**Warmed Up and Ready to Go:**

**Safely Developing Physical Literacy, Positive Attitudes, and Behaviours, Making Healthy Choices, and Total Well-being**

**Dr. John Byl**

**Want More?**

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[www.canadago4sport.com](http://www.canadago4sport.com)

[www.gophersport.com](http://www.gophersport.com)

Twitter & Instagram => @canadago4sport (for weekly posting of a new game)

Description: Safely developing physical literacy, positive attitudes, and behaviours, making healthy choices, and total well-being. Warming up for activity prepares body and mind for engagement. Over twenty active, fun, and engaging games (tag, races, rock-paper-scissors, numeracy...) can both warm players up and mentally prepare them for play. Come prepared to participate. Equipment used in workshop will be given to selected participants.

* **Opening** 
  + RPS Introductions
    - <https://www.canadago4sport.com/Warmups/Rock-Paper-Scissors-Four-Corner-Introductions>
  + Geometric Shapes 4 spots and puzzle pieces
    - <https://www.canadago4sport.com/Numeracy/Geometric-Shapes-Gathered-from-a-Square>
* Experiment with Games (fun, safety, modifying to suit all ages)
  + Duck Duck Goose
  + Three Amigos
  + Three Amigos planked
* Tag
  + Go to open space
  + All it (jumping jacks when tagged) SEE ATTACHED
    - On your own
    - With a partner—Double high five partners
    - With a team of four—Double high five teammates
  + Penguin Walk (PL with different movements)—Beanbags each
    - <https://www.canadago4sport.com/Warmups/Penguin-Squish-Stepper-Tag>
  + With Shoulder blades, pool noodles, foam hand, claws, Ball tag with pairs (PL Throwing and catching)—foam balls
    - <https://www.canadago4sport.com/Locomotor/Lobster-Tag>
  + Pork Taco Tag (PL with different movements)—Poly spots and rubber animals (chickens)
    - <https://www.canadago4sport.com/Warmups/Chicken-Taco-Tag>
* Races
  + Larry, Curly, and Moe (PL running) SEE ATTACHED
  + Paint Palette Relay
    - <https://www.canadago4sport.com/Numeracy/Paint-Pallette-Relay>
  + Anerobic Bean Bag Race (Use 1 spots to define where beanbag must be placed)
    - <https://www.canadago4sport.com/Locomotor/Anaerobic-Beanbag-Race>
  + Not in my house
    - View at: <https://youtu.be/glHU4Vhka0o>
    - View at: <https://youtu.be/QYr_QzJfTe4>
  + Tic Tac Toe (2 sets of colours, 3 beanbags, per game of 6 players)
    - <https://www.canadago4sport.com/Numeracy/Tic-Tac-Toe%E2%80%94No-Grid-Relay>
    - <https://www.canadago4sport.com/Numeracy/Tic-Tac-Toe%E2%80%94No-Grid-With-Push-Up>
  + Push Up Hockey
    - With two and bean bag
      * <https://www.canadago4sport.com/Warmups/Push-Up-Hockey-with-Two>
    - With 12 and bean bags
      * <https://www.canadago4sport.com/Warmups/Push-Up-Hockey-with-Eight>
  + Roller hoops (Hoops and Oversized Tennis Balls)
    - <https://www.canadago4sport.com/Target1/How-Far-Can-we-Roll>
  + Long throw with run (beanbags and playing cards…)—use non-dominant hand.
    - <https://www.canadago4sport.com/Manipulative-Send/Long-Throw-to-Partner>
  + Team Planks Caterpillar Relay with Push-Up Wave

* + - <https://www.canadago4sport.com/Warmups/Team-Planks-Caterpillar-Relay>
  + Inchworm Pushups With Ball Dribble
    - <https://www.canadago4sport.com/Warmups/Inchworm-Push-Up-With-Dribble>
* RPS
  + Ha Ha Dribble
    - <https://www.canadago4sport.com/Manipulative-Retain/Ha-Ha-Dribble>
  + Two-Foot Jumping (Use bars to define ladders)

* + - [www.youtube.com/watch?v=sRD0Ep7fgH8](http://www.youtube.com/watch?v=sRD0Ep7fgH8)
  + Snowflake (Use bars to define snowflake)
    - <https://www.canadago4sport.com/Locomotor/Snowflake>
* Counting on Fun (including numeracy)
  + Ready Set Shoot
    - <https://www.canadago4sport.com/Numeracy/Ready-Set-Shoot->
  + Even and Odd with Wall Sit and Run
    - <https://www.canadago4sport.com/Numeracy/Even-and-Odd-With-Wall-Sit-and-Run>

