Keeping Kids Active
LAHPERD Convention
November 6, 2025

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Lafayette Parish

Octopus Cooperative Play

Equipment needed: single scooters, double scooters, ½ noodles, hula hoops. (I will only demo this game/ TOO MUCH EQUIPMENT NEEDED)

Pick 6-8 students give them a noodle in their left hand and hold their right hand on the hula hoop “OCTOPUS” = the tagger

Single scooter = “the fish”= the prey

Double scooter = “the marine biologist” = the rescuers
When a fish gets tagged, they have to wave both hands in the air and wait for the marine biologist to save them. Once the double scooter makes it to the fish, the marine biologist puts their scooters in “Safe mode” (wheels up) and makes a bridge with arms and the fish goes underneath/ through the bridge and then they are free!!!

Ninja turtle TAG!

Equipment needed: 2 green noodles, red hula hoop (Raphael), orange hula hoop (Michelangelo), blue hula hoop (Leonardo) and purple is (Donatello). The kiddos with the green noodles are the taggers (Shredders) and the turtles are the rescuers. The people who get tagged will lay on the floor like a dead COCO-ROACHA (feet and hands in the air) and one of the turtles will rescue them. ***The turtles wear the hoop on their back.

Line Dance: "Just fine" by Mary J. Blige

Step together slide (R/L)
Tap 3 (R/L)
Right side forward, forward, back, back, forward, back
Step, turn, crossover step, crossover, back, together jump!!
Repeat!!!

Hannah Fusilier
Basketball

Dribble Tag (K+)

This activity allows the students to dribble while moving around in general space. Everyone is the tagger and attempts to pull the flag of other students dribbling the ball. If a student loses control or their flag is pulled, they must then move to the perimeter of the gym and complete 10 basketball jumps (hug the basketball and jump up and down). The structure of this activity requires them to look up to make sure they do not bump into anyone, to look for the tagger, and to quickly change directions to get away from the tagger.

Christmas Ca$h

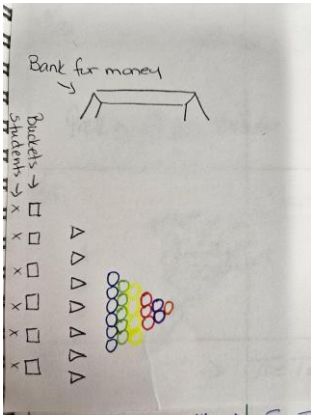
Equipment: 6 Blue Hula Hoops 5 Green Hula Hoops
4 Yellow Hula Hoops 3 Red Hula Hoops
2 Purple Hula Hoops 1 Orange Hula Hoop

Buckets for each team, or something they can collect and hold their Ca$h in.

Cones or some kind of partition for them to toss bean bags behind.

Bean Bags—- 1 for each team
1 poly spot for each color hula hoop
Ca$h- I use $1, $5, $10, and $20

Set Up:



I usually set up 2 game that mirror each other

Play: Students are working on underhand tossing. If they make their beanbag into one of the hula hoops, they go to the bank and collect the correct amount of money and store it in their bucket. Play continues until time is called.

CONE HOLE (corn hole)

3 cones per group (small, medium, large)
1 hula hoop per group
2 students per group
2 bean bags per group
1 score stick per group
2 clothes pins per group

Place cone laying down with the base of the cone in the hula hoop. Students decide where they want the bottom of the cone to be.
LEVEL 1—- 5-7 feet away the students will underhand toss their bean bag to the BIG cone/hula hoop. 5 points are awarded if the bean bag lands in the base of the cone; 2 points are awarded if the bean bag lands in the hula hoop. Points are kept on the score stick, play to 21

LEVEL 2— 10-15 feet away is where the hula hoop needs to move to. Students have the choice to use the big cone or the middle sized cone to place into the hula hoop. Repeat level 1

