

**THERE ARE +500 ACTIVITIES
AND GAMES FOR YOUR CLASSES**

- **ACTIVITIES FOR YOUR
PHYSICAL EDUCATION CLASSES**
- **ACTIVITIES FOR GINCHANES**
- **ALL DESCRIBED IN DETAIL**

**FOR ALL EDUCATIONAL
LEVELS**

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All the activities exposed here are only suggestions for you to apply in your classes, it should be noted that many of them are not our own, we only gather them here for you. Thus, we are not responsible for any planning error or even in the applications of the same. As has been quoted, these are just suggestions. So, it is up to you, as a professional, to choose and apply the activities according to your reality and your planning.

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I hope that our material enhances your knowledge, as well as being useful to your planning and that you make good use of it. Well, there are several activities, of different contents and gave muitooooo work!

Att. Organizers!

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1. RACE OF THE BALLS

Separate the group into teams; arrange the bows in a row, and in the first bow should have 5 balls or more (you can change the balls by another material, eg cones); At the teacher's signal, the first student of each team must take one ball at a time and move on to the next bow, after which it starts again, passing one by one to the next bow and so on, until all the balls are in the last arc. It marks the point for your team who accomplishes the task first and according to the rules.



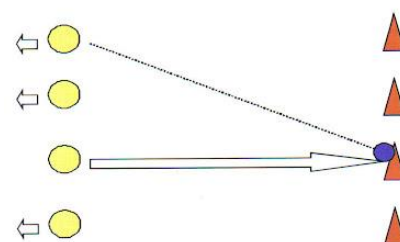
VIDEO **ACTIVITY:** <https://youtu.be/Gy0KgZxuhWI>

2. SHOT

One participant says the name of another and throws the ball far away. While the others hide, whoever had the name mentioned must take the ball and shoot the others. It's the mixture of the shot and hide-and-seek. Whoever is found, is shot with the ball. When everyone has already been shot, the one who shot makes the initial procedure.

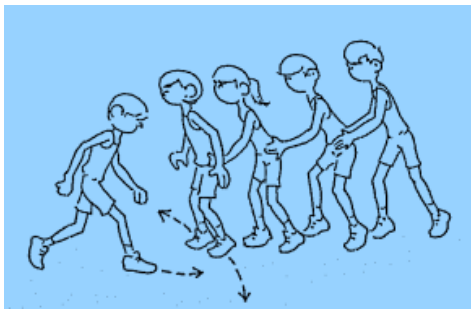
3. TICO-TICO SHOT

This is a street game widely practiced in the south of Minas. The initial formation consists of a row of players facing a row of their respective cones. The game begins with a student throwing a ball and trying to hit one of the cones. If you do not get it right, the game continues with a new attempt by another player. If one of the cones is hit, the owner of the cones must run towards the ball and hit one of the teammates.



If the player hits a colleague, a winger for whom he hit, if he misses a point for whom he was hit. Whoever completes 03 points first goes to the wall.

4. CENTIPEDE HANDLE



Students form a column, one holding at the waist of the other and will have ONE student loose in front of the column, who will try to catch



the last student of the column and the companions should not leave (can not release).

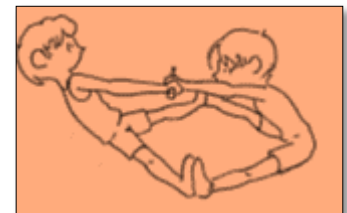
VIDEO [ACTIVITY: https://youtu.be/CTHoZQGyhCg](https://youtu.be/CTHoZQGyhCg)

5. CROSSING

You choose who is going to be the barrer. The barrer will be in the center of the field and must try to prevent the participants (one at a time) from overtaking and reaching the end. The barrer can run after the intruder, the important thing is to touch him. If the intruder manages to reach the end of the plot without being caught, he rejoins the group of people who are waiting to play. If the barrer manages to catch the intruder (he will say, "*I barricaded!*"), he joins him with his hands and also becomes a barrer, with the same goal. The game will be over when everyone has seen barrers.

6. TRY TO GET UP

Students in pairs, sitting on the floor, facing each other with their legs apart and holding a stick horizontally. While one tilts the trunk back, the other must rise from the ground.

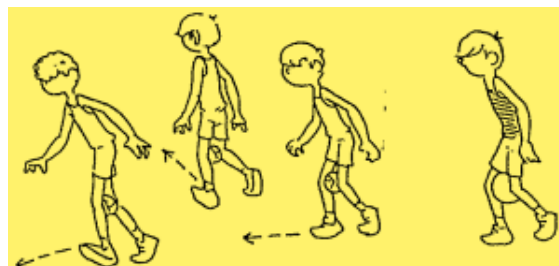


7. CIRCLE HOLDING HANDS

Students form two or more groups that run around the court. The teacher determines which group should form a circle holding hands. The group that did not form, should separate them as soon as possible. Students in the circle who release their hands should run around the court again.

12.PLAYED, TOUCHED

For this game, one student will be the catcher and the others will be moving around the court, which will be with a safe sock ball between the thighs or knees. Already the catcher will be with a plastic ball (of the type "milk tooth"). Whenever the catcher touches another student, he will exchange the ball with that one, who will go on to catch it.



13.COOPERATIVE TATAME



Form groups of equal numbers; each group will have 2 mats (mats or even cardboard);

Everyone from each team starts the activity on top of a mat; at the signal of the teacher everyone will pass to the other mat, and then throw the other one forward, in order to build the path where they will pass, not being able to leave the top of the mat; the team that manages to reach the final goal first and without cheating wins.



14.CONNECTED



Cooperative activity carried out on a rainy day with a limited space, aiming to: develop affectivity through cooperation, balance, strategic thinking, improve interpersonal relationships, exercise trust through physical contact, relax the group... Note. in a wide space one can do with

more groups at once, going out one after the other; In this one the number of participating students was limited, with some students waiting for safety reasons. Suggestion: among the students put a ball, to make it even more difficult, do the task without dropping the ball.

VIDEO [ACTIVITY: https://youtu.be/iqlRWzYsnss](https://youtu.be/iqlRWzYsnss)

15. THE NAME IS '1, 2, 3, 4, 5'

The players put themselves in a circle and pass the ball between their teammates and count (1, 2, 3... up to 5). The fifth person who receives the ball tries to throw it at any of the players who must escape at halftime of the 4th player, who passes the ball to the 5th to receive. If the thrown ball hits someone, that player is eliminated. Otherwise, whoever launched is eliminated. The goal of the game is to stay one player.

16. DANCE OF THE COOPERATIVE CHAIRS



Arrange the chairs as you do in the traditional game of chairs. The secret of the game is not to eliminate any participant, only chairs, that is, each round, you remove a chair and still everyone should sit, as they can: on the lap, on the arm of the chair, lying on the colleagues, etc. In this game there are no winners.

17. KING OF THE ANIMALS

Students form a circle. The teacher throws a ball to a player and he says "I saw a fool". This student throws the ball to another player who must change the name of the animal. Those who don't respond quickly get out of the game. The last one who stays will be the king of the animals. The names of animals cannot be repeated.

18. BALL SUSHI

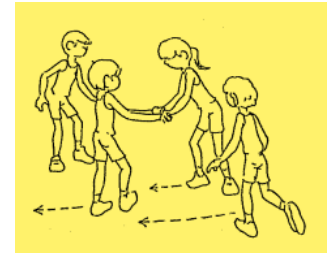
Form pairs with all students; each pair will have 2 sticks; all pairs side by side should have the objective of transporting X number of balls to a place determined by the teacher, and all should pass each ball from one stick to the other without dropping to the ground. Note. Different sizes of balls can be used... Objectives: To stimulate cooperation, integrate with the social environment, improve interpersonal relationships, facilitate communication within the group, develop strategies, relax the group.



VIDEO [ACTIVITY: https://youtu.be/hSb3KfA8Vek](https://youtu.be/hSb3KfA8Vek)

19. DOUBLE PROTECTS

Students form groups of four, two hold hands, another student should be protected by students holding hands. The other, who is alone, will try to take what is being protected, the students who are holding hands, should not leave, always staying between the two students.



20. KEEP IT IN THE AIR



All players stand up forming a circle (usually a player is placed in the center of the circle). The goal of the group is to keep a ball in the air as long as they can by striking it with any part of their body except their arms. The same player can strike the ball several times in a row. In this activity you can separate the class into several groups to see who can keep the ball in the air the longest.

21. HULA HOOP THROW

Kind of throwing hoops, but with a hula hoop. One person will be the victim and will be within 5 meters of the players. It makes 1 point who can fit the hula hoop on the person first. Whoever has the most points wins.



22. RUN-DRIVE

In a wide and delimited space, a game of catching; the student who is chasing must drive a basketball, the others will drive a ball and whoever is touched by the catcher will switch balls and functions with him.

