

Sports Galore

Source: Adapted with permission from the North Carolina Department of Public Instruction (www.ncpe4me.com)

Equipment: list of instructions
microphone (for large groups)

Space: participants need a small amount of space

How to:

- Have participants stand up and start by marching on the spot.
- Tell them do the activities as you call them out every 10 to 15 seconds.

Call out the following skills:

- dribbling a basketball
- swimming underwater
- shooting an arrow
- throwing a football
- running through tires
- shooting a hockey puck
- downhill skiing
- serving a tennis ball
- cross country skiing
- batting a baseball
- shooting a jump shot
- swinging a golf club



Make up your own list of activities and group them into seasons or themes.