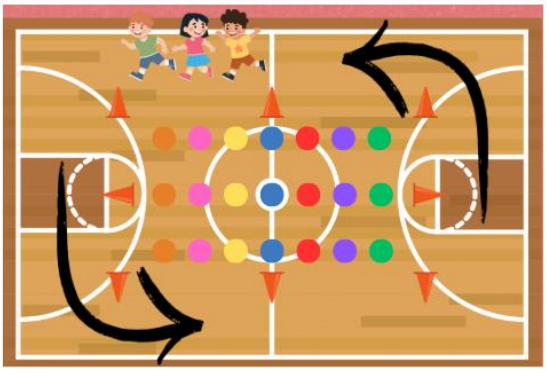
LEVEL 3– 15-20 feet away is where the hula hoop is placed. Students have the choice to use the medium sized cone or the small cone. Repeat level 1

LEVEL 4— 20-25 feet away is where the cone is placed. Students get to choose which sized cone they want to use.

Dot Flip Fitness Game

Set up large rectangle area using cones as a border. Inside the playing area put 2 poly spots next to each other all over the area. Use poly spots with something on one side or tape a piece of paper to one side. Students take a lap around the perimeter of the area then go to find a partner at a set of poly spots. They each flip their poly spots. If the spots match then both students get a playing card from the teacher. Then they take a lap and continue with finding a new partner. If they don't match, neither student gets a playing card. Both students take a lap and continue with finding a new partner. Play for your desired time then stop. You can do a variety of things once they are finished. Group them by suits, group them by colors, group them by numbers, make them make a math problem etc… You could even just call certain colors/numbers to do exercises. The possibilities are endless.

Dot Fitness



When the music starts, the students will perform a cardiovascular activity on the outside of the coned area. When the music stops, the students will go inside the coned area and stand on a dot. The students will look at the sign and perform the exercise based on the color dot that they are standing on. The students will go back to the perimeter and begin a different cardiovascular activity. This continues until the warm-up is completed.

Danielle Catalan
Our Lady Of Fatima School
Lafayette Parish

Body Puzzles (K-2)

Equipment: Music,cones to mark the area to move around, handmade book with pictures or slide show with pics.

Skills: balance, locos, right/left identification, math skills

On signal, students do designated locomotor skill around the playing area while music is playing. When the music stops students freeze and look up at the picture and balance ONLY those body parts on the ground.

Variations: You can add up the numbers that are on the pics to incorporate math skills

Body Puzzles Google Slides Presentation

Vootskit Ball (3rd- 12th)

Equipment: 2 different color sets of flags, basketball court, cones for jail, 2 volleyballs

Skills: offense, defense, hand/eye coordination, basketball skills, dodging, fleeing, team work all invasion skills.

This is an invasion game played a lot like Capture The Football. You divide the class into 2 teams. You set a volleyball up in the middle of each team's 3 point area. On go, you cross the midline into the other team's territory and pick up the volleyball and shoot it into the basketball goal for 2 points. You can make ONE pass, ONE dribble, ONE rebound. If the ball hits the ground any more than that, it is a deadball. You just set it up and continue. If you make the shot from the 3 point line, the score is worth 3 points. All other shots are worth 2 points.If your flag gets pulled, you go to jail. You can get rescued from jail if your team mate successfully gets into jail with their belt on, you get a free walk back!

Tips: No camping out in 3 point area or the lane to jail. Can't enter that area until the opposing team enters. To stop the play, tell kids to pull flags not to grab the ball.

Suit Yourself (Pk-2)

Equipment: Pre-made posters with locomotors and pictures that match locos, cones to designate playing area, 4 decks of cards.

Example:

♥-Running
♦-Jumping
♠-Skipping
♣- Hopping

♥-Leaping
♦-Sliding
♠-Galloping
♣- Walking

Divide class into 4 groups. Each group will start at a corner with a poster and a deck of cards. Cards should be facedown where you can't see the face.. When music starts each kid will flip over a card and match the suit of their card to the poster. If the heart at the poster says Run… you run to the next corner and pick up another card and do what that card says to do.
MAKE sure they turn the card face down before they leave the corner.

Variation: You could flip over one card as a class and all work together. We let our students work independently.