23. INVERTED BURN

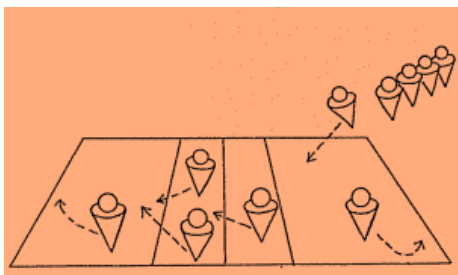
Here the students will be divided into two teams, as in the normal burn. The difference is that instead of starting on the court, teams start outside the playing area (in the cemetery) and there is only one student from each team on the court. The players on the outside of the court,



must throw the ball to try to burn the player who is inside, when a student manages to burn the opponent, who was burned should join the opposing team. The team that has all or more players on the playing court wins.

VIDEO ACTIVITY: <https://youtu.be/VGiYdO5koBA>

24.HANDLE REVERSES



The students divided into two groups. One group sits in a column next to the court and the other flees to one half of the court. At the teacher's signal, the first student in the column runs to pick up a student who is running; when it succeeds it is released by the teacher another student of the column to pick up, and so until all the students of the column have participated. Soon after, the roles of each team are changed (to check who did the activity in the shortest time).

25.INVERTED MAGPIE-TRIO

A catcher and the other students scattered in a certain area. The catcher must pick up the students who are alone. If three students are holding hands, they cannot be caught, if more than three students are holding hands, they can be caught. Students caught become catchers.

26.STAR

At the teacher's signal the first student in each column will run around the other teams until he reaches his team again; he will pass over all his teammates and catch the ball in the center; whoever performs the fastest task scores 1 point.



VARIATION: instead of going over the top you can go under the legs of your colleagues; You can zigzag between the participants of the column, among others.

VIDEO ACTIVITY: <https://youtu.be/xHEMDPZDq8g>

27.ALL TOGETHER

Two teams play . The teams form next to each other, behind a demarcated line. At

20 meters a point is scored for each team. At the master's signal, the first of each team will run to the marked point and return, taking in the second race the second member of the team with him, and will return, repeating the action, until all the members of the team are holding hands. The team that first manages to reach the point scored with all its members will win.

28. VOLEIXIGA

A circle of people is formed, who throw a bladder full of water between them. The goal is not to let it burst. Whoever lets it burst, is eliminated from the game until the champion is left



29. CHINESE MACAQUINHO



The little Chinese monkey stands next to a wall, facing the wall, and with its back to the others, which are placed side by side, about ten meters or more. The Chinese monkey slams his hands on the wall saying, "One, two, three, Chinese monkey." As he says the sentence, the others advance towards the wall. As soon as the Chinese monkey finishes the sentence he immediately turns to the others, trying to see someone running. Anyone seen moving back to the starting line. Thus, children

can only advance when the Chinese monkey says the phrase, for he can pretend to turn to the wall and look back, to see if he catches someone moving. The first child to hit the wall will be the next Chinese monkey

VIDEO ACTIVITY: <https://youtu.be/2R8E1006QIQ>

30. ASS ON THE FLOOR

One participant from each team plays. Initially, each participant will have 1 minute to try to sit on the floor. However, your opponent will try to prevent this. If the player can sit down, point to him. If you can't, point to the opponent. In case of a tie, the time of 1 minute drops to 30 seconds, then 15 seconds and finally 10 seconds. If the tie prevails, both teams score.

31. ALTERNATING OBSTACLES

Students form two columns and should be positioned alternately, seated and standing, with their legs apart. At the teacher's signal, the latter jumps or passes under the legs of the companions, placing himself in front, in a different position from the last companion in the back. The other students must make the same move.



32. PARALYZED

It's a frozen one. When a part of the body is hit, it is paralyzed and the victim can not move it, but continues playing, that is, only leaves the game who is already totally paralyzed.

33. PIKE EXCHANGE

The participants form a giant wheel and choose a jester who will stand in the center of it. Each round, the jester will order two people to swap places. Ex.: BOBINHO: - *Maria and Beto*. Immediately, Mary should go to Beto's place and Beto should go to Mary's place. While this happens, the jester tries to enter one of the empty places. If you can't, make another round. If he succeeds, the one who lost the place is the new fool.

34. ELEPHANT MAGPIE



Training: Children walk freely around the courtyard. One of them separated, uses one arm holding with the hand pointed from the nose and the other arm passing through the empty space formed by the arm. (Imitating an elephant's trunk). **Development:** At the signal, the catcher goes out to catch the others using only the arm that is free (The other continues to hold the nose). Whoever is touched also

becomes an elephant, and therefore a catcher, adopting the same position. The last to be arrested will win. **Suggestion:** Children during play can walk like an elephant.

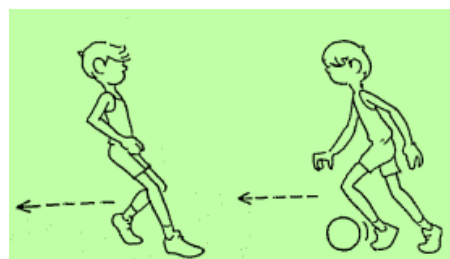
VIDEO ACTIVITY: <https://youtu.be/KQmCPQmH1bl>

35. GAME OF SEVEN PASSES

After dividing the participants into two groups, request that they spread out throughout the play area. The game will start with the ball up. The team in possession must try to make seven passes, without interruption from the opposing team. For every seven successful passes, the team will score one point, thus restarting the count.

36. MOVED, RECEIVED

Students in pairs, two meters apart from each other, a student of the pair with a ball, who must drive a ball with his feet (or with his hands, if it is the basketball) towards the companion, who must move on his back to a certain distance. When the student arrives, he passes the ball to the student who has moved on his back to perform the same movement to the other side. Repeat several times.



37. CIRCULOGOL

Activity in which students are standing, gathered in the shape of a wheel and with a ball between them. You can't let the ball pass between your legs; if it passes, the student who did it will score a point; Great game for all ages.



VIDEO [ACTIVITY: https://youtu.be/wHFWvN66sWw](https://youtu.be/wHFWvN66sWw)

38. CROSSING THE WEB

Place some cones (it can also be done with chairs) facing each other and pass string to a certain height that gives the students to pass (this can be part of a circuit for the students).

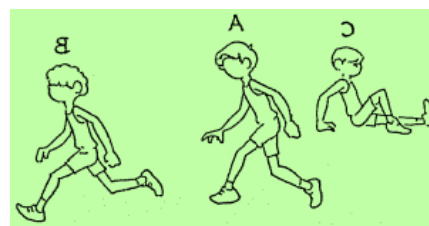


39. BASKETBALL CATCH

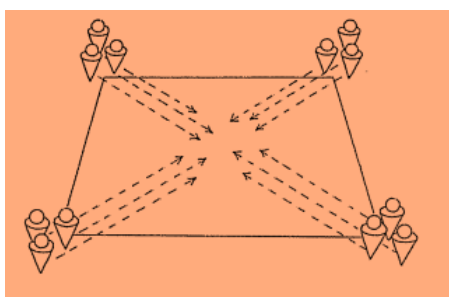
A catching activity, with all the students, including the catcher, having to dribble with a basketball, to be able to move.

40. GRIP REST

Students are divided into groups of three, students A, B, and C. Student A pursues B, student C rests. Soon after, student B pursues student C, student A rests, and finally, student C pursues student A. Every forty seconds, the exchange is made, or when the companion is caught.



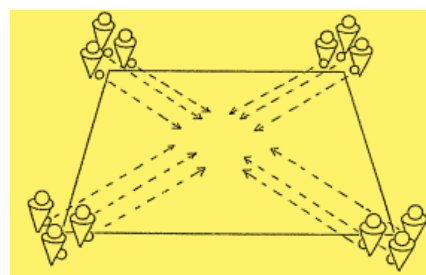
41. TOUCHED, MISSED



Students are divided into four groups, which must be placed in each corner of a given space. At the teacher's signal, they must cross, running, to the side determined by the teacher, not being able to touch another student. If they play, they must pay for a task.

42. VARIATION

Activity same as the previous one, with the students driving a ball (Soccer, Basketball, Handball...).



43. SACI

Two teams play. The participants of each team must be in the position of a saci with only one of the feet of support, on the ground; the other leg should be bent backwards. The second player will hold the leg of the first; the third, the leg of the second and so on, all placing their hand on the shoulder of the colleague in front. The last student of the spine will also flex the leg. At the sign of the master, these sacis will have to run to a tree, go around it, and return to the place of origin. If someone breaks up, just fix it, there are no penalties. The group of sacis that first arrives at the place from which it left wins.

44.SURFING ON FRIENDS

For this activity will be required mats or mats. Students are divided into two groups according to the amount of the class. One student from each group will be chosen to be the surfer, the others will lie down and the mats will be positioned in their circles. The surfer will stand on top of the others who will roll until they reach the end.



VIDEO ACTIVITY: <https://youtu.be/cli5zzFCJHg>

45.BASKET

Two teams and two helpers play. The prank works like a basketball game, but there's only one basket, which is actually two people, arm in arm and open. Whoever makes a basket, picks someone from the duo to replace him on the team and he'll be the new half of the basket. The team that makes the most baskets wins the game.

