

EXPLORERS

READY

EQUIPMENT:

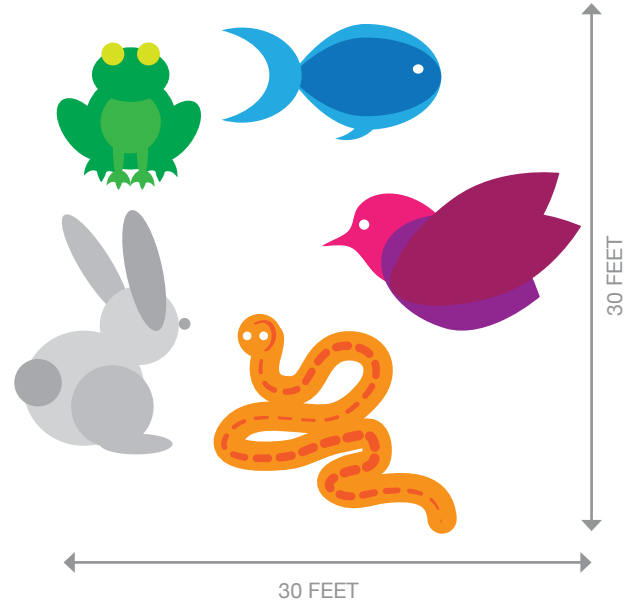
CONES

SET-UP:

HAVE PLAYERS STAND NEAR THEIR CHAIRS

NUMBER OF PLAYERS: 2+

TIME: 10 MINUTES +



EXPLAIN

- 1 Players spread out 6 feet away from each other.
The leader will place a cone in front of each player.
- 2 Players will do a lot of moving but will not move from their cone.
- 3 Players are going to explore a special place!
(Leaders choose a forest, desert, or another place to explore).
- 4 Players listen for directions as they go on this adventure!
- 5 Coaches create a story with animals, objects, and movements that are in specific environments. For example, “Use your arms to swim in the river to see the fishes,” or, “I see a frog in the forest. Can you hop like a frog?”

✓ **For Understanding:**

- *Players, point to your cone.*
- *Can players move from their cone?*

GAME TIP:

- Pick animals and objects that are in specific environments. For example, “Use your arms to swim in the river to see the fishes,” or, “I see a frog in the forest. Can you hop like a frog?”

CONFLICT RESOLUTION TIP:

- Allow players to help you lead the game.

CATEGORY:
 BEGINNER

ENVIRONMENT:

AUDITORIUM,
 CAFETERIA,
 CLASSROOM,
 GYM, HALLWAY,
 LIBRARY,
 PLAYGROUND

GRADES:

K-2

FITNESS FOCUS:



BACK-UP GAMES:

ANIMAL FARM
 HIDING NEMO
 HIGH WIRE

PLAY → REP IT OUT!

- **EASY:** Pick animals where players use their arms *only*.
- **MEDIUM:** Pick animals where players use their legs *only*.
- **HARD:** Pick animals where players have to use their arms and legs.