

READY

EQUIPMENT:

NONE

SET-UP:

When creating stations, space cones far enough apart so students can remain 6 feet away from each other for the duration of the activity. Insert the activity sheets into the task tents, one sheet per tent, creating up to eight stations. Number each station to help guide students.

NUMBER OF PLAYERS: 8-12

TIME: 15 MINUTES +

EXPLAIN

- Every player starts at a different station. There are eight stations total.
- The facilitator begins the game by saying, “We’re going on a bear hunt!”
- Players at station 1 read the activity sheet to tell us what happens first. The players at station 1 demonstrate what to do. The facilitator and the remaining players join in to do the movement.
- Perform the action for one minute. After one minute, the facilitator tells everyone that it’s time to get moving. All players march in place saying, “We’re going on a bear hunt, we’re going on a bear hunt!”
- Once they have marched to the next part of the hunt, the facilitator asks players at station 2 to tell us what happens. Repeat the sequence until all eight stations are complete.

✓ **For Understanding:**

- *How long will players perform each station’s movement/actions?*
- *What do players do to transition between stations?*

GAME TIP:

- Make sure there are enough activity stations so there are never more than two to three players at a station. Ensure there is always enough room for students to be 6 feet away from one another.

CONFLICT RESOLUTION TIP:

- If players are having a hard time with any particular movement, offer marching as an alternative to ensure they are getting their heart rate up.

CATEGORY:
 CIRCLE

ENVIRONMENT:
 AUDITORIUM,
 CAFETERIA,
 GYMNASIUM,
 HALLWAY,
 PLAYGROUND

GRADES:
 8–12

PLAY → REP IT OUT!

- **EASY:** Make noises that correspond to the movements at each station.
- **MEDIUM:** Increase how long players complete each movement.
- **HARD:** With tape, create a 20-foot long line at each station and have players complete the exercising by moving along the line.

FITNESS FOCUS:



BACK-UP GAMES:
 ALIEN
 RED HANDED
 RING BLING

WE'RE GOING ON A BEAR HUNT; WE'RE GOING TO CATCH A BIG ONE!

What a beautiful day. We're not scared.

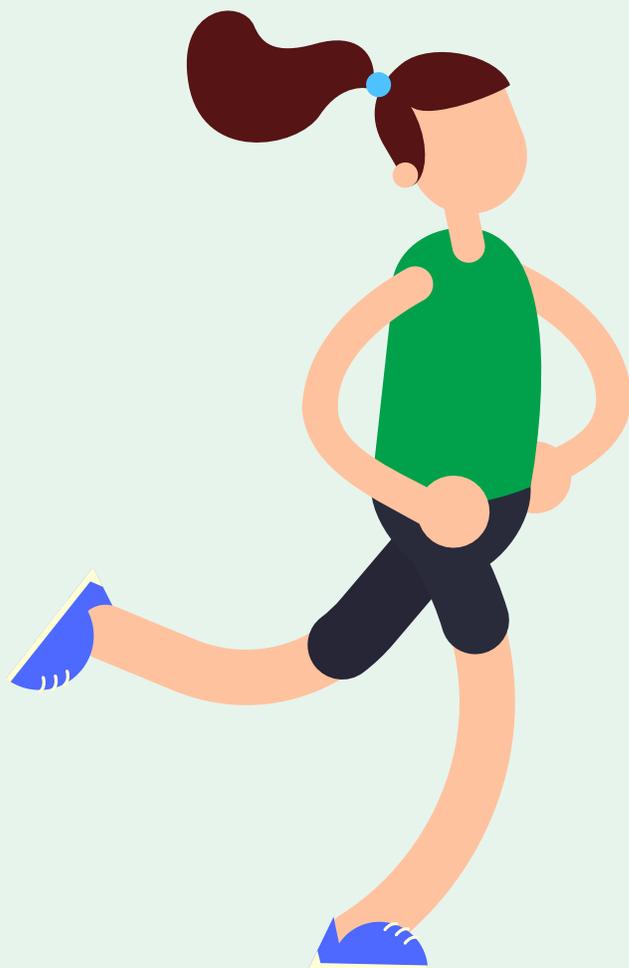
It's a beautiful day for a bear hunt. Greet the sun by standing tall with your arms by your side. Then, bring your arms out to the side, joining your palms above your head. Look up at your palms, and slide your shoulders away from your ears. Remember to take slow, deep breaths in and out of your nose.



UH-OH! GRASS — LONG, WAVY GRASS.

Can't go over it, can't go under it, so you have to go through it.

Move your legs like long, wavy grass in the wind. Stand tall with your hands on your hips or by your side. Keeping your back straight with a slight bend in your knees, hinge at your hips while lifting your right leg behind you and balancing on your left leg. You should feel a stretch in the back of your left leg. Slowly return to standing, and repeat the exercise with the opposite leg.



