

C.O.P.E. GRANT  
*Creating Opportunities For Physical Education*

# HEALTHY HABITS



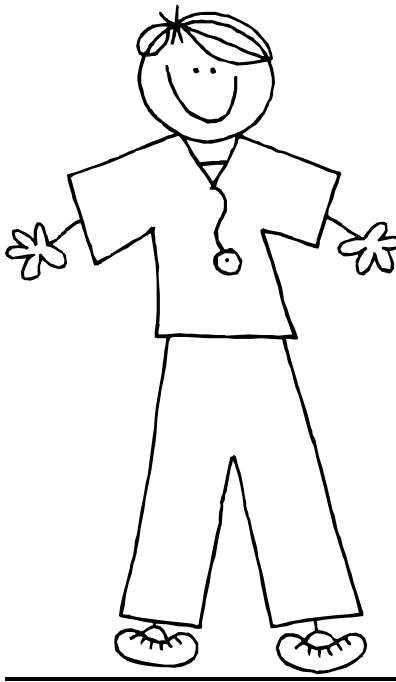
**PHYSICAL EDUCATION AND  
NUTRITION MANUAL FOR  
GRANITE SCHOOL DISTRICT  
ELEMENTARY TEACHERS  
and  
GOLD MEDAL SCHOOL PARTICIPANTS  
  
GRADES K-2**

*Provided by  
Granite School District  
Curriculum Services  
Health, P.E., Athletics*

Portions of the Activity section were developed by  
a physical education committee led by Mr. Walt Layton.

The Nutrition section was produced through the Utah State Office of  
Education  
and is consistent with State Curriculum Guidelines.

*To create a healthy lifestyle, emphasis must be placed both on exercise  
and proper nutrition. One should not be taught without the other.*



**Healthy Habits**

**Edited and distributed by Frank Wojtech, Mike Riley and Kelly Wilde  
Granite School District  
Curriculum Services  
2002**

## Funded through a 2002-2003 PEP Grant

BARKER’S HOOPLA .....	1
BOWLIG RELAYS .....	2
CATCH UP BALL.....	2
CIRCUIT TRAINING.....	3
COOPERATION HOOPS .....	4
HOOPERS .....	4
JUMP JIM JO .....	5
KICK CITY .....	5
KINDERPOLKA .....	6
LINE TAG.....	7
LONG DISTANCE RELAYS .....	7
MAN FROM MARS .....	8
MIDNIGHT .....	8
MOUSE TRAP .....	9
NUMBER LINES .....	9
OVER AND OVER RELAY .....	10
PAPER RACE.....	10
PARACHUTE RELAY .....	11
RED LIGHT – GREEN LIGHT .....	12
SCOOTER RELAYS .....	13
SPIDER AND FLIES .....	13
STRENGTH AND FITNESS WITH CARPET SQUARES .....	14
STRIDE BALL RELAY .....	14
TEACHER BALL.....	15
TEN SECOND TAG .....	16
TOMMY TUCKER.....	16
TOUCHDOWN .....	17
TRAIN RELAY .....	17
YOGI BEAR.....	18

Develops – Agility, Coordination, Cooperation  
BARKER'S HOOPLA (PIRATE'S GOLD, GOOD SAMARITAN)

Equipment: 5 hoops (milk crates), 25 beanbags

Play Area: Gym or Marked Playground

No. of players: Class

#### ACTIVITY

Hoops are placed around the gym so that hoops are about 15' apart. Five beanbags are placed in each hoop. The class is divided into 5 equal teams. Each team sits around a hoop, this is home base. The object of the game is to steal beanbags from other hoops and return them to your home base. Begin playing on command. When the signal is given a second time, every player must freeze. Then on command, take the beanbag (if they have one) to the nearest hoop and then return to home base to count the bags. Only one beanbag can be taken at a time. Each beanbag must be taken to home base before another bag is obtained.

#### VARIATIONS

Penalize a team member who drops a bag after the "Freeze" command.

Use various ways to travel while stealing the beanbags: Jogging, leaping, skipping, galloping, crab walk, balancing, etc.