46.MIA CAT

Choose a player to be the catcher. He must be blindfolded. The catcher counts to ten while the other players walk away from him. It's not worth running. After counting to ten, the catcher goes out looking for the others. When he catches someone, he says **CAT MIA!** The person who got caught has to meow. If the catcher gets who it is, the person becomes the next catcher. Otherwise, keep trying...



47.HUMAN CHESS

Play one pair at a time. On some pieces of paper, numbers from 1 to 12 are written. On other pieces of paper, it is written 4 parts of the body (HAND, FOOT, ASS, HEAD). On the ground, a large square is made divided into 12 squares, of approximately 40 cm each, numbered from 1 to 12. Take PAR or IMPAR to see who starts. The number and body part draw is made. The mission is to place the body part drawn in the number drawn. E.g. Head at 7, Foot at 11... And so on until someone gets off balance. Whoever wins, chooses the new opponent. The champion of the last round wins.

MUSIC VIDEO: <https://youtu.be/Ka8zpRFsGhQ>

48. DUPLINE

It's a catch. Choose the catcher and the runner. The other participants must form pairs, which must walk arm in arm. Those who do not have a partner must run from the catcher, giving arm to a player of a duo. In this case, the pair on the other side turns into a corridor and runs away, to pick up another person from another pair, where the same will happen. Whoever gets caught is the new catcher.

49. BOMBING

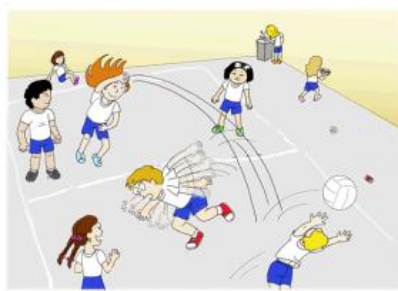
The players stand and form a wheel, except one, which will be the fool. The goal of the players is to hit one of the feet of the fool, throwing the ball with his hands. No one can get off the wheel except whoever catches the ball that fell away. If someone from the wheel can shoot the fool's foot, it will be the new fool.

50. TREASURE HUNT

The balls are distributed throughout the place to be carried out the activity, so that they are well spread, meanwhile in another place the participants wait for the release for the game listening to the rules until the whole field is prepared!! The game works as follows: you will be warned that each participant has to gather as many balls as possible, they can join to get more balls, but only in trios. The trio that can capture the most balls wins.



51. THE HUNT AND THE HUNTER



The teacher will determine the player who will be the hunt (the fugitive) and the other students/athletes will be the hunters. The hunters will try to burn the hunt, exchanging passes trying to corner the fugitive, and the same will have to move away from the player with the ball. The teacher must determine whether students will use their feet or hands to drive the ball.

52. TRICK QUESTION

Two contestants lean with their hands on each other's shoulders and try to knock each other down without their hands. Whoever can take down the opponent without using his hands, wins.

53. BLINDBOL

Ordinary football, only all players will play blindfolded. The team that scores the most goals wins.



54. EVERY STUDENT PARTICIPATES

This class usually works with those who just want football and those who want to play with their hands. You make two teams with a reasonable number of students on each side and you start playing with your feet. When the ball crosses the backline of a certain crossbar of the court, the game resumes with the hands, the winner of the most goals wins.

55. THE HUNT



In this activity, teams are divided where a team must stand off the court with a ball that must be thrown or placed inside the court. And at the same time the one who placed the ball, must run around the stipulated space until reaching the starting point. The team that is on the court must try to "hunt" the opponent who moves

around the court. Each stretch of the court is given a score, so the farther the participant goes, the higher his score will be, the teams take turns between "hunt" and "hunter", at the end the score of the team is added, the one that makes more points will be the winning team.

VIDEO [ACTIVITY: https://youtu.be/hxwu1R6CCoU](https://youtu.be/hxwu1R6CCoU)

56. COLORFUL FISH

First, the teacher must spread the colorful floating objects (letters, pets, geometric shapes, etc.) in the pool in equal amounts of each color, for each student. The

teacher will be the 'little fish', which will be at one end of the pool. The 'little fish' will say: Colorful fish! And students will ask: What color? Then the teacher will say a color, each student should look for an object of the color said, this with the leg of the crawl swim the full swim, depends on the level of the class.

57.ELEPHANT TRUNK:

Activity for which it allows teamwork, concentration and general motor coordination. The goal is to use the elephant trunk to knock down the obstacles. One can have variations with relay or races in relays.

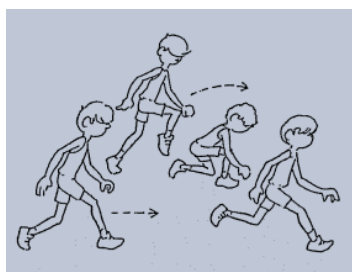


VIDEO [ACTIVITY: https://youtu.be/G6Q-8YDMzoE](https://youtu.be/G6Q-8YDMzoE)

58.MUSIC 'TCHU-TCHU Ê'

The teacher sings each stanza and then the students repeat. The rhythm is easy, just accentuate the 'ê' well, the tropical can be exchanged for 'a very cool dance': Tchu-tchu-ê, tchu-tchu-ê is a tropical dance! Thumbs up! Tchu-tchu-ê, tchu-tchu-ê is a tropical dance! Thumbs up! Knee doubled! Tchu-tchu-á, tchu-tchu-á is a tropical dance! Thumbs up! Knee doubled! Elbows back! Tchu-tchu-ê, tchu-tchu-ê is a tropical dance! Thumbs up! Knee doubled! Elbows back! Head to the side! Tchu-tchu-ê, tchu-tchu-ê is a tropical dance! Thumbs up! Knee doubled! Elbows back! Head to the side! AND THE TONGUE OUT! Tchu-tchu-ê, tchu-tchu-ê is a tropical dance!

59. SQUAT HANDLE



A game of catching, with one student being the catcher, who will try to catch another student. The student who is touched by the catcher must be crouched and, to re-enter the game, a student must jump on top of him.

60. PIKE TRAVE

The pike beam there is only one catcher, whoever he catches becomes the catcher and he becomes a fugitive like the others. The crossbar is the pike, but with one detail, the student who takes his hand off it, can only hold on to the crossbar of the other goal of the court. That is, he will have to run at high speed.

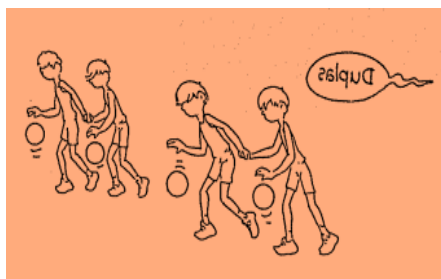
61. AGAINST THE CLOCK

Divide students into 2 teams. Teams must be seated on the side lines of the court, one team on each side. Stretch/attach the rope to the two cones and place in the middle of the court (between the teams). At the command of the prof^o the team 1 must run and jump the rope, collect all the balls, which were thrown by the prof^o on the opposite side, jump the rope again and put them in the box. At the same time, group 2 must run around the court. The team that first completes the task wins. Team 2 that is running is the 'clock'.



62. RELAY BACKWARDS

Identical to the sport of athletics. There are two teams, each with 4 runners, who must run and hand a baton to the front mate. But, this race will be done from the back. The team that completes the relay first wins.



63. DRIVE AND GROUP!

Each student with a ball (Basketball, Soccer, Handball...), they must drive the ball through the given space. At the teacher's signal, they should form pairs, trios, quartets, etc., according to the teacher's request

64. INTERNAL VS. EXTERNAL

Students form two circles, one internal and one external, which move in the opposite direction. At the teacher's signal, students in the outer circle will move to a location determined by the teacher (e.g., court bottom line). From there, the students in the inner circle will try to touch as many students in the outer circle as possible before they reach their goal

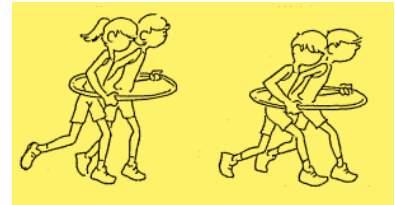
65. HOOP MAGPIE (HULA HOOP)

One student will be the catcher; To pick up another student, you must place the colleague inside a hoop. The student who is hit will become the catcher.

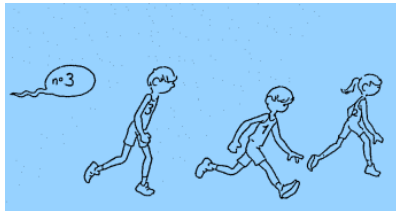


66. DOUBLE-RIMMED GRIP

Students in pairs, inside a hoop. One pair will be the catching duo, who will play another duo, who will become the catcher.



67. CATCH-SURPRISE



catcher will be changed.

Several students spread across the court, each will be given a number. The teacher will determine which number should be the catcher and the other students should run away from the catcher. After a while, or when the catcher touches another student, the

68. CONE RACE:

Students divided into teams. Two rows of cones are placed parallel to each other. The game begins with a member of each team running to the end of the course and placing another smaller cone on top of the larger one, so he will have to run again, touch the hand of the next colleague and the same will have to run, pick up the object that is on top of the cone and put on the previous cone.