UH-OH! MUD – THICK, OOZY MUD.

Can't go over it, can't go under it, so you have to go through it.

The mud is so thick and oozy that your feet are stuck. Stand with your feet hip-width apart. Alternate lifting your right and left knees to your chest as fast as you can. See how high your knees can go.



UH-OH! A FOREST – A BIG, DARK FOREST.

Can't go over it, can't go under it, so you have to go through it.

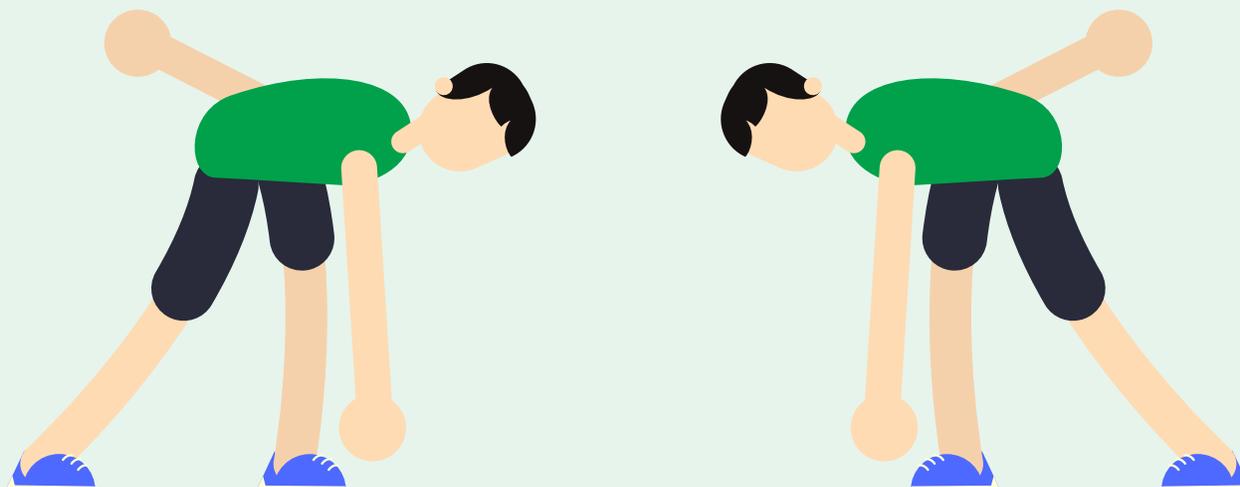
Tree pose will get you through the forest. Stand with your arms at your side. Slowly shift your weight to your left foot, bend your right knee, and use your right hand to bring your right foot up to your inner left thigh. If your foot can't reach your thigh, it's OK to rest it on your left shin. Press your palms together, above your heart, and focus on one point in the room. How long can you balance? Repeat the pose with the opposite leg.



UH-OH! A SNOWSTORM — A SWIRLING, WHIRLING SNOWSTORM.

Can't go over it, can't go under it, so you have to go through it.

Whoa! This snowstorm is swirling you all over the place. Stand like a snowflake. Place your feet wider than shoulder width and reach your arms out to the side at shoulder height. With your right hand, reach down and across your body to touch your left toes. Then, stand up, and reach down and across your body with your left hand to touch your right toes.



UH, OH! A CAVE – A NARROW, GLOOMY CAVE.

Can't go over it, can't go under it, so you have to go through it.

Create the opening of a cave with your body. Lie on the floor with your arms resting at your side, your knees bent and your heels as close to your bottom as possible. Lift your bottom off of the floor, pressing into the floor with your heels. Remember to take slow, deep breaths in and out of your nose.



WHAT'S THAT?! IT'S A BEAR!

Ahhhhhhhh!

You found a bear in the cave, and he is startled. The bear starts to chase you. Crawl like a bear to get away. Start on your hands and knees. Gently lift your knees 1 to 2 inches off the ground. Move forward, backward, and sideways, keeping your back flat with your knees bent and close to the ground.



QUICK, GET HOME!

Oh, look! It's a bicycle.

Jump on your bicycle, and get home as fast as you can! Lie on your back with your legs in the air. Bend your knees to form a 90-degree angle. Place your hands behind your head, and lift your shoulders off the ground. Then, pedal your legs like you are on a bicycle. Don't let that bear catch you!



YOU MADE IT HOME!

Take a breath — you are safe and sound.

Ahhh, now you are safe and sound, but you are tired from your journey! Lie on your back. You can choose to put your hands on your stomach or lay them flat on the ground next to you. Take slow, deep breaths. When you're ready to get up, roll to one side, and slowly push yourself up to a sitting position.