Instead of stealing the beanbags, give them away. (Good Samaritan)



Develops – Speed, Agility, Underhand Throwing  
**BOWLING RELAYS**

Equipment: 6 Playground balls  
Play Area: Gym or marked playground  
No. of Players: Class

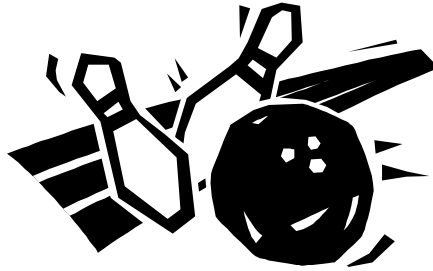
**ACTIVITY**

The players are in relay formation with no more that 6 players per team. Players run to a line about 20' - 30' from the start, turns and rolls the ball back to the player who waits until ball crossed the starting line. He/She takes off and does the same. The first team to have everyone cross the line wins.

**VARIATION**

If the activity moves too fast, this relay can be repeated before the winning team is chosen.

Credit: Awesome Elementary School, Physical Education Activities, Cliff Carnes, 1983



Develops – Ball Handling  
**CATCH UP BALL**

Equipment: Volleyball net (or chairs), 2 8" playground balls  
Play Area: Volleyball Court  
No. of Players: Class divided into teams of 5 players

**ACTIVITY**

Teams of 5 are placed on each side of the court. A low net or chairs divide the court. Each team begins with one ball. The object of the game is to force the other team to have two balls in possession (in hand) at the same time. One point is scored each time that this happens. Players catch and get rid of the ball rapidly. Eleven points make a game.

Credit: Cliff Carnes, Awesome Elementary School, Physical Education Activities. 1983

## Develops - Strength, Cardiovascular CIRCUIT TRAINING

Equipment: Tape or CD Player, Pre-Recorded Music  
Play Area: Gym  
No. of Players: Class

### ACTIVITY

Different exercise stations are designated by signs or marks on the wall or floor, (e.g.: jump rope, curl-ups, jumping jacks, agility run, push-ups, running in place, crab walk, etc.). Everyone starts a station. When the music plays the students begin to do the task at their station. When the music stops, students run to the next station and wait until the music starts again. Continue until everyone has been to every station.

### VARIATION

Add a few seconds of exercise time each day. Take away a second or two of moving time between each station each day.

Add new stations.

Have students move two stations to the right/left.

Have students jog around the station before they move to the next (after the music has stopped).

Credit: Lisa Condie, Recreation Specialist, Granite School District, 1985



Develops – Cooperation, Agility  
COOPERATION HOOPS

Equipment: Cones to define general space, a hoop or bicycle tire for each student

Play Area: Gym

Number of Players: Class

ACTIVITY

Each student has his or her own hoop to stand in the middle of at the beginning of the game. Hoops should be spaced safely throughout the playing area. On the signal students begin to move randomly throughout general space avoiding the hoops. For younger students you probably want to have them move in different locomotor patterns.

When the music stops students must get back into a hoop as quickly as possible. Only one student per hoop. Now you are going to make this harder by removing 2-3 hoops. Before playing the game ask the students what they are going to have to do to make this successful. You may want to talk about helping each other out and emphasize why you are doing this.

Play the game again but now when the music stops or on the teachers signal the students have to get into a hoop but they are going to have to have more than one student in the hoop to be successful. Continue removing hoops until you have 5-7 students having to share one hoop.

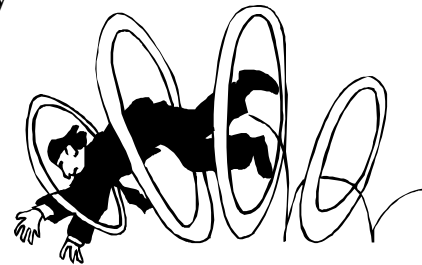
Take time at the end to talk about the strategies they used to help each other out. Emphasize the good things that you saw when they helped each other out. Encourage students to invite stragglers (students who wonder around who aren't inclined to get in the hoops) into their hoops. This needs to be an inclusion activity and sometimes there are students who don't like to be close to others in such small areas.