VIDEO [ACTIVITY: https://youtu.be/xMwRBGR3Fj8](https://youtu.be/xMwRBGR3Fj8)

69. RITCHA RACE

One representative from each team runs in this one-way race. Each participant must run on a stripe that is drawn on the ground. Whoever leaves the stripe goes back to the beginning and starts the race again. If after a long time no one succeeds, the representatives are exchanged. Whoever accomplishes the task correctly first wins.

70.RABBIT RACING

One representative from each team runs. It is a round trip race where runners will run imitating rabbits (with the palm of their hands and the tip of their feet on the ground and with their knees near their elbows). On the way out, it goes head-on. On the way back, it comes from the back. That is, it cannot turn. If it falls, it gets up and continues. Whoever arrives first wins. 2



71.RACE OF THE TIGHTROPE WALKER

One representative from each team runs in this one-way race. The goal is to run with a book in your head. If the book falls before the finish line, the runner goes back to the beginning and starts all over again. If after a long time no one succeeds, the representatives are exchanged. Whoever accomplishes the task correctly first wins.

72.COMPLETE THE SENTENCE

Everyone dancing, to the sound of lively music. Development: When the music stops, form groups of three people and quickly answer a question asked by the facilitator (whatever comes to mind). The facilitator, at each stop, will suggest new groups: four, five, six... Up to the whole group

73.SITS:

Students gathered in a circle, the child should sit down after passing the ball to the colleague on the side, thus requiring attention and concentration! Very good for heating.

VIDEO [ACTIVITY: https://youtu.be/nH20vMA-XTA](https://youtu.be/nH20vMA-XTA)



74.DONA MARICOTA

It begins by telling a story where the main character is called "Dona Maricota". In this story are included movements characterizing stretching, remembering that we aim at this with children between 0 and 8 years old mainly, where we "play stretching". It is important to emphasize that the child at this age learns activities and performs

them with great playfulness and creativity. It can also be worked with other age groups and 3rd Age

75. BALL IN THE CENTER



Demarcate a square in space. Form pairs. Each with a ball in his hand. Place a ball in the center of the square. The pairs should each be on one side, behind the demarcated line. At the teacher's signal, the students must play the ball, trying

to hit the one in the center, causing it to cross the opponent's backline. The doubles balls will be constantly changed due to the throw. You can't put your foot on the ball. The ball from the center will not be able to leave the sideline.

76. WHO WANTS, STRETCHES

Here we can divide the class into groups and hang a string/ribbon on some (it can be on a beam or on the lower part of the ceiling of the gymnasium). At one end of the string you put something edible (a candy or a fruit), pass the other end of the string over a high place and the other end you tie on the tip of the participant's foot. The participant should (with his hands behind his back) try to eat the material that is on the end of the string/tape. Whoever manages to eat the object that is on the tip of the string, wins the test! Look closely at the video for the details and see that the size of the tape should tie the big toe (the hallux), it is necessary that the tape goes around at a height that, to bite the candy, it is necessary to raise the leg and, lowering the leg, the candy rises! It is important to tie the candy as demonstrated (centered), so that on the first bite it does not break soon and fall the candy (It must be eaten to be worth the proof)! Very fun this dynamic!



Look closely at the details in the video:
<https://youtube.com/shorts/JpBrWl66bzw>

77.HIT THE TARGET

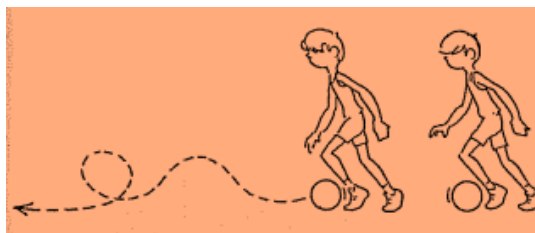
Students will be organized into teams, in column formation; at the teacher's signal, the first student in each column should move in the flexion position, with his hands resting on the ground, and with a ball in one hand; Arriving at the throwing mark, they must throw the ball at the target, with the aim of hitting the ball inside the bucket; Each hit will be marked 1 point for the team that made it and if the student makes a mistake, will return to the end of the column, giving



the turn to another teammate. Variation: for everyone to succeed in the activity, more than one throwing location can be demarcated, placing different scores to each mark. For example: if the student throws from the first mark and makes the point, his team can be counted 3 points, if he misses he can have a new shot, but now he must advance to another mark, a little further ahead, worth 2 points, and if he still persists in the error, he can advance practically facing the target, being hardly that he will err, worth 1 point; But if you still persist in the error, you can have the help of the teacher or perform the pitch until success.

78.DRIVE AND FOLLOW

Students, in pairs, each with a ball; one placed behind the other. The one in front will drive the ball in various ways, being followed by the other student. After a while, the functions are changed



79.DEAD AND ALIVE BODY:

Variation of the traditional "living dead", with the command of alive or dead you can explore various movements with the child and make the activity very fun. For example in the following video, when speaking "dead" the students would have to lie down and stand with their legs up and when speaking "alive" they would get up.



VIDEO ACTIVITY: <https://youtu.be/tG2XsK23-wE>

80. LATERAL

Two teams and two shooters play. Each team has its field, which will be divided by a line. When the whalers shout "NOW," the teams will have to switch fields immediately. During the rush, the whalers will try to shoot someone. If you can't, make another round. If he succeeds, whoever is shot is on the side of the one who shot him. The game goes on until there is no one left. Then, the whaler who has caught the most people wins.

81. COOPERATIVE RECREATIONAL GAMES

The class is divided into two groups, numbering them from right to left and left to right, all lined up facing each other. A ball in the center, at the command of the teacher when calling a number or asking for the result of a problem, each number called, will pick up the ball and bring it to your team. You will earn a score if the student takes the ball without being touched to your team or touches who has the ball.

82. HANDSABONETE

On a grassy floor, on a court or in a wide space take two buckets with water, form two teams, put the soap inside the bucket and start the game, rule can not walk with the soap has to pass it to the other friend and hit the bucket as a goal.



Image: Internet

VIDEO ACTIVITY LINK:
<https://youtu.be/OI1bc5BuheM>

83. BUTCHER'S RACE

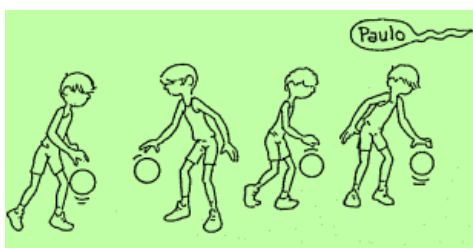
Round-trip race where two representatives of each team race. Contestants will have to run like the butcher's dance, from Panic on TV. On the way out, it goes head-on. On the way back, it comes from the back. If it falls, it gets up and continues. Whoever arrives first wins.

84.CRAB:

This activity is very cool because it stimulates competition, the balance of the children. Basically, you put a ball (or any object) in the lap of children and it has to go from point A to B like a crab and balancing the object.

VIDEO ACTIVITY: <https://youtu.be/slAdFfX5xEM>

85.EXCHANGE OR HINDER



All students in a limited space, each with a basketball dribbling into that space. At the teacher's signal, students should exchange balls with a companion. The teacher will also be able to speak the name of a student who must chase his teammates in order to take possession of the ball from them. When the

teacher/coach determines the exchange of the ball, the student can no longer disturb the teammates.

86. PEGA MEDICINE BALL

A normal catching activity, with one or two catchers, and all students should have, between both hands, a medicine ball, including the catchers. Other types of balls can also be used or materials that are available at school, such as cones.



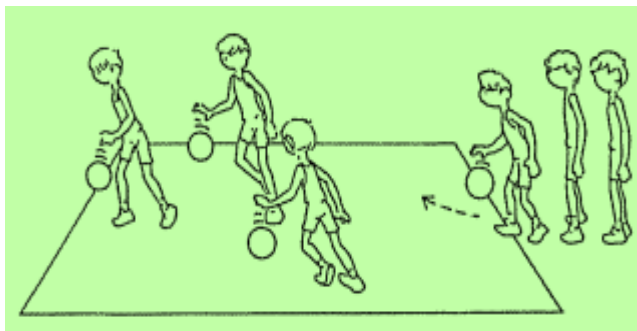
87. KNEE ON CHEST RACE



Students form a line, each with a ball, the student must run, touching with his knees on the ball that is at chest height. In the image to the side is without the ball, but the execution is the same, only holding a ball with both arms in front.

88. GROUP PLAYS

Students are divided into two groups. One sits halfway down the court, each with a basketball moving and making the dribble. The other group forms a column outside the court, the first of this group with a ball. At the teacher's signal, the first



of this group enters the court dribbling to touch a player as soon as he can pass the ball to the second companion of the column and so until all the students in the column have participated. When the groups change roles, the teacher will mark the time of accomplishment of the task of each team.

