

Everybody's It

My favorite warm-up of all time. Works best outside or in the gym, but I also do the walking version in the classroom. Simple rules. When I say "What's the name of the Game?" the students all yell "Everybody's it!" and the game begins. Everyone is "it" so anyone can tag anyone else. If you are tagged you must freeze until the game is over. Any time you want to start again just yell "What's the name of the Game?" Be sure to review safe tag rules like two finger touch only and tag below the neck. Debriefs often include discussions about fairness and cheating as well as understanding the game is always very short so patiently staying frozen is good practice for the wiggly ones.