Develops – Speed, Agility  
HOOPERS

Equipment: None

Play Area: Gym

Number of Players: Class



ACTIVITY

On the ground, lace  $\frac{1}{2}$  as many hoops as the number of children. Children stand outside the hoops. On the command “Run” the children run around the area without touching anyone or the hoops. On the command “Hoopers” each child must find the nearest hoop to jump inside (two children may share a hoop). Vary the actions outside the hoops, gallop, turn, jump, skip. Combine with Number Lines.

Develops – Rhythm, Cardiovascular Fitness  
JUMP JIM JO

Equipment: Record - Folk craft 1180  
Play Area: Gym or classroom (sound system needed)  
No. of Players: Class

ACTIVITY

Double circle, partners facing with the boys on the inside. Join hands  
Verse: Jump, Jump, Jump Jim Jo  
(jump in place five times - two slow, three fast)  
Take a little twirl and away we go,  
(partners move around each other, clockwise, in a small circle in place and return to position)  
Slide, Slide and point your toe  
(with hands on hips, slide two draw steps to his left, pointing toe of lead foot)  
Take another partner and Jump Jim Jo

Repeat



Develops – Kicking, Trapping Skills  
KICK CITY

Equipment: Balls  
Play Area: Gym  
Number of Players: Class

ACTIVITY

Place a large number of soft balls in a small area. The challenge is to keep them all moving. Challenge children to kick with their non-dominant foot. Kick it to a friend, kick between two cones, kick through a hula-hoop, bounce all kicks off the wall.



Develops – Rhythm, Cooperation  
KINDERPOLKA (Children's Polka) Germany

Equipment: Records Victor 45-6179, 2042, Folk craft 1187. Ed. Dance  
Recordings FD-1

Play Area: Gym or classroom (sound system needed)

No. of Players: Class

ACTIVITY

Single circle, partners facing. Hands are joined and extended.

Although this dance is called a polka, it does not use the polka step.

- Measures:
- 1-2 Take two draw steps to the center (step-close, step-close). Finish with three light stamps.
  - 3-4 Repeat, moving away from the center
  - 5-8 Repeat measures 1 - 4
  - 9-10 Clap thighs with the hands and then the hands together in slow tempo.  
Clap hands to partner's hands in three fast claps.
  - 11-12 Repeat 9-10
  - 13 Extend the right foot forward on the heel and shake the forefinger three times at the partner.
  - 14 Repeat, extending the left foot and using the left forefinger.
  - 15 Turn self around in place using four steps.
  - 16 Face partner and stamp lightly three times.



Develops - Agility, Locomotor  
LINE TAG (PAC MAN TAG)

Equipment: 3 objects  
Play Area: Gym with painted lines  
No. of Players: Class

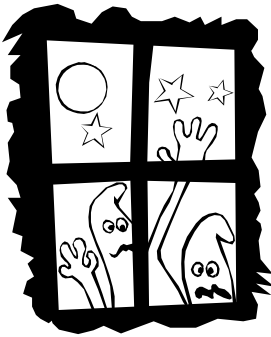
ACTIVITY

Players are spread out on lines throughout the gym. Three players have objects in their hands. On signal the three "its" try to tag classmates with the objects and continue play. All players must move by walking on painted lines.

VARIATION

If Pac Man is played the "its" will be Pac Man, all the other will be ghosts. When a ghost is touched they return to some designated part of the room where they line up with the teacher and on command will reenter the game one at a time. All players must continue to stay on the painted lines.

Alternate ways to move can be chosen (skipping, galloping, sliding, etc.).



Develops - Speed, Cardiovascular  
LONG DISTANCE RELAYS

Equipment: Wands, balls, bean bags, erasers  
Play Area: Playground  
No. of Players: Class

ACTIVITY

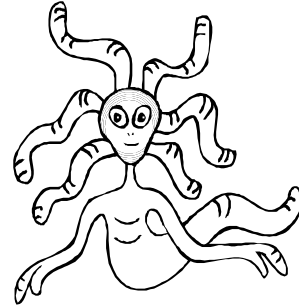
Players are lined up. The first runners in line go all the way out to the fence (one hand touches fence). The second runners go out about half way to the fence. The third runner in line starts the relay with an object in hand. The start runner carries the object to the half way runner and stays. The half way runner carries the object to the fence runner and stays. The fence runner carries the object to the start and passes it off to the first player in line. The first player takes off. The relay is run until everyone is back in place.