89. GRIP ATHLETIC MARCH

A chase activity, with practitioners only being able to move through athletic gait (one foot should always be in contact with the ground). The catcher will only get out of this position if he leans his torso against another student. It's not worth picking up with your arms and hands.

90. TACT

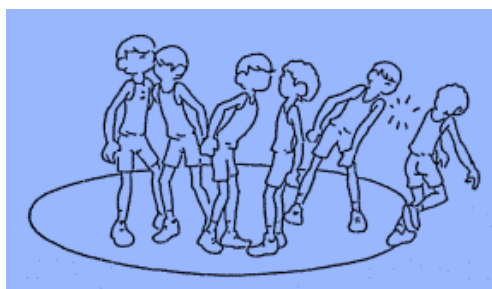
Multiple participants from each team play. It's two rounds: each team has its time. A side row is made. By lottery, one of the members of the queue will be the fool. He must be blindfolded. Soon after, the master will draw someone else's name and tell the fool. The function of the fool is, through tact, to guess who is the person the master has spoken. To do so, he will head to the queue and play all the participants, one by one. If in doubt, you can ask his options to take a



step forward so he can touch them again. The fool can only touch each participant once, except for the ones he highlighted (three times). After groping properly, he will raise the arm of whoever he thinks the person is. Then it's the other team's turn. The team that gets it right, wins the score. **NOTE:** In case of participation of parents, make the father be the fool and the son join the queue.

91. CIRANDOBOL

It only works if it has many, many people. Half of the participants form a wheel, and inside it is the other half of players. Those who are forming the wheel will try to shoot those inside. Whoever is forming the wheel can leave temporarily to pick it up (if it has gone far). Whoever is shot becomes part of the wheel. The last one who stays inside the wheel wins.



92. OUR CIRCLE

A chalk circle is made on the floor, the size of which is in accordance with the number of students. These, placed inside the circle, try to expel the other students to the outside. It's not worth using your arms.

93. CRIPPLE RACE

You take 0 or 1 to know what the starting duo will be. On pieces of paper, various physical conditions in which runners must run will be written. E.g. "Without the left arm", "Without the right leg", "Without the two arms", "Without the two legs"... Anyway, the object is to draw how each runner should run. As in every race, whoever comes first wins. Whoever wins, chooses the new opponent. The winner of the last pair wins the race.

94. KINGDOM OF THE SACIS

In a corner of the grounds, the "palace" is marked, where a player, the "saci-rei", is located. The other "sacis" disperse at will throughout the countryside. At the sign of beginning, the sacis head on one foot to the royal palace to provoke the king. Suddenly, he announces: "The king is angry!", going out to chase them, also jumping. He himself leads to the palace the first one who picks him up and appoints him his "helper". The game resumes, as before, leaving now the two, after further warning, in pursuit of the others and so on. The last caught will be the new king, in the replay of the game. No one may support both feet on the ground, under penalty of being imprisoned, except in the following cases: a) when the player is inside the palace; b) when the player is tired, but must stand



still in the same place, at which time he can be caught. The imprisoned player will stay inside the palace, until another is arrested, only then being able to return to the place where he was before.

95.PIKE BACK

Kind of magpie, played in a very wide space and that has walls at both ends. Whoever gets caught, must catch the person who caught him before he runs and touches the wall. If the participant manages to touch the wall before being caught, he is the one who catches it, which will cause the catcher to become a victim. But if he is caught, he must catch whoever caught him before he touches the wall and becomes a catcher. Whoever touches the wall the most often wins.

96.STAY TUNED

Students form a circle holding hands. A student runs around the circle, and must simultaneously touch the arms of two students. One of them will run to the right and the other to the left, around the circle, whichever reaches the starting place last will restart the activity, running around the circle.

97.BE FAST!

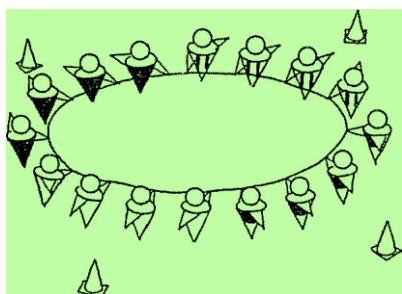
Students in circles, with an arc in front of each student, in the middle of the circle a student. The teacher should determine how the students should move around the circle, for example, running, jumping, crawling, etc. At the teacher's signal, everyone should look for an arc, as well as the student in the center of the circle.

98.FOREST CROSSING

Trace on the ground a very large rectangle (being the forest). Inside are three participants who are the takers, outside are the others, at ease. Given the start signal, players who are outside try to cross the rectangle, that is, the "forest", without being caught. The three players inside try to catch the other "outsiders" who cross the forest from one side to the other. Whoever is arrested, goes on to help the takers.



99. COLLECTIVE TUG OF WAR



All students in circle formation; In this circle there will be four teams with the same number of students; behind each group there will be a cone at a distance of about 2 meters; Everyone will be holding onto a rope and must pull towards its cone, with the attempt to knock it down. It marks the point for the team that manages to knock down first.

100. CHAIN

It is identical to the "Trawler". But when the catchers get to 3, what's on the tip should come loose from the teammate's hands and integrate into the group of runners. Thus, only two people can take the others and, whenever a third is caught, the one at the other end leaves. *E.g.*, John and Mary catch Caius. Soon, John breaks free and Mary and Gaius catch Luke. Then Mary lets go and Gaius and Luke get another one and so on. Only doubles!

101. PHOSPHORUS RACE

Two groups play, each group in a side row, separated by a reasonable space, each row containing an equal number of players. The first of each of the rows will place a box of matches over their nose and try to pass the box without the aid of their hands to the nose of whoever is next to them. This, receiving the box, will pass on, in the same way. If you drop it, just pick it up and pick it up where you left off. The queue that finishes first wins.

102. THE FORTRESS

Two concentric circles of participants are formed; each circle has an identical number of participants; in the outer circle, the members hold hands; The game implies that the circle inside surpasses the circle outside, and for this it will count on one minute. (or time set by the group); The outside circle, of course, will try to prevent the exit of the opponents; At the end of the minute, we count how many managed to get out; Then the roles are reversed.



103. MOVE WITH STICK

Students make a circle, each resting their hand on a stick. At the teacher's signal, they should leave the stick in place and move to the right or left according to the teacher's command, resting their hand on the stick next to them.



VIDEO

<https://youtube.com/shorts/1Z8dMq4W81E>

ACTIVITY:

104. CENTIPEDE WITH BALLS

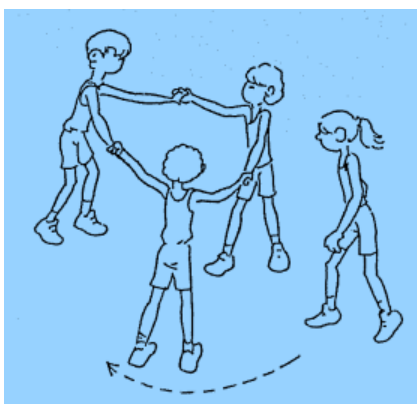
In formation of columns; students must carry balls to a certain location; all with their hands on their heads and a ball between one participant and another of the spine; being able to touch the ball with only the belly.



105. ZIG-ZAGUE

Two teams with equal numbers of participants play. The players of each team must be arranged on each side of the court, in a zigzag. The first of each group will be with a ball. At the sign, you must pass it to the next companion, who will pass it to the other, until you reach the last one. The latter, upon receiving, returns to his companion, until the one who initiated the activity. The team that accomplishes the task first wins the race. NOTE: If the ball falls, who should catch can catch and continue the game, because there are no penalties.

106. SIDE HANDLE



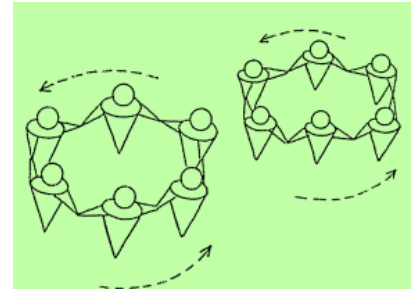
Students are divided into groups of four, three of which form a small circle holding hands, and the student left on the outside of the circle must touch his hand to the colleague who is on the opposite side of the circle. However, you can only touch your hand from the sides, and not over the arms of your colleagues in the circle.

107. VARIATION

Exercise same as the previous one, with the students holding one of the feet of the front companion.

108. CIRCLE LAP

Students form two circles with the same number of students. At the teacher's signal, they should take a number of turns to the right or left. The group that finishes the laps first will win. The circle can't break.



109. CENTIPEDE RACE

Students form several columns, with each holding the waist of the front companion. At the teacher's signal, the race begins to a certain point, back and forth. Whoever arrives first will win. The team that gets loose on the route is disqualified.

110. SITTING CENTIPEDE RACE

Same as the previous exercise, only with the students seated.

VIDEO [ACTIVITY: https://youtu.be/rLfgLWh0LH0](https://youtu.be/rLfgLWh0LH0)

111. YOU'RE WITH WHOM

The teacher separates one student to be the victim, the other students stand in a row. The players stand side by side and the victim with their back to that row. The victim throws a ball back and someone in the row must pick it up and everyone must put their hands back in order to confuse the victim, who must make a guess as to who caught the object. If you get it wrong, do it again. If you get it right, whoever is discovered is the new victim.

