

Physical Education

Social Distancing &
Little or No Equipment
PE Games



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1) Hiking

1.1. Close-Ups

Have an adult with a camera or Ipad. Walk ahead on the trail and take a macro—or super close-up—shot of an object along the trail: a mushroom, a knot in a tree, a crack in a rock. The close-up should focus on part of the object rather than the whole thing. It could also be a picture of the entire object (easier to find). When the rest of the group catches up to the adult who took the photo, define a small 20-by-20-metre area—and then it's a race to see who can find the object first. It takes just minutes to play, but the fascination of finding hidden objects in the woods makes it fun and keeps you moving!

1.2. Hiking Scavenger Hunt

This one is really simple: Make a list of items everyone has to find, and the first one to find them all wins! (Kids don't have to actually collect the objects; they can announce their finds to the group for a Leave-No-Trace-friendly approach.) Here's a list to get you started—but get creative!

- Four different shades of green
- Something blue
- Heart-shaped rock
- Piece of litter
- Something made by humans
- Find and show me: a bird in a tree
- Find and show me: a rock with moss on it
- Find and show me: a purple flower
- Find and show me: a squirrel
- Find and show me: a fern
- Find and show me: a very tall tree
- Find and show me: a cool bug

1.3. Twenty Questions

Students and adults sit in a circle in the park. One person thinks of a person or a place; the others get 20 yes-or-no questions to guess what or who it is.

1.4. Colour Masters

One person serves as the Colour Master. As you are hiking, the Colour Master calls out a colour (blue, for example). Everyone then has to run and touch or find something blue. First one to touch or find an object of that colour becomes the Master. You can also play by elimination - continue until only one person remains.

1.5. ABCs

Starting with the letter "A," everyone has to find something along the trail that begins with "A" before moving through the rest of the alphabet.

1.6. Traditional Hide and Seek - Playground

One player closes his or her eyes for a brief period (often counting to 100) while the other players hide. The seeker then opens his eyes and tries to find the hiders. The first one found is the next seeker, and the last is the winner of the round.

1.7. Trail Hide and Seek

This trail game involves one child running with an adult ahead on the trail and hiding within a 30-metres of the trail. The rest of the group are the seekers with another adult supervising. If the seekers walks past the hider, give a little bird call to let them know they've gone too far.

1.8. Object Hide and Seek

The hider runs ahead on the trail with an adult and hides the object, ideally within 10 to 20 metres of the trail. The rest of the group keeps hiking while the hider hides the object. The rest of the group have to try to seek the object with adult supervision. Rotate hiders so everyone gets a chance, adults included.

ADAPTATION: the hider can say "warm" if the group is getting closer or "cold" if the group have gone too far.

1.9. I Spy

To begin, one person spies something and keeps it a secret. The item must be something that all the other players can see, and preferably something that will stay in sight for the time it takes to complete a round. The "It" player recites the line "I spy with my little eye, something that..." and ends with a descriptive clue, such as "...is red" or "...begins with the letter B." The other players then take turns asking one question each. "Is it inside the car?" "Is it round?" "Does it have wheels?" The player who is "It" can only respond with "yes" or "no."

1.10. 20 Questions

Hide a small object (something from your bag, or that you find along the trail or sidewalk) in your hand and have kids try to figure out what it is.

1.11. Lava

This is a simple game of make believe that requires listening and reacting quickly. When one person calls out "lava," everyone pretends that lava is flowing down the trail and will soon cover the ground. To escape, everyone must quickly move to a nearby rock or high point, such as a downed tree, and stand on it.

The game rules might vary depending on what type of terrain you're dealing with. If the trail isn't rocky, maybe the goal is to stand on an exposed tree root or reach out and touch a tree trunk. However you play, it's important to reinforce that everyone must stay on trail. And if you want, you can add a time element to it, counting down from 10 or 5.