VARIATION

Can be modified to be played in the gym.

Credit: Awesome Elementary School, Physical Education Activities, Cliff Carnes, 1983

Develops – Agility  
MAN FROM MARS



Equipment: None  
Play Area: Gym or marked Playground  
No. of Players: Class

ACTIVITY

Object of the game is to be the last one tagged. Man from Mars (Girl form Mars) stands in the center of the gym. Earthlings (class) stands on one side of the gym and call our, "Man from Mars, Man from Mars, will you take us to the stars?" The Man from Mars replies, "Only if you are wearing \_\_\_\_\_(color)." Those students with the color called may run for the other side of the gym to avoid getting tagged. Those students tagged join the Man from Mars in the center of the playing area.

VARIATIONS

Substitute running for Jogging, skipping, jumping, hopping, leaping, gliding, etc..

Credit: Cliff Carnes, Awesome Elementary School, Physical Education Activities, 1983

Develops – Agility  
MIDNIGHT

Equipment: None  
Play Area: Half Gym  
No. of Players: Class

ACTIVITY

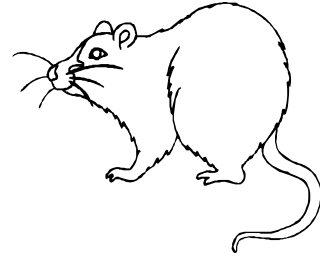
Midnight is a game that has one initial tagger. The rest of the players are flee type participants. A court, a little larger that the size of a basketball court, is designated. The tagger is called the "wolf". The fleeing players are the "sheep". The wolf is designated to be in the key on one end of the court or small pen. The sheep skip out into the meadow and around the pen. The sheep begin asking the wolf what time it is. If he/she replies, "8:00", "10:00" or any other time other than midnight, the sheep continue to skip around. If a sheep asks for the time and the wolf says "midnight", all of the sheep run back across the end of the line and try to avoid being tagged or having their flags pulled. If they are tagged, they go to the wolf's den and sit down. When the game gets down to 10 or so, a new game is started. Do not let players sit for over 2 or 3 minutes. Football flags are great for stopping argument about being tagged.

VARIATIONS

Tagged players can also become wolves and tag sheep.

Credit: Cliff Carnes, Awesome Elementary, Physical Education Activities, 1983

Develops – Speed, Agility  
MOUSE TRAP



Equipment: None  
Play Area: Gym or Playground  
No. of Players: Class

ACTIVITY

Children form a large circle, join hands and raise their arms high to make a mouse trap. A small group of the children (mice) run through the trap. The teacher, who is part of the circle, calls the signal "SNAP". When the circle children hear the signal to snap the trap, they quickly lower their arms. When the trap shuts the mice inside become part of the circle near the teacher. When all are caught, new mice are named.

Credit: Cliff Carnes, Awesome Elementary School, Physical Education Activities. 1983

Develops – Locomotor Skills, Speed, Agility  
NUMBER LINES



Equipment: None  
Play Area: Gym  
Number of Players: Class

ACTIVITY

Find a space to run across from line to line. Start with a counting-o game, yelling the loudest "GO!" you can muster, where upon the children run from one line and stop at the other. Run with different children each time. Count up to different numbers. Count down. Then challenge different ways to run. Tip toes, Knees high, Arms high, Circling, Swinging, Twisting, Zigzag, Backwards, Jumping.

Develops – Ball Handling, Agility  
OVER AND OVER RELAY

Equipment: 6 balls (one for each team)  
Play Area: Gym or marked playground  
No. of Players: Class divided into equal teams

ACTIVITY

Players are in relay formation with no more than 6 per team. The finish line is behind the relay team at least one full length of the team. As soon as the player passes the ball over his/her head to the waiting player behind, he/she peels off and becomes the end of the line, "pass and peel", "pass and peel" becomes the activity. The whole team moves backward and must cross the finish line making sure that each player has had his/her turn at least one time.

VARIATION

1. "Over and under"
2. "Under and under"

Credit: Cliff Carnes, Awesome Elementary School Physical Education Activities. 1983



Develops – Speed, Agility  
PAPER RACE

Equipment: Sheet of paper for each student  
Play Area: Gym  
Number of Players: Class

AGILITY

Give each child an ordinary piece of paper. The teacher shows the children how to run with the paper, first by holding it on her chest, then, after picking up speed, letting go so the air pressure holds it in place. It is relatively easy to keep it in place running in a straight line. The challenge is to run in circles.