112. PACMAN

Catch-up on the court, but it is only allowed to walk over the lines of the court. The "pacman" (catcher) should also walk only the lines. Whoever is caught, must sit in the exact place where he was caught and will serve as an obstacle for those who are fleeing, but NOT for the "pacman", that is, the catcher can jump the people who have been caught by him



and are sitting on the ground, but the fugitives can not jump these obstacles. Whoever is the last to be caught will be the winner.

113. BLIND

One participant from each team plays. In the center of the venue, a string is stretched, where an apple or candy will be hung, at the height of the participants' mouths. Each player will be blindfolded and, at the signal, they must, with their hands back, try to take a bite of the apple. What you get gives the team the win.

114. PAD



The players form a circle. A participant is randomly chosen to throw the cushion up (inside the circle). After that, he should observe where the cushion fell and tell how many steps he could take until he reached the cushion, starting from his place in the circle. Soon, blindfolded, he will take such steps and try to sit on the cushion. The participant who manages to sit on the cushion will be victorious. If you have not succeeded, you will repeat the situation without the blindfold to reassess your estimate.

115. COOPERATIVE HULA Hoop:

A line of children is formed. The goal is to pass the hula hoop through them without there being the "shutdown" of the hands. It can be done in the form of competition between two groups to see who does the hula hoop first.

VIDEO

<https://youtu.be/-hqrgr6Y6YQ>

ACTIVITY:



116. FUTCOR

Kind of shot. The player says a color and the others must run after something that has that color. Whoever touches the color can no longer be shot. However, anyone who does not touch something that contains the color said in time, should be shot. The first to be shot is the next to restart the game.



117. FUTSOPRO

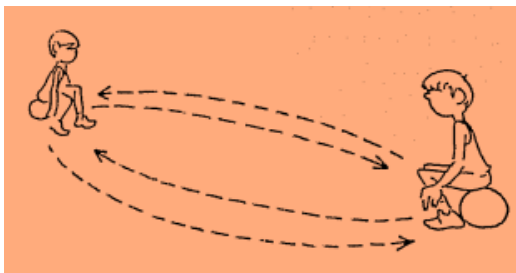
It's a kind of football, but instead of a ball, you use the bladder and instead of feet, you use the mouth. At the end of each end of the room there will be a goal. The goal is, through the blow, to bring the bladder to the goal. The team that scores the most goals wins.



118. RACE WITH TOUCH

Students in the column, each holding a ball close to the gluteal region, should run, touching the ball with their heels.

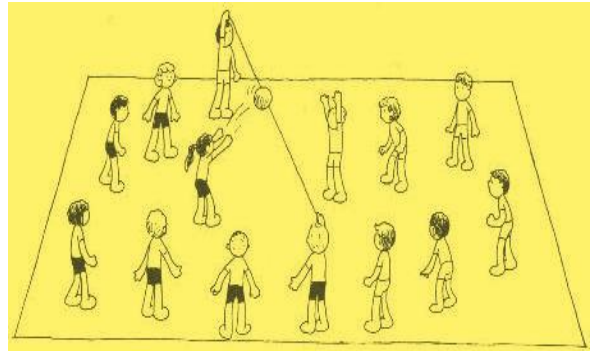
119. RUN AND SIT



Students in pairs, one sitting in front of the other on a medicine ball, at a distance of ten meters. At the teacher's signal, they rush towards the other ball, sitting on it and quickly returning to sit on their ball (check who arrives first).

120. VOLLEYBALL WITH MOBILE NETWORK

Request two participants, to, in possession of the elastic, streamline the mobile network, the groups should always occupy opposite sides of the elastic, regardless of the playing field space. Use the dynamics of the game of volleyball, with participants exchanging passes to send the ball to the opposing field. The network will move in the various directions of the playing area, varying in size and allowing large and tiny play areas for teams. Participants must always occupy the extension of the playing area and the extension of the field.



121. DANCE AS I DANCE

Two teams play. One player will be facing the other, that is, each player will have a person with whom he will come face to face. The team begins. Each participant must dance in their own way. The rival in front of you should imitate your dance steps. Then it's the team that will do the same thing. Both teams will have a minute to do.

122. TRY NOT TO GET GRABBED

Two circles are drawn on the ground, one inside the other. One team is in the smaller circle and the other, with the same number of participants, is in the larger circle. When the teacher shouts the name of a place, the team of the smaller circle must move there, without being grabbed by the students of the other circle. After a while, reverse the roles.

123. MOVE WITH STICK 2

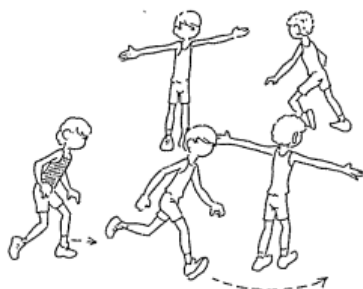


Students make a circle, each resting their hand on a stick. At the teacher's signal, they should leave the stick in place and move to the right or left or give two touches on the ground with the stick according to the teacher's command, resting the hand on the stick next to it, only that instead of speaking right or left the teacher will use 3 commands (1, 2 and 3). In command 1 the student goes to the right, in command 2

the students have to hit the stick on the ground twice and in command 3 the students go to the left. This can also be used with the elderly and with any audience.

VIDEO **ACTIVITY:** <https://youtu.be/WaAOX8lAtz4>

124. CATCH-OBSTACLE



In a limited space, a student tries to catch the others. The students, who are being caught by the catcher, should stand motionless with open arms (obstacles). So, until everyone has been caught.

125. CATCH WITH DRIBBLE

A catching activity, with all the students, including the catcher, having to dribble with a basketball, to be able to move.



126. 7 HUNTS

Two teams, each on their own field. The fields are separated by 7 shards. One person from each team tries to throw the ball and knock down the shards. The team that knocks down the shards must lift them again, but protect themselves from the other, which now has the autonomy to shoot. Whoever gets shot can't help the team in the shards. If the team can put the shards back together before everyone is shot, they win. But if everyone is shot and the shards remain on the ground, the other team wins.

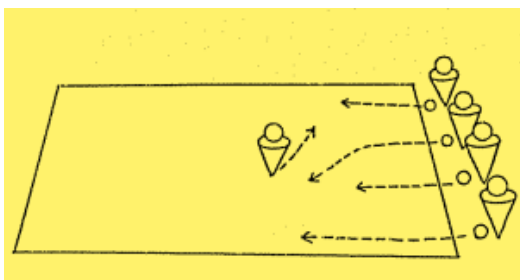
VIDEO **ACTIVITY:** <https://youtu.be/vG1lf3YYpUk?si=0QtOzuM9Klw-S2F5>

127. BALANCING THE COOPERATIVE BATON

All in pairs, having a stick for each pair; At the teacher's signal, the pair will have to carry the baton to a certain point and return, using only one of the feet of each of the participants.



128. IT'S ALL YOURS



On a court, a defender is placed in the center; The other students, each with a ball, should be positioned behind the bottom line. At the teacher's signal, students must move with the ball (driving with their feet or dribbling with their hands) to reach the other side of the court, without the defender getting hold of the ball. If the defender touches a ball, he will switch roles with the student who was with that ball.

129. DECEPTION

The players, standing and with their arms crossed, will form a circle. One will occupy the center and have the ball. He will shoot or pretend to throw the ball to a companion, who must catch it; but he will not uncross his arms if he is deceived. The one who drops the ball or uncrosses his arms when he is deceived, will be eliminated. If all goes well, whoever caught the ball is the next to do.

130. MOTOR CIRCUIT - INITIATION TO GYMNASTICS

Activities that stimulate activities for gymnastics initiation. There are several stations that stimulate contact to the lap, agility to lift, lie down, in addition to running speed and being a cooperative activity.



VIDEO

<https://youtu.be/14PtHmMS6Dg>

[ACTIVITY:](#)

131. CATA PAPER

As the group drifts away, the master hides little balls of paper all over the field in the most varied places he can imagine. At the start signal, the players return to the field where they try to find the paper balls, having 5 minutes to gather what they can. After this deadline, each one presents what he found, winning who accumulated more balls of paper. The winner will be the next to hide the paper balls.

132. SLAVES OF JOB

In a circle, each participant is left with a stump (or any rigid object). First the monitor should make sure that everyone knows the lyrics of the song that should be (in italics): *Job's slaves played cachangá* (passing his little stump to the other on the right); *Job's slaves played cachangá* (passing his stump to the other on the right); *Tira* (raises the stump), *puts* (*puts* in front of you on the table), *lets the Zambelê stay* (points to the stump in front and swings the finger). *Warriors with warriors do zig* (passing their little stump to the other on the right), *zig* (turn their little stump from the right to the colleague on the left), *zá* (turn their little stump to the other on the right). *Warriors with warriors do zig* (passing their little stump to the other on the right), *zig* (turn their little stump from the right to the colleague on the left), *zá* (turn their little stump to the other on the right).