1.12. Trail Charades

First, you choose a category that applies to your hike. That could be anything from plants, trees, animals, landscapes etc. You and children can then take turns acting the things out, while the other person tries to guess what you are! This can get really goofy, especially when you find your kid trying to be a river, or yourself acting like a bear. This game is another that is best played once you reach your hiking destination or are taking a quick break on the trail.

2. Fun Games

2.1. Detective

Players form a circle and stand 6 feet away from each other. The Teacher will pick one detective that will leave the circle. The Teacher will pick one leader who will start making movements that everyone else in the circle will copy. The detective starts in the middle and tries to figure out who is the leader. The detective has three guesses. After three guesses, choose a new leader and detective.

2.2. Animal Kingdom

Form a circle and stand 6 feet away from each other. Select one player to be the zookeeper, who will stand in the middle of the circle. The zookeeper will close his or her eyes and instruct other players how to move around the circle (skip, run, jump, etc.). Make sure to keep your distance. When the zookeeper is ready, he or she says, "freeze," points to someone, and shouts out an animal. If you are chosen, you have to make the sound of an animal that the zookeeper says. The zookeeper has three chances to guess who made the sound.

2.3. Animal Relay

Players line up standing 6 feet away from each other. The leader will split players into teams of three and use cones to mark start and end lines. The leader calls out an animal (cheetah, shark, elephant). When the leader says, "go," the first students in line will act like the specified animal as they move towards the end cone. They act like the animal on the way back to the start line. Once the player sits down at the end of his or her line, the next player goes. The first team to have all players sitting down wins!

2.4. Clap and Move

Players line up and stand 2m away from each other. The leader will clap three times, then say a colour of one of the cones. Players run to the cone of the colour that the leader says without touching anyone. Only one person can be at a cone at a time. The player that gets to the cone last does three toe touches, then rejoins the game.

2.5. Dance: Classy Moves

Players form a circle standing 2m away from each other. The dance leader will be in the middle. The dance leader will dance in the middle for 10 seconds. Everyone must copy the dance leader's classy moves. Then it's someone else's turn. Continue until each player gets a chance to be the dance leader.

2.6. Fitness Relay

Players line up standing 2m away from each other. The leader will split players into teams of three. Set up two cones in front of each team in a straight line to mark the start and end. The leader calls out an exercise (three squats, five star jumps, five toe touches). When the leader says, "Go!" the first player in line will run to the second cone and perform the exercise. After the player does the exercise, he or she runs to the back of the team's line and sits down. Then, the next player in goes. The first team to have all players sitting down wins!

2.7. Freeze Dance Party

Players line up standing 2m apart from each other. It's time for a dance party! But it's not an ordinary dance party, it's a FREEZE dance party. The teacher is the freeze dance leader. When the leader starts dancing, everyone can dance! When the freeze dance leader stops dancing, all players freeze and stop dancing. If a player is caught dancing when they should be frozen, they do five star jumps, squats, or toe touches.

2.8. Circus High Wire

Players line up and stand 2m away from each other. Players imagine they are in the circus on the high wire (line of tape)! Players' feet must stay on the high wire (line of tape) and follow the leader's directions. Players must pay attention to the person in front of them so they are not too close to each other. If a player steps off the high wire, he or she does five star jumps, then rejoins the game!

2.9. HIT Record

Players spread out standing 6 feet away from each other. The leader calls out controls that you would find on a video camera (play, stop, rewind, fast forward). Each control has a related activity that players have to perform.

- Play – walk around
- Rewind – walk backward
- Pause – jump
- Fast forward – run
- Stop – freeze
- Slow-motion – slow movement

If a player messes up, he or she does five star jumps, then rejoins the game.

2.10. Mr Wolf

Instruct players to form a line standing 2m apart from each other. Players are the rabbits and the teacher is the wolf. The goal is for the rabbits to avoid being “tagged” by the wolf. To start, students ask, “What’s the time Mr Wolf?” Whatever time the wolf says is the number of steps the rabbits take toward the wolf. For example: six o’clock = six steps. If the wolf says, “It’s dinnertime,” the rabbits must run back to the start line before the wolf. If the wolf gets to the line before a rabbit, the rabbit becomes a wolf and races the other rabbits. The game ends when everyone becomes a wolf.