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| | **Item** |  | **Details** | **Quantity** | **Subtotal** | | --- | --- | --- | --- | --- | | [**Rainbow Rubber Critters - Frogs, 15"L (38 cm)**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiVDl2UHVXYUhMUS01Z2FsNEJ1QkppSGI0bk5FIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC9yYWluYm93LXJ1YmJlci1jcml0dGVycz91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcIjkwNjYyMDJkYzI1MDQ0M2Q5ZDU4MDdjOWNmNGNkM2RlXCIsXCJ1cmxfaWRzXCI6W1wiOGU0MmZlMjRhY2IwZDQ3NmJmODU3NTYyZTI1MjkxYjdkMjRmZmEzY1wiXX0ifQ) Item No: 12-656 Availability: In Stock | Price: Unit: | C$109.00 Set of 6 | 1 | C$109.00 | | [**DuraHoop Skinny - Set of 12, 36" dia**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiUzNkQ2RaaXQzZlh2bVprakM3QnFkNS1xbE1FIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvaG9vcHNcXFwvZHVyYWhvb3Atc2tpbm55P3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiOTA2NjIwMmRjMjUwNDQzZDlkNTgwN2M5Y2Y0Y2QzZGVcIixcInVybF9pZHNcIjpbXCIxNWU0MWEyNTA5NjJiNzYwZjU3ZmVmZWRiM2FhMjI5NDI1Y2NjMjBjXCJdfSJ9) Item No: 43-512 Availability: In Stock | Price: Unit: | C$75.00 Set of 12 | 1 | C$75.00 | | [**Gopher Oversized Foam Tennis Balls - Gopher Oversized Foam Tennis Balls**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiX3BUNDl0UkQ1ZkJwNUtaa0lLTEVjMXhXUEtRIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3BvcnRzXFxcL3Rlbm5pc1xcXC9vdmVyc2l6ZWQtZm9hbS10ZW5uaXMtYmFsbHM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5MDY2MjAyZGMyNTA0NDNkOWQ1ODA3YzljZjRjZDNkZVwiLFwidXJsX2lkc1wiOltcIjU4MGVkM2JjN2M0ODljMWI3ODEyZTVmMjFmOWJmYjhlMTNjODJmZTNcIl19In0) Item No: 41-718 Availability: In Stock | Price: Unit: | C$18.00 Set of 3 | 4 | C$72.00 | | [**Team Beanbag Set - Rainbow® Set of 36**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoicllUWWd6M29PSnpkdGs3SjViNVVKNURGVGhFIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYmVhbmJhZ3NcXFwvdGVhbS1iZWFuYmFnLXNldD91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcIjkwNjYyMDJkYzI1MDQ0M2Q5ZDU4MDdjOWNmNGNkM2RlXCIsXCJ1cmxfaWRzXCI6W1wiNmFlZjFiYmE0ZDhlM2Q3NDM5MTYxYTIyNmQxMTM5ODA5YWQwMGZhYlwiXX0ifQ) Item No: 20-283 Availability: In Stock | Price: Unit: | C$165.00 Set of 36 | 1 | C$165.00 | | [**Tag-It™ Mitts - Tag-It™ Mitts**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiTjl2cGNYa3A1ZWRwQXNIZzZ0OU1pQnNGNkhFIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC90YWctaXQtbWl0dHM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5MDY2MjAyZGMyNTA0NDNkOWQ1ODA3YzljZjRjZDNkZVwiLFwidXJsX2lkc1wiOltcImE0OGFkYjZhMGZiMjNjYThiOTgwNzc5OWM0ZWVmMThiOGJkODhmZTZcIl19In0) Item No: 41-286 Availability: In Stock | Price: Unit: | C$95.00 Set of 6 | 1 | C$95.00 | | [**Rainbow TopSpot Vinyl Spots - Rainbow Set, 5" dia**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiNTVpUGRZVEdPQ0ZJdzlYMTFQM1FBS1hmMUlFIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3VwcGxpZXNcXFwvY29uZXMtbWFya2Vyc1xcXC9yYWluYm93LXZpbnlsLXNwb3RzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiOTA2NjIwMmRjMjUwNDQzZDlkNTgwN2M5Y2Y0Y2QzZGVcIixcInVybF9pZHNcIjpbXCJhNDJkZjQ5MWExMDcwZDJjNTBhYmEwMDdjZDFkOWY2NTc1OTYxZTVlXCJdfSJ9) Item No: 93-022 Availability: In Stock | Price: Unit: | C$25.00 Set of 6 | 6 | C$150.00 | | [**Rainbow TopSpot Vinyl Spots - Rainbow Set, 9" dia**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiNTVpUGRZVEdPQ0ZJdzlYMTFQM1FBS1hmMUlFIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3VwcGxpZXNcXFwvY29uZXMtbWFya2Vyc1xcXC9yYWluYm93LXZpbnlsLXNwb3RzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiOTA2NjIwMmRjMjUwNDQzZDlkNTgwN2M5Y2Y0Y2QzZGVcIixcInVybF9pZHNcIjpbXCJhNDJkZjQ5MWExMDcwZDJjNTBhYmEwMDdjZDFkOWY2NTc1OTYxZTVlXCJdfSJ9) Item No: 10-829 Availability: In Stock | Price: Unit: | C$35.00 Set of 6 | 1 | C$ 35.00 | | [**Rainbow Segmented Squish Steppers - Rainbow Segmented Squish Steppers**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoieFZRZzR6dFR4X2ppNEtEMkhhMjFVZE1iMmxBIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvbW92ZW1lbnRcXFwvcmFpbmJvdy1zZWdtZW50ZWQtc3F1aXNoLXN0ZXBwZXJzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiOTA2NjIwMmRjMjUwNDQzZDlkNTgwN2M5Y2Y0Y2QzZGVcIixcInVybF9pZHNcIjpbXCJlNzg5MDFhZDlkOTYzODhiNzI5YTBjYWVmZjA4ZGRiYTk4OTcwOWUxXCJdfSJ9) Item No: 10-013 Availability: In Stock | Price: Unit: | C$125.00 Set of 6 | 1 | C$125.00 | | [**Boundary Markers - Boundary Markers**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiMGs4UzVNWm5QN2ZqOGQ1Z185Sm0wNnZnN2hRIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3VwcGxpZXNcXFwvY29uZXMtbWFya2Vyc1xcXC9ib3VuZGFyeS1tYXJrZXI_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5MDY2MjAyZGMyNTA0NDNkOWQ1ODA3YzljZjRjZDNkZVwiLFwidXJsX2lkc1wiOltcImYyOThiMWNhZjQ4YTA1ZmVkYTYwOGIzMzFlYzliOTM4OWRiZDA5YjFcIl19In0) Item No: 93-185 Availability: In Stock | Price: Unit: | C$95.00 Set of 24 | 2 | C$190.00 | | [**Deluscious Foam Soccer Balls - Soccer Balls, Rainbow Set, Size 4**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiMlVmMTdtVE9uY0V6bFJZMWJNMk9pRFdFb3ZvIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3BvcnRzXFxcL3NvY2NlclxcXC9kZWx1c2Npb3VzLWZvYW0tc29jY2VyLWJhbGw_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5MDY2MjAyZGMyNTA0NDNkOWQ1ODA3YzljZjRjZDNkZVwiLFwidXJsX2lkc1wiOltcImEyOWQ2OGVmNjljYWViOTZjNzc4YTBlOTg0MDVjMDhhYTQ1ZDE0ODRcIl19In0) Item No: 71-563 Availability: In Stock | Price: Unit: | C$115.00 Set of 6 | 2 | C$230.00 | |
| Plus 4 geometric puzzles from home |

