

**DAILY PHYSICAL
ACTIVITY**

DIPA
the
CIRA
WAY

*A Collection of Games for
Daily Physical Activity*

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Ontario

Promoting fun, active participation for all!

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HELMET TAG

OBJECTIVE: Players attempt to tag other players while avoiding being tagged themselves.

EQUIPMENT: Hula hoops (one for every three to four players), and four pylons.

SET UP:

- ❑ Using the pylons, set up a playing area about the size of a small gym.
- ❑ Scatter hula hoops around the defined playing area.

INSTRUCTIONS:

- ☞ Players attempt to tag each other.
- ☞ Players may create their own safe area by standing in a hoop and holding it above their head like a helmet.
- ☞ Another player may steal the safe helmet by coming up underneath, saying “excuse me,” and holding the helmet (hula hoop) in their own hands.

Adapted from CIRA Ontario's Scooters and Hoops



BEARS AND DENS

OBJECTIVE: To get from one den to another without being left out in the cold.

EQUIPMENT: No equipment is required.

SET UP:

- A den is created by two players facing each other and holding hands.
- A third player, the bear, stands in the middle of the den.
- Players are set up in numerous groups of three.
- Have at least one to three extra players.

INSTRUCTIONS:

- When the following instructions are given extra players attempt to find a spot after each instruction is given and bears that vacate their den try to find another den to be safe in.
- Switch dens – The bears (center player) find a new den.
- Switch bears – The dens (two outside players) find a new bear.
- Bears tap a den – Bears leave the den, tap one den player and take their spot as the den. The previous den player becomes a new bear and must find a den.

VARIATIONS

- * The leader could have the players move in creative locomotive ways:
 - Dancing bears and dens.
 - Bouncing bears and dens.
 - Gummy bears and dens.

Adapted from CIRA Ontario's
Eye of the Storm



TACO TAG

OBJECTIVE: Players attempt to tag other players with a "taco."

EQUIPMENT: One poly spot and one rubber animal for every 4-5 players.

SET UP:

- ❑ Assign about one IT per every 4-5 players.
- ❑ Players position themselves in a scattered position throughout the playing area.

INSTRUCTIONS:

- Players who are IT hold onto a taco, made by wrapping a rubber fish, chicken, or pig in a poly spot marker.
- Once an IT tags someone, they drop their taco and run away.
- The player who was tagged picks up the equipment, reassembles the taco, and becomes the new IT.



TONY CHESTNUT

OBJECTIVE: Players follow along to the words in the popular song.

EQUIPMENT: Music. "Tony Chestnut" can be found on iTunes

SET UP: Players place themselves in a scattered position throughout the playing area.

INSTRUCTIONS: Players follow along with the song by pointing/touching the corresponding spot on their body. Players continue to point to these body parts as the song picks up pace.

- **Tony** – Players touch both hands to their toes and then their knees.
- **Chestnut** – Players touch both hands to their chest and then their head.
- **Knows** – Players touch both hands to their nose.
- **I** – Players touch both hands to their eyes.
- **Love** – Players touch both hands to their heart.
- **You** – Players point with both hands.
- **Eileen** – Players touch both hands to their eyes and then lean to one side.
- **Neil** – Players squat down into a kneeling position with hands on their hips.
- **Pat** – Players pat or tap their shoulders.
- **Bob** – Players gently bounce their body up and down, and bob their head back and forth.
- **Russell** – Players wiggle their legs.
- **Skip** – Players skip on the spot.
- **Silly** – Players make a silly face.
- **Hip** – Players point to hip.
- **How it Ends** – Players point to bottom.
- **And guess what?** – Players hold arms up in the air.

