

Physical Activities for Small Spaces

The following ideas were gleaned from a review – by the evaluation team – of resources available online and via their years of experience working with after-school program. It was developed in response to a question posed during a site visit within the Odessa-Montour-led 21st Century Community Learning Center project as one of the sites is losing a key space once modified wrestling practices begin in December 2018. Without this space, the Coordinator asked for suggestions for games/activities that could be done in the hallway or a classroom.

First, these activities will not meet all needs and may not be a high interest to students. Build off student interest whenever possible and also engage with the teaching staff to understand if any of professionals in the building have relevant skills that might be shared with youth (yoga, meditation or strength training that doesn't require specialized equipment).

Second, build on what students know and have available. Consider, for example, outside activities (winter carnival-like, for example) or even simple options like going for a walk around the block (supervised, of course).

Activities

1. From: <https://www.gophersport.com/blog/no-gym-no-field-no-problem/>

Hallway Foosball	Two teams of students are seated in a straight line facing opposite ways from each other. Using a ball of your choice: foam activity ball , beach ball , soccer ball ...I prefer a playground ball . The students try to score by only using their inside hand, and moving the ball forward in the direction their line is sitting. After a few rounds, have the students rotate in their spot switching the direction of play and hand.
Hula Hoop Chain:	Two teams of students holding hands and facing each other forming two parallel human chains. Start a hula hoop on one end of each chain. On the word "go," students climb through the hoop maintaining their chain allowing the hoop to travel down the line to each student. The first team to get their hoop all the way through their line wins!
Hop in a Hoop!	Scatter hula hoops around the hallway; give the students a locomotor skill, way of travel, or an exercise they need to perform. On the word "go," students travel thru the hallway not touching any hoops performing the given movement. Call out a number and the students have to stop and find a hoop, filling the hoop with the number called. No more, no less. Once the hoop has the right number of students, students raise their hoop to their waist to prevent anyone else from entering into their hoop.
Fitness Lines	Set up 1 piece of fitness equipment or given exercise in a straight line all the way down the hall. For example in one long straight line I may have the following spaced out appropriately: Aerobic step , jump jacks, bicep curls (dumbbells), calve raises, sit-ups, push-ups, lunges, water break, jog back to start, rest 30secs. Depending on the width of your hallway determines how many fitness lines you can have. Students rotate through the fitness line moving one spot up on the signal, once students finish their way through the line they walk/jog/sprint back to the begin, rest a rotation, and then start again.
Reaction Games	Place a beanbag in the middle of partners and call out a way for the students to react. Example: Grab with Right hand, place beanbag on left knee OR have students in small groups and place a beanbag in the center. Call out different things like touch your ears, right hand on top of your head, hop up and down, students perform what is called and on the word "GO" students try to be the first to grab the beanbag.

Add It Together	This game is played like “rock, paper, scissor,” but it’s a game to practice math! To start have the students pair up together and sit down (if using desks, one stands and the other sits in the desk). Partners first need to determine which one will be even and which one will be odd. To begin play the students will say, “Add it together” and put up any number of fingers 1-5, then the two students add up their fingers and determine if it’s an odd number or an even number. The winner gets up and finds a new partner who is sitting down. Have older students? Change the game to Mul-ti-ply same game but students multiply the number together.
Speedstack Stations	This is another one of my go to activities when we have tables in the way. Set up a various stations and have students rotate through. http://www.speedstacks.com/store/retail/ .

2. From: <http://www.hpepublichealth.ca/sites/default/files/F2L%20small%20spaces%20FINAL.pdf>

Desk Relay	<p><u>Equipment:</u></p> <p>One random object for each team. Any object will do: rubber chicken, ball, crumpled piece of paper, etc.</p> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> 1. Divide the class into teams (approximately 8 students on each team). 2. Have the students move their desks or chairs so that they form lines facing the front of the room. Make sure there is enough room to move between the rows. <ul style="list-style-type: none"> X X X X X X X X X X X X X X X X X X X X X X X X X X X 3. Hand the student in the front of each line the object. 4. On your signal, the students will pass the object over their head to the person behind them. This person passes the object over their head to the next person in the line and so on. 5. When the object gets to the end of the line, the person at the back moves quickly to the front of the line. All students in the line stand up and shuffle to the desk/chair behind them. 6. The new person at the start of the line begins passing the object down the line again (by passing the object over their heads). 7. The relay continues until the person that started the relay at the front of the line is back in his/her original position.
Do This Do That (Simon Says variant)	<p><u>Instructions:</u></p> <ol style="list-style-type: none"> 1. Have the students stand up in scatter formation around the space 2. Assign a leader; this can be you or a student. 3. The leader will start demonstrating a physical activity. <ul style="list-style-type: none"> If the leader says “do this,” they must copy the physical activity demonstrated. If the leader says “do that,” they continue doing the previous activity and do not do the new activity demonstrated. 4. If a student makes a mistake and changes activities after the leader says “do that,” the student must do a task to get back into the game. Examples of tasks include: touch all 4 walls, walk around the outside of the room, do 10 jumping jacks, become the new leader. <p>Examples of physical activities for the leader:</p> <ul style="list-style-type: none"> - Jumping jacks - Hopping - Jump rope on the spot - Toe touches - High kicks - Grapevines - Jog on the spot - March on the spot - Knee to elbow - Jump high in the sky - Twist - Mountain climbers

3. From: <https://classroom.synonym.com/middle-school-pe-games-activities-35408.html>.

Crab Soccer	Crab soccer calls for foam balls or plastic kickballs as well as two soccer nets. This indoor game requires students to be divided into two teams, with all positions played from a crab stance -- hands and feet on the ground, stomach facing the ceiling or sky. Designate the playing field, which is similar to a traditional soccer field, with opposing goal lines and a clear midfield line. Give each student a number, then call out two to five numbers at a time. These students will move to midfield where the balls are and attempt to kick the ball into the other side's goal. All students on the opposing side work as goalies and may kick the ball to deflect a goal, but may not attempt to score their own goals yet. After two to three minutes, have students retreat to their own sides, reposition the balls in the middle, and repeat the process with the other team. Do this until all students have had their numbers called.
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4. **Team building ideas** may also be relevant and were gleaned from: <https://ourpastimes.com/team-building-activities-for-large-groups-in-middle-school-13583095.html>

Shape Activities	Divide the students into groups of six or seven. Call out a shape, such as circle, triangle or star. The teams work together to create the shape using their bodies. They can make the shape standing up or laying on the ground. The first team to make the correct shape wins the activity. You can also do this activity with one large group and have everyone work together to make shapes.
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