**All It Tag**

Objective: To be the only player that was not tagged.

Equipment: None

Setup:

* Players stand in a scattered formation in the playing area.

Instructions:

* On the signal to begin players attempt to tag other players.
* If a player is tagged first they stand in one spot and do jumping-jacks. While doing jumping jacks, if another player come close and can be tagged by the jumper then the two players switch roles.
* Once there is only one player left that player wins the game.

Variations:

* Paired All It Tag
  + In this variation players begin standing with a partner.
  + If a player is tagged, their partner can stand before them, they both jump and do a high-ten with their hands and both are free to play.
  + If both partners are tagged they do jumping-jacks till the end of the game unless one of them is freed by tagging an unwary runner.
* Four All It Tag
  + In this variation players begin standing with a team of four players.
  + If a player is tagged, one of their teammates can stand before them, they both jump and do a high-ten with their hands and both are free to play.
  + If all four players are tagged they do jumping-jacks till the end of the game unless one of them is freed by tagging an unwary runner.

Questions for Understanding:

* What is the best strategy to tag someone?
* What is the best strategy to not get tagged?
* What might the above say about leadership?

**GAME 119: Curly, Larry and Moe**

**Equipment:** One small ball.

**How to Play:** In this non-traditional relay, players are in teams of three. A ball is placed in the middle of the circle. Each player takes a name of one of the “Three Stooges” – Curly, Larry and Moe. When one of the “Stooges” is called, that player races around the outside of the circle. The remaining “Stooges” create a tunnel/bridge by lying on their backs and raising their feet in the air so that their feet are touching. Once the “Stooge” returns they crawl through the bridge. The first player through the tunnel and retrieves a ball, gets a point for their team.

From Ready Set Relay.

[www.ciraontario.com/ready-set-relay](file:///C:\Users\John\Documents\aaaWrite\Gopher\Games\Documents\Warmed%20Up\www.ciraontario.com\ready-set-relay)

View at:

<https://youtu.be/-eV4bMfQRQ8>