag either reduce, reuse, or recycle.
3. The reduce, reuse, and recycle students in the triangle try to protect each other by moving the group around to the left or to the right to prevent pollution from tagging the designated student. Reduce, reuse, and recycle students must remain attached, and pollution is not allowed to go through the triangle to tag.

Notes

- Students need to be in the ready position so that they are able to move and change direction quickly:
 - Feet shoulder-width apart
 - Knees slightly bent

- One foot slightly ahead of the other
- Head up, chest out with hands out in front
- Change the pollution tagger frequently to ensure that everyone has a chance to be the tagger.



Adapted, by permission, from P. Doyle, 2001, Triangle tag. In *Tag, tag and more tag* (Ontario, Canada: Canadian Intramural Recreation Association of Ontario), 26.