VIDEO [ACTIVITY: https://youtu.be/EVyWEy7V9P8](https://youtu.be/EVyWEy7V9P8)

133. BROOM RACE

One representative from each team runs in one-way race. The goal is to balance a broom the palm of your hand as you run. If the broom falls before the finish line, the runner goes back to the beginning and starts all over again. Whoever accomplishes the task correctly first wins.



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134. BARREIRABOL

They play one representative from each team. One will be the whaler (who will stay at the finish line) and the other will be the fugitive (who will stay on the line if he leaves). The fugitive's goal is to get as close to the finish line as possible without being shot, since the shooter will have at his disposal dozens of paper balls to throw at the fugitive. When the fugitive is shot, the exact place where he was shot is scratched on the ground. After that, the roles are reversed. The fugitive who gets as close to the finish line as possible wins the race.

135. ARM RACING



Two representatives from each team run. Two scratches will be made on the ground, each a few meters from each participant. Participants lean on each other's shoulders with their arms. The goal is to push the opponent and make him exceed his risk. Whoever achieves this first, wins the race.

136. COOPERATIVE BALANCE (CALM)

Form small groups, where the goal is to stay balanced for as long as possible on some object (tire, stone, wood); The teacher will be able to adapt by leaving all the students arranged by the court running, then at his signal he will say a number, such as: "three", then three students must quickly join and balance on top of the nearest tire, soon everyone returns to the starting position and the teacher will ask for a new number, so that everyone can participate and interact with all colleagues.



137. JUMP ROPE WITH BALL



Variation of the traditional jumping rope activity. But in addition to jumping the rope, a ball is thrown to the child who is jumping the rope.

VIDEO

<https://youtube.com/shorts/Sn00wxaNiiE>

ACTIVITY:

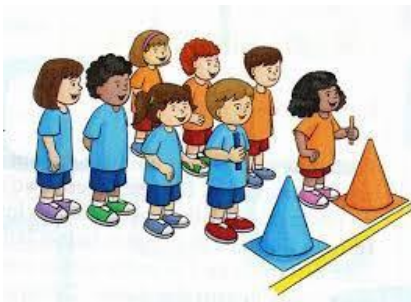
138. KING OR QUEEN, FOOL AND THE WIZARD



The class is divided into teams. In each team, a king or queen, a jester, and a wizard are chosen. These characters are unknown to the opponents. When the king or queen is 'burned', the game ends. Whoever burns the fool goes to the opposing field and can get in the way of the players, jumping in front of the opposing players to make it difficult

to throw the ball or catch the ball that falls to the ground and send your team to the ground. Whoever burns the wizard must go to the space of the burned, leaving the wizard playing normally.

139. RELAY



Students form two columns; At the teacher's signal, the first of each column runs to a certain place, comes back to hit the hand of the second student, who must also run to the determined place, returning to hit the hand of the third student, who will make the same movement, and so on, until the last student of the column.

140. SEATED RACE

Round-trip race where participants run seated and can't use their hands for anything. On the way, it goes from the front, on the way back, it comes from the back, that is, it cannot turn. Whoever comes back first wins.



VIDEO [ACTIVITY: https://youtu.be/2XIBN98MEFO](https://youtu.be/2XIBN98MEFO)

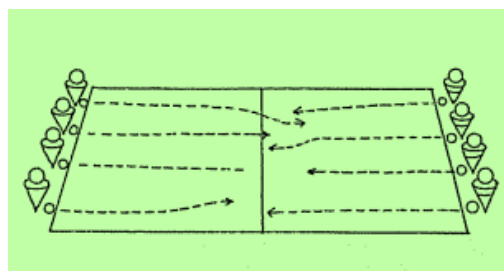
141. SHOELACE RACE



Doubles race, round trip, where participants run with their shoelaces tied. On the way out, it goes from the front, on the way back, it comes from the back. It can't turn. If it falls, it gets up and continues. Whoever comes back first wins.

142. EXCHANGE AND CONTINUE WITH POSSESSION

Students are divided into two groups, each group placed on one side of the court over the bottom line. Each student with a ball; At the teacher's signal, they should switch sides as soon as possible and without losing possession. The student who loses the ball will leave the activity and the last one to arrive must change teams.



143. CAGE

The players, arranged in circles (side by side without holding hands) form the cage. The other group, whose elements represent the animals, disperses throughout the terrain. The master will use a whistle or bell. At the sign of the master, the animals start running, sometimes entering, sometimes leaving the cage. At a new whistle, the participants of the circle join hands, closing the cage and thus trapping those who remained inside the circle. These will then be part of it, joining those who form the cage. Then the game resumes until all the animals have been imprisoned

144. GRIP

Two teams play. Each team must stand in a rectangle scratched on the ground. The goal is to get everyone to stay in that space for 30 seconds. After this time, the team that managed should reduce the space of the other, which will have less space to place its components. And so the game goes on, until the rectangle gets so small that it's impossible to keep people there, giving the win to the other team.



145. JUMP

Two representatives from each team play. The goal is to get there first, making jumps with one foot (as if they were measuring some distance in meters). Each player will be entitled to one jump at a time. However, he can only use one leg to jump, and during this jump, he must leave the other leg in the same place where it was. Only after you are firm can you bring the other leg to the place you managed to reach with your jump. Whoever crosses the finish line first wins.

146. CO-ORDINATIVE MAT, STRENGTH AND RESISTANCE

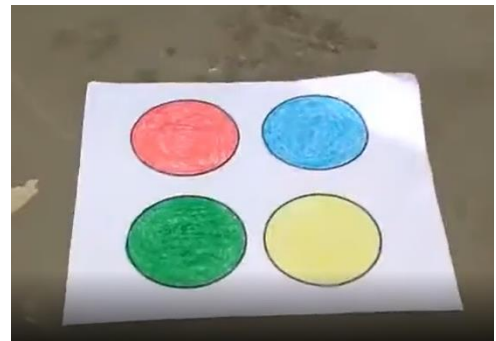
With the making of the carpet, placing little hands glued to the carpet or directly to the floor, and these little hands are of different colors, having some yellow, red, green or any other color; the student must cross the entire course in the flexion position, being able only to place his hands on top of the little hands of the same color (determined by the teacher). For example: the student will cross the entire route just by changing hands on top of the little hands of yellow color.



147. COLOR RELAY

The teacher gives the command of a chosen color to the students and they run towards a chest/bucket/box to find the object of the corresponding color.

VIDEO ACTIVITY: <https://youtu.be/MzkqGsAnaj8>

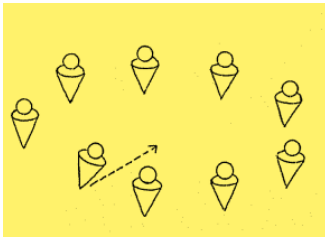


148. PAPER WAR



Two teams play on two separate fields, separated by a space. Each team will have at its disposal dozens of paper balls. They will start throwing those paper balls into the opposing field, which should do the same. The goal is to take the paper balls off your field and throw them at the opponent. At the end of time, the master does the counting. The team that has the least balls in their field is the winner.

149. DIFFERENTIATED MIMICRY



Students form a circle; at the teacher's signal, one comes to the center of the circle and makes a movement, which must be repeated by all; At another sign from the teacher, the student who is in the center goes to meet another student, who must go to the center to make another movement, and so on. The movement cannot be repeated.

150. WAR HULA HOOP

They play a pair from each team. The pairs will get into a hula hoop and stand with their backs to each other as they will run head-on. Two scratches will be made, each at exactly 2 meters on each side of the hula hoop. The goal is to run and push to get over the line, but it will be difficult as the other duo will do the same. The duo that manages to overcome the risk, wins. PS: If you don't have a large hula hoop, the suggestion is to put one person from each team inside the hula hoop, thus getting 2 people in the hula hoop (instead of 4).



151. STEPS

It is a one-way race where several participants must run as if they were measuring a distance in feet. When you step with your right foot, you should step on your left foot immediately glued to the front of your right and so on. Whoever arrives first wins.

152. BLIND MONKEY



Two teams participate. Each team chooses its representative. The master makes a large rectangle and in it draws several lines. Both players are blindfolded and the goal is to get off the course and get to the end without stepping on the lines. Since they will be blindfolded, the team can help. Whoever steps on the line goes back to the beginning, being able to take the sale in that time. Whoever leaves the course

without stepping on the line wins

153. THREE, THREE, THOU SHALT PASS

First we have to choose two participants who will be the bridge, holding hands with each other. Unbeknownst to the rest of the class, they decide who will be pear or apple. The others make a line that will pass under the bridge. The duo that is the bridge, joins their hands and lifts them, forming the bridge. Then the duo sings: "Three, Three, thou shalt pass, thou shalt last remain. Good boatman, good boatman, excuse me to pass." When almost everyone has passed under the bridge, the pair attach their arms to the waist of the last in line and ask quietly without the others hearing, "Do you want pear or apple?"