Develops – Strength, Cardiovascular Fitness, Speed  
PARACHUTE PLAY

Equipment: Parachute  
Play Area: Gym or playground (no wind)  
No. of players: Class



ACTIVITY

Children are instructed to unfold the parachute so that it is round and flat. Each child should be holding a seam if possible, children who don't have a seam should be evenly spaced between to keep from crowding.

In preparation, children should have the parachute tight by their ankles ready for instructions. Stress the importance of cooperation.

Have children reach up and inward (toward the center of the chute) rather than upward and behind their heads. The following directions must be followed or the activities will not be very successful.

**RIPPLES:** Each child shakes the seam he/she is holding, moving it up and down rapidly and vigorously, hands moving between the thigh and chest area.

**WAVES:** Each child lifts the parachute all the way over his/her head and back to the floor. Repeat as many times as desired.

**UMBRELLA:** All hold on to parachute at the seams. All together, send the chute up as high as possible but do not let go. Keep the center up as long as possible. Many games and activities can be played under the umbrella while it is in the air.

**MUSHROOM:** All hold on to seams of chute. Pull chute up into the air and move (run or walk) into the middle. When fists touch other student's fists (holding the chute) back out slowly. (Do not turn and run.)

**MOUNTAIN:** Hold on to seam, up in the air, pull it down to the floor quickly, trapping the air underneath, then kneel on the edge. After a few minutes, have several children climb on the chute and beat the air out of it.

**UNDER THE MOUNTAIN:** Hold the chute by the seams, up in the air, let it go with one hand, turn half-way around (facing out), re-grasp the seam and pull the chute down to the floor quickly, trapping the air, with children under the chute. Be sure no air gets out from the bottom.

**MERRY-GO-ROUND:** Each child takes the chute in one designated hand (right hand for everyone or left hand for everyone, depending on which way the merry-go-round will run). Turning sideways (if right hand on the chute, all face to the left), lean outwards keeping the chute as tight as a trampoline and start walking. Go faster and faster until everyone is running. Then, change hands and go back the other way.

**TUG-O-WAR:** Using the chute as a rope, children try to pull the opposite team across a designated boundary.

(Continued on next page)

## VARIATIONS

Using various additional equipment, several variations are possible

1. Routines can be choreographed to music.
2. Using ball on top, goal games like keep away, using ripples and waves to send the ball over heads of opposite team.
3. Putting several children on scooters evenly spaced around the chute, having the rest of the class do the merry-go-round, pulling the scooters around with them.
4. Various gymnastic stunts or square dance steps performed under the chute while it is in the air.

## Develops – Locomotor Skills, Balance RED LIGHT - GREEN LIGHT

Equipment:	None
Play Area:	Gym or marked playground
No. of Players:	Class

## ACTIVITY

The head player stands on a line about 20 yards away from the line players. The object of the game is for the line players to walk, skip, jump or hop past the head player without the head player detecting or seeing them. The first line player past the head player becomes the head player for the next round. If a line player is detected moving, he/she can be sent back to the initial line or 5 steps back depending on the rules. The head player starts the game by turning his/her back and yelling "green light". Line players advance. At anytime, the head player can yell "red light" and turn around. When the head player turns around, he/she begins detecting players who are still moving. The head player must yell "red light" before turning around.

Credit: Cliff Carnes, Awesome Elementary School, Physical Education Activities. 1983



## Develops – Upper Body Strength SCOOTER RELAYS

Equipment: One scooter for each team  
Play Areas: Gym  
NO. of Players: Class

### ACTIVITY

Divide the class into even teams and line them up. On signal, the first player of each team completes on assigned task and returns to the starting position, handing the scooter to the next player, and then goes to the end of the line. The first team to complete all of the tasks with the same number of "runs" wins the race.