2.11. Lion’s Den

Players line up standing 2m away from each other. Players are the hunters, and the leader is the lion. When the lion is in its den, it goes to sleep. Hunters must silently tip-toe to try and make it past the den. If the lion hears any noise, it will wake up and roar! The hunters must freeze. If a hunter is caught moving by the lion, he or she must return to the starting line. The hunter that makes it past the den first becomes the new lion.

2.12. Pass the Movements

Players line up behind the game leader, standing 2m apart from one another. Players close their eyes. They can only open their eyes when they hear their name called. The leader turns around and says the name of the person behind him or her. Once the player's eyes are open, the leader silently does a series of three movements that the player will need to memorize. After the leader completes the movements, he or she will turn around and face forward. That player will turn to the person behind him or her and say that person's name. After the person's eyes are open, the first person will silently do the same series of three movements, and then turn and face forward. Try and pass the motions from beginning to end without making a mistake.

2.13. Traffic Lights

Line up at the starting line! Children stand 2m away from each other. Teacher represents the traffic light and children represent the cars.

- Green light – Move forward
- Red light – Children must freeze
- Amber – Walk slowly

If children are caught moving during a red light they return to the starting line.

2.14. Riverbank

Instruct students to put their feet on the line and face the teacher. The teacher will call out "river," "bank," or "riverbank." Players hop forward when they hear "river" and backward when they hear "bank." When the teacher calls out, "riverbank," players hop sideways with one foot in the river and one foot in the bank. If a player makes a mistake, he or she will do five star jumps or a silly dance before rejoining the game.

2.15. Simon Says

Players line up standing 2m away from each other. The leader is Simon. Players must listen carefully. When players hear, "Simon says," they must do that movement. Do not do any movements without hearing, "Simon says." If a player messes up, he or she has to do a silly dance, then rejoin the game.

2.16. Steal the Bacon

Players line up and stand 2m away from each other. Form two teams. Each team lines up on the sidelines. The leader will give each player a number. Players must remember their number. When players hear their number, they run towards the bacon (cone or tape), tap it with their foot, and run back to their team's line. The first player to run back and sit down gets one point. The team with the most points wins!

2.17. Sticks

Instruct players to form two lines and stand 2m away from one another. Place two sticks or rows of cones on the ground. Players must land on the other side without putting their foot down between the sticks. After each jump, players go to the end of the line keeping your distance from the person standing in front of you. The gap between the two sticks gets wider each round.

2.18. All My Neighbours

Form a circle and stand 2m away from each other. Teacher will place a cone in front of children. After set up is complete, teacher will stand in the middle of the circle and will be the first caller. The caller shouts a fact about himself or herself. Example: All my neighbours wearing black shoes. Everyone wearing black shoes must find a new cone in the circle, including the caller. The person left without a cone becomes the caller. Be creative with commands.

2.19. Mirror, Mirror

Players pick a partner and face each other, keeping 2m of space between each other. One person is going to be the leader. The other must mirror his or her movements. There should be no talking or touching, just mirroring movements. After two minutes, switch roles to let the other person lead.

2.20. Mr Men

To begin the game, students spread out around the playground, 2m apart from each other. The teacher will call out different names of Mr. Men character and the students will have to move like him. The list of characters and actions include:

- Mr. Slow - move slowly
- Mr. Small - crouch and move
- Mr Star - star jumps
- Mr. Hurry - move fast
- Mr. Strong - move around flexing your muscles
- Mr Scary - act like a monster
- Mr. Jelly - shake your whole body
- Mr. Tall - stretch up (with your hands) and move
- Mr Fast - move fast
- Mr. Bounce - bounce (hop) around