**Simon Says, “Spread Your Wings!”**

**Physical Activity While Socially Distancing**

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**Classic Childhood Games (No Equipment)**

1. **Simon Says**: One person is designated Simon; the others are the players. Standing in front of the group, Simon tells players what they must do. However, the players must only obey commands that begin with the words “Simon Says.” But, if Simon simply says “jump,” without first saying “Simon says,” players must not jump.
2. **Follow the Leader**: A leader or “head of the line” is chosen, then the children all line up behind the leader. The leader then moves around and all the children have to mimic the leader’s actions.
3. **Red Light Green Light**: Start with everyone along the starting line. When you say *Green Light*, everyone will move towards the finish line. When you say *Red Light*, everyone must immediately stop. If players are still moving when you call *Red Light*, they must go back to the starting line.
4. **Hide-and-Seek**: One player closes his eyes for a brief period (counting to 100) while the other players hide. The seeker then opens his eyes and tries to find the hiders; the first one found is the next seeker.
5. ***Shadow Tag***: Goal is not to tag another’s body, but to step on another’s shadow. The players choose an it, who covers his eyes, counts to 5, and then starts chasing. It shouts, “Gotcha!” when he steps on a player’s shadow. And that player immediately become It.
6. **Noodle Tag**: Give everybody a pool noodle. When someone is It, they have to tag their buddies by using the end of the noodle. Soft and bendy so nobody gets hurt, but also social-distanced approved so no one comes too close!
7. ***Pizza Tag***: one person is It and chases the others. Players run from It and can stay safe from being tagged by naming pizza toppings and touching the ground.
8. **Relay Races**: Divide children into groups of 3-4 children and have them sit as a relay team behind a cone. Set up a second cone for each team 12 -15 feet away. Do relay races performing animal walks or locomotor movements – crab walk, run, jump, etc.
9. **Statues**: Spin in circle, freeze, make a pose

**Games Using Individual Equipment**

1. **Non-Competitive Red Rover, Red Rover**: Set up boundaries using ropes 15 to 24 feet apart. Two people at the finish line hold a sheet of newspaper (~ 22” x 24”) with two hands on each corner. When you say, “Get ready, get set, run,” the child at the “start line” (with the palms of his hands touching and pointing forward) runs and bursts through the newspaper!
2. **Bean Bag**: Toss at a target or in a bucket, Musical Bean Bags, Bean Bag Freeze
3. **Paper Plate Dance**: Clap the plates together to the music—above your head, to the right side, to the left side, in the front, under your legs, behind your back, rub them together, etc.
4. **Floppy Flipper and Balloons**
5. **Beach Ball or Balloon Volleyball**
6. **Swat the Fly**: Frisbee and Pool Noodle
7. **Hoops**: Car & Driver, Driving with Hoops, Push a Ball with a Hoop, Throw pool noodle or bean bag through a hanging hoop
8. **Parade**: Marching with rhythm instruments (rhythm sticks, bells, shakers)
9. **Outdoor Dance Party**: Turn up the volume while children dance to their favorite dance music. Ask children to be aware of their “space bubbles” when dancing (place hoops on the ground, or draw boundaries with chalk if kids need a visual clue)
10. **Balls** – toss and catch standing or sitting, roll, bowl (knock down recycled water bottles)
11. **Obstacle Course**: Use boxes to creep/crawl through, jump over, use ropes or chalk to make paths, throw a ball/beanbag into a bucket, jump/hop into hoops
12. **The Floor is Lava**: Set up an indoor obstacle course using pillows, blankets, chairs, etc. that children have to jump/climb around but don’t touch the floor
13. **Hopscotch** with painters’ tape or chalk
14. **Bubble Chase**

**Action Songs**

* *Shake Your Sillies Out* (Nancy Cassidy)
* *Bop ‘Til You Drop* (Greg & Steve)
* *The Freeze* (Greg & Steve)
* *Mack Chicken Dance* (Greg & Steve)
* *Listen and Move* (Greg & Steve)
* *Tony Chestnut* (The Learning Station)
* *Root Chy Cha* (The Learning Station)
* *Move and Freeze* (The Learning Station)
* *Happy Dance* (The Learning Station)
* *Penguin Dance* (Jack Hartman)
* *Let’s Get Fit* (Jack Hartman)
* *List of Dances* (Jim Gill)
* *The Silly Dance Contest* (Jim Gill)
* *Jumping & Counting* (Jim Gill)
* *Tooty Ta* (Dr. Jean)
* *The Goldfish-Let’s Go Swimming* (Laurie Berkner)
* Sleeping Bunnies (<https://www.bussongs.com/songs/sleeping-bunnies>)