

**Grades 6-7**  
**Strategy Games**

<b>Focus Skills:</b> Strategy, teamwork, communication		
<b>Equipment:</b> Hoops, beanbags, pinnies, cones, assorted equipment for Equipment Relay		
<b>Grades</b>	<b>Activities/Skills/Games</b>	<b>Modifications</b>
<b>6-7</b>	<p><b>ENERGIZER</b></p> <p>Run to touch all four walls, do ten jumping-jacks, then balance on one foot on the circle until everyone is ready</p> <p><b>EXPECTATIONS</b></p> <ul style="list-style-type: none"> <li>- Be respectful to leaders and each other</li> <li>- Be safe (with yourself and others)</li> <li>- Participate as best you can</li> </ul> <p><b>SKILL DEVELOPMENT &amp; PRACTICE</b></p> <p><b>Equipment Relay</b> Students break into small teams for 3-4 and start on one side of the gym. On the other side, set up random pieces of equipment (the more the better). Things like beanbags, balls, hockey sticks, hoops, birdies, ropes, mats or scarves all work well. One at a time, a member from each team will run to the opposite side and grab one piece of equipment. They must then run back and hand it to the next person on their team. That person must carry the first piece, and grab a second, and so on. If you drop a piece of equipment while you are running or during the hand off, your entire team must restart. The team with the most items (regardless of what they are) wins.</p> <p><b>Tic-Tac-Toe Relay</b> Divide the group into 5-6 separate games. (For example, 8 people in a group, playing 4 vs. 4) Across the gym, place 9 hoops for each group. Each team has their own colour of beanbags. One player from each team can run at a time, attempting to get three beanbags in a row, Tic-</p>	<p><i>1 up: New rule: each team can only grab a specific type of equipment once</i></p> <p><i>1 down: Use half the gym Instead of restarting, have the team do jumping jacks/burpees and then keep going</i></p> <p><i>1 up: Add different LMS movements (jumping, hopping, backwards, bear crawl, crab walk, etc.)</i></p> <p><i>1 down: Make the area smaller, keep movement</i></p>

	<p>Tac-Toe style. Once a team wins, they reset and play again.</p> <p><b>MINDFULNESS</b></p> <p><b>Self-Reflection</b></p> <p>How did the games go?</p> <p>What did you like or dislike?</p> <p>How would you change things next time?</p> <p>What did you learn?</p> <p><b>Mindfulness</b></p> <p>Breathing/Stretching/Balancing activity of choice</p>	
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