The Participant chooses and goes behind who represents the fruit he has chosen. In the end, the participant who has more people behind wins, that is, the most chosen fruit.

154. CIRCUIT

Students should be divided into two teams, arranged in two columns, in front of a circle formed by the materials, being one next to the other with the same obstacles. At the teacher's signal, the first two students, one from each team, must leave through the obstacles. Marks point for your team the student who raises the flag before the end of the circuit

VIDEO [ACTIVITY: https://youtu.be/S57Dt6O5Tjs](https://youtu.be/S57Dt6O5Tjs)

155. HOT PASLAPSTICK

One participant is bent over and the others jump over. When everyone has jumped, the first one who jumped bends too. The joke continues to the point where the number of people is so great that you can no longer jump on everyone. Whoever doesn't make it, will be the first to be bent next time. You can break it down into teams to see which team makes it in the least amount of time.



156. PASS BALL



Players form a wheel, and when the music is playing, they will pass the ball from hand to hand. The song is *"There goes the ball, passing on the wheel, whoever gets the ball in his hand, falls out!"*. Whoever has holding the ball in the "outside", is eliminated and the game continues until there are only two left, from where the champion will leave.

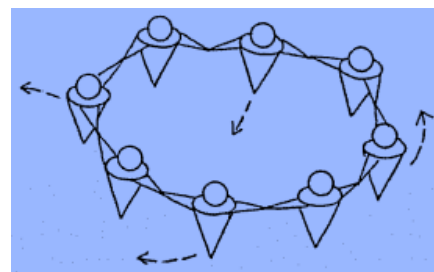
157. TUNNEL

Two teams with equal number of participants play. Each team will form a tunnel, where participants stand behind each other with their legs spread. It's kind of a race. In the master's "Already," the last of each row must pass under the tunnel and go forward. Then the latter does the same thing. In this way, the tunnel of people will move further and further forward. The tunnel that crosses the finish line first wins.

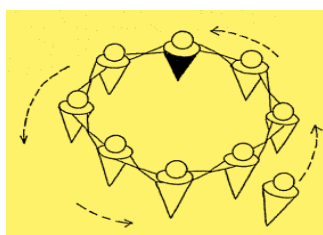


158. DON'T BURST

Students form a circle holding hands; They must pull the circle to the right, left, forward, backward, etc. The pair who let the circle break, take a task stipulated by the teacher.



159. CIRCLE HANDLE

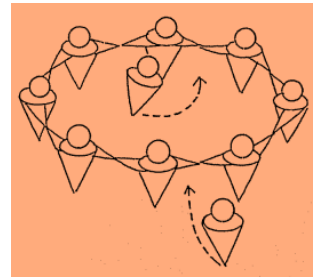


Students in a circle, holding hands. A student placed outside the circle. This one should get a vest that will be on one of the companions of the circle. Students in the circle cannot leave by rotating the circle to the right or left. You can divide the students into teams and stipulate a time for the student to try to pick up the vest.

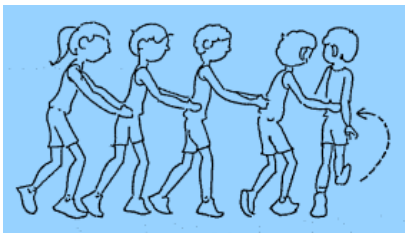
VIDEO [ACTIVITY: https://youtu.be/tRKRvXNfL8](https://youtu.be/tRKRvXNfL8)

160. CATCH-UP-CIRCLE-HARD

Students form a circle, having one companion in the center of the circle and another on the outside of the circle. This will try to catch the companion, who is on the inside of the circle, and the students who form the circle should not leave, joining shoulder to shoulder. The student in the center of the circle will have free passage through it. After a while, or if the student in the circle is caught, the pair is switched.



161. TRAIN CATCHES



Students form a column, one holding onto the shoulder of the other. The first student in the column should take the last one in the column, and the students should not leave by rotating the column to the opposite side.

162. GIANT STICK GRIP



The game is equal to the small stick catch, all the students participate one at a time. After releasing the sticks by the teacher, someone is chosen by the letter of the alphabet to understand the order, and start the game. It starts by picking up any stick and only stops picking it up if it moves any, after the child moves ask it to count how many sticks it took and which were the colors.

VIDEO [ACTIVITY: https://youtu.be/OOUzcvRA3uw](https://youtu.be/OOUzcvRA3uw)

163. TRAP

Organize the class in a circle with hand in hand (these will be the "trap"); then choose some students to be the "hunt"; in which all who belong to the trap, must hold hands in a circle and the others must pass through the wheel formation, zigzagging between them, entering and exiting the trap; As soon as the teacher says "close the trap" everyone in the circle should lower quickly, and whoever was trapped in the trap should sit in the center of the trap, continuing the game the next



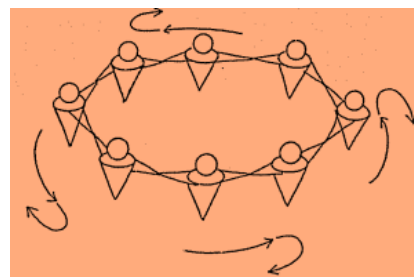
ones who have not yet been arrested.

164. TRAP (VARIATION)

You can perform in teams, selecting two teams, competing between them; in which each team will have a set number of times to set the trap and then will be counted how many have been caught; Soon after it will be the turn of the other team to have the same number of chances and in the end will be counted who managed to capture more opponents. Create different forms with this game, use according to your reality.

165. JOINT EXIT

A circle is made with chalk, larger than the circle of students holding hands. They will try to get out of the circle to score points. It's not worth it, if the circle breaks.



166. RUN AND PICK UP

A game of running and catching; However, those with their feet up cannot be caught (the teacher can determine the maximum time the student can stand with their feet up).

167. VASSOBOL

Two rivals vie to put the ball in the opposing goal through a broom. Whoever scores the most goals wins.



168. SUPPORT VOLLEYBALL

The dynamics of the activity will have two groups in each play area, one inside and the other occupying the sides and bottom of the area. After the serve, the receiving team tries to return the ball to the opposing field. The group that is outside the playing area (sides and back of the court) participates in the game, returning the balls that go out (to their field), giving the group another attempt to pass the ball to the opposing field. If the team that draws a point, the participants from outside the

team that suffered the point reverse the roles with the group from the inside, that is, who was playing inside the court will play outside the court and vice versa.

169. TUG OF WAR IN 4 DIRECTIONS



Activity requires cooperation and strength. An equal distance should be stipulated for both pairs/teams from the final goal, which is to reach the object in its playing area or leave the delimited space. You will need a string in the shape of "more" (+)... that have the same length on the 4 sides so that there is the balance of force when it is pulled by the teams. The teacher can limit a space (a large circle) where each team will make force by pulling the other teams to their side. When someone taps outside the bounded space, they complete the task and mark the point.

170. FOOT WITH FOOT

Round-trip doubles race where one participant climbs on their partner's foot. On the way, what is trodden must run. On the way back, he'll jump (on his back). Whoever arrives first wins.



171. BURROW



Several burrows (circles) are drawn in a wide space. The number of burrows should always be one less than the number of players. Far away from the terrain where the burrows are, the participants, all holding hands, in a circle, will be spinning to the sound of lively music. When the music stops, everyone should let go of their hands, run, and sit in a burrow. Whoever does not succeed, is eliminated and a burrow is extinguished. Whoever sits in the last burrow wins.

172. PULA-PULA

Two lines are scratched on the ground, separated by a few meters apart. Behind one of them line up the players (crouched). When the master says "Jump," everyone jumps forward with their feet together and stops. At a new signal they advance with another jump and so they proceed until they reach the finish line. Whoever jumps

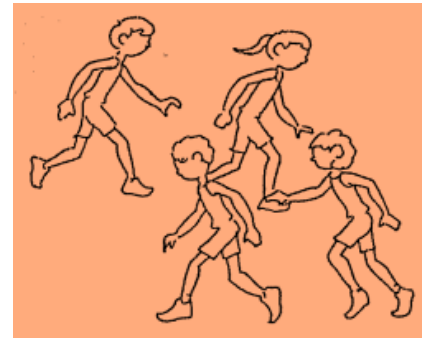
out of time (due to the pranks of the master), must take a leap back. Whoever crosses the finish first wins, being the new master.

173. EARTHWORM

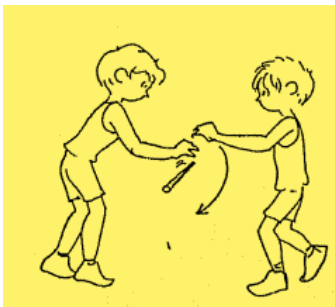
It's a back-and-forth race, but the participants, instead of running, roll across the floor. Whoever arrives first wins.

174. CATCH-FRIEND

Students in pairs, one of the pair will be the catcher, and this can only pick up your partner. After picking up, there is an exchange of roles. The maximum duration of this game is two minutes, as it requires a lot of effort.



175. SAFE-BASTAN



Students in pairs with a stick