



DPA the CIRA Way

PHE Canada Conference 2019
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GOPHER

Big Space Games

Leap of Faith – Players attempt to cross from one side of the playing area to the other side. They must jump or leap from safety zone to safety zone (hoops, poly spots, etc.) Players score a point for each successful crossing.

Topsy Turvy – Divide the players into two teams. Players try to turn all the cones right side up or upside down, depending on their team.

Pandemonium – Everyone is against everyone in this game. Players try to eliminate others by hitting (below the waist) with a dodgeball or tagging them normally. Eliminated players run a lap of the playing area to get back into the game. They could also pickup a ball and hit a player still in the game.

Tank Range – Players attempt to run through the range without being hit by a ball. Runners leave every five seconds and score points for each zone they cross. Tanks may move to retrieve balls but must otherwise stay put.

Classroom Games

Bears and Dens – Pairs of players create dens by holding hands while facing each other. A bear (solo player) stands in each den. The leader will make certain announcements that the players must follow: Switch dens (bears move); Switch bears (dens move); Bears tap a den (a bear switches with part of a den). You can add creative movement styles as well (dancing, bouncing, sliding, etc.)

Bubble Bath – Players move around like floating bubbles, trying to avoid bumping into each other. If bubbles contact, they join to make a bigger bubble Sound effects and special movements are highly encouraged.

Add it Up – Players stand in a circle and the first player chooses an exercise and number of repetitions for the whole group to do. The next person adds an exercise and repetitions. The whole group does this exercise and then the first one again. This continues all the way around the circle.

Fitness Monopoly – Players move around the playing area alone or in groups, stopping on properties and completing tasks. Each player/group rolls a die to determine how many spaces they move. A point is scored for each turn around the playing space.

Hallway Games

Rock-Paper-Scissors Football and Rugby – **Football** - Teams of 2-5 players set up at opposite ends of the playing area. The first player from each team meet in the middle at the football (rubber animal). They play RPS and the winner picks up the chicken and advances towards the other team's goal line. The next player in line from the losing team runs out to meet the advancing player. They play RPS again and the game continues this way. **Rugby** – The main difference is that the winner picks up the animal and laterals it back to the next teammate in line as that player moves forward. The defending player must run and high five the next player in their team's line.

Topsy Turvy Tag – You will need a few taggers and a few healers for this tag game. Players that get tagged must lie on their backs with their arms and legs in the air. The healers can only touch one limb (foot or hand) at a time, allowing the tagged player to lower that limb. Once all four limbs are back down, the player is back in the game.

Taco Tag – Four or five players start as taggers, but they won't be it for long in this tag game. Players use a taco (rubber animal wrapped in a poly spot) to tag other players. Once they tag another player, they drop the taco and run away.

Card Sharks – Teams of 2-6 players set up relay style at one end of the area. Cards are randomly spread out face down at the other end. Players go down one at a time to pick up a card and return to their team. The goal of the game can be any of:

- Most cards of a certain colour
- Most cards of one suit
- Most pairs
- Four of a Kind
- Full house
- Straight

Games have been selected from *DPA the CIRA Way: A Collection of Games for Daily Physical Activity* by Chris Wilson. This resource and many others can be found at our website at <https://www.ciraontario.com/all-publications-public>