Possible scooter tasks:

1. Sitting and moving backward
2. Sitting and moving forward
3. On stomach (don't drag legs) - using hands to propel
4. Kneeling - propel using hands
5. Partners - one student with chest on boards and partner holding legs in "wheelbarrow" position
6. Partners - one student sitting Indian style on board and partner steering and pushing

NOTE: Scooter boards are **NOT** skateboards. **DO NOT** stand on boards.

CREDIT: Walt Layton, Recreation Specialist, Granite School District, 1986.



## Develops – Agility SPIDERS AND FLIES



Equipment: Cones for marking area, pinnies for one half of the students  
Play Area: Gym  
Number of Players: Class

### ACTIVITY

The teacher chooses three students to be spiders and has them put on the pinnies. After putting on their pinnies, the spiders stand in the middle of the marked playing area. The rest of the students are flies and they line up at the end of the playing area being careful to stay spread out.

The spiders start by saying, "We are the spiders", and the flies respond by saying, "We are the flies". The spiders reply back "We're gonna catch you!" The flies say, "Just you try!" The flies then run to the other end of the area trying not to get touched by a spider. If they do get touched, they quickly put on a pinnie and go to the center of the area with the other spiders. All flies who safely make it to the other side wait on the line for the spiders to regroup and begin their chant.

Continue this process until only a few flies remain and then choose some new spiders and begin the game again.

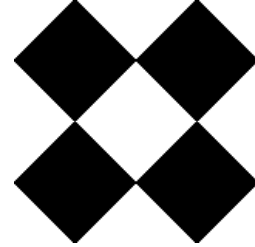


Develops – Strength, Locomotor  
**STRENGTH AND FITNESS WITH CARPET SQUARES**

Equipment: Two carpet squares for each child  
Record "Pretend" by Hap Palmer (instrumental side)

Play Area: Tile or hardwood gym

NO. of Players: Class



**ACTIVITY**

- 1st song - Skating forward - one foot on each square
- 2nd song - Chugging - both feet on one square
- 3rd song - Sideways - one foot on each square moving sideways
- 4th song - Scooter - one foot on the square and the other foot on the floor pushing the body forward
- 5th song - Skating - forward and backward
- 6th song - Seat walking - sitting on one piece of carpet with feet on the second piece
- 7th song - Running - one foot on each carpet square
- 8th song - Circles - right foot on square if turning right, left foot on square if turning to left
- 9th song - "Be creative"
- 10th Song - Tummies - squares end to end, lie on tummies and pull along with arms
- 11th Song - One square, both feet and twist
- 12th Song - Hands and knees - hands on one square, knees on the other, go forward and backward

CREDIT: Carleen Banks, Recreation Specialist, Granite School District, 1986

Develops – Ball Handling, Agility  
**STRIDE BALL RELAY**

Equipment: Six balls  
Play Area: Gym or playground  
No. of Players: Classroom

**ACTIVITY**

Teams of 5 are lined up. First player passes the ball between the legs to the next player, who then does the same to the next player, until the last player is reached. The last player then runs forward and starts the ball again. When all players are in the starting position the relay is over.

**VARIATION**

The ball may be passed over the head or over then under.

Credit: Cliff Carnes, Awesome Elementary School, Physical Education Activities. 1983

Develops – Throwing/Catching Skills  
TEACHER BALL (LEADER BALL)

Equipment: Sponge balls, bean bags, playground balls, etc.  
Play Area: Gym or marked playground  
No. of Players: Class divided into groups of 5 or 6

ACTIVITY

Divide the class into groups of 5 or 6. One child is the "teacher" or the leader and stands about 10' in front of the line of students who are standing side by side. Starting to the left, the leader throws the object to each child who must catch and throw back to the leader without making a throwing or catching error.

If an error is made the person making the error goes to the end of the line (leader's right). Those in the line shift to their right. The player in the number one position becomes the new leader.

VARIATION

One point can be scored by becoming the leader and successfully completing on sequence of throws and catches through the whole line.

Several kinds of throws can be used.

- Right hand
- Left hand
- Chest pass
- Under hand
- Bounce Pass

Several kinds of catches can be used.

- One hand
- Two hand
- Left hand
- Right hand

After three successful Consecutive series of throws and passes (three points), Change leaders

Credit: Dauer and Pangrazi, Dynamic P.E. for Elementary School Children



Develops – Speed, Agility, Cardiovascular Fitness  
TEN SECOND TAG

Equipment: 4 cones, watch with second hand  
Play Area: Gym or marked playground  
No. of Players: Class

ACTIVITY

Half the class are inside the play area. The other half is lined up and ready to go into the play area. The teacher lets one player in at a time. He/she has ten seconds to tag someone. If the tagger does tag someone, the tagged player exits out and is rewarded by jogging around the play area and getting back in line. If 10 seconds go by and no one is caught, the tagger exits and the next person does the same.

VARIATION

Tasks can be set up along the way - jump ropes, jumping jacks, push-ups, sit-ups, etc..

Develops – Agility  
TOMMY TUCKER

Equipment: Bean bags (gold)  
Play Area: Playground or gym  
No. of Players: Class

ACTIVITY

Tommy Tucker stands in the middle of the gym with all his gold and silver (bean bags) around him. Players stand on the side of the gym and chant "We're on Tommy Tucker's land, picking up gold and silver." As they chant, they run up to Tommy and try to steal his gold without being tagged. If tagged, they must return his gold and sit out until the next game starts. A new "Tommy Tucker" is selected from the one who picks the most gold.

Credit: Cliff Carnes. Awesome Elementary School, Physical Education Activities, 1983



Develops – Speed, Teamwork/Cooperation, Agility  
TOUCHDOWN

Equipment: Pinnies, Flags, Beanbags  
Play Area: Gym or Marked Playground  
No. of Players: Class

ACTIVITY

Class is divided into two teams, each taking an opposite end of the field. One team has on Pinnies; both teams have flags in their back pockets (Short end in, short end showing). Teams huddle and decide who holds the beanbag. The object is for the person holding the beanbag to make it across the opposing team's goal line without getting his flag pulled. The team gets 2 turns, then the other team gets two turns. A player who has a beanbag in hand and does not get his flag pulled, scores a touchdown. Teams should take turns holding the beanbag. When the team huddles, people who have held the beanbag should close fists so that everyone gets a chance to carry the beanbag. The defensive team attempts to pull everyone's flag in order to catch the beanbag carrier.

Credit: Cliff Carnes, Awesome Elementary School, Physical Education Activities 1983

Develops – Teamwork/Cooperation  
TRAIN RELAY

Equipment: Jump Ropes  
Play Area: Gym or marked playground  
No. of Players: Class

ACTIVITY

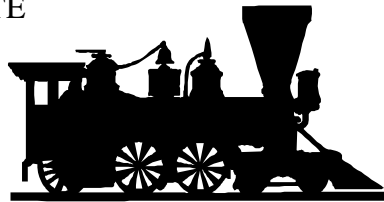
Each team of 5 players is lined up. All participants have their hands on the shoulders of the runner in front of them. On "go", the team takes off and circles the cones and returns to cross the starting line and circle the cone on the starting line. As the team is circling the cone, the lead runner steps out and joins the back of the line and the team's relays again. This procedure takes place until everyone is back in starting position on the starting line.

VARIATION

Use a jump rope for team members to hang on to instead of using shoulders.

NOTE

You will need wide lanes for turning



Develops – Throwing, Catching, Agility  
**YOGI BEAR**

Equipment: Object that can be thrown and caught  
Play Area: Gym or marked playground  
No. of Players: Class



**ACTIVITY**

Yogi Bear is another name for the game called Center Base. The forest rangers (players) are in a circle having a picnic. Yogi Bear (it) steals the picnic basket (object) from the center, tosses it to one of the rangers and runs out of the circle. The ranger who caught the object places the picnic basket back into the center of the circle and try's to catch Yogi Bear before Yogi can run around the circle one time, run back into the middle and touch the basket. If Yogi is tagged, the ranger becomes the new Yogi Bear. If Yogi is not tagged, he has another turn. Players may leave or enter the circle at any points in their chase. They may not run far away from the circle. The ranger chasing Yogi is not allowed to stay inside and guard the basket, he must go outside but may do so any place in the circle.

**VARIATIONS**

Many different objects can be used such as balls, bean bags, erasers, blocks, yarn balls, etc.. A hoop will keep the object in the center of the circle.

Credit: Cliff Carnes, Awesome Elementary School, Physical Education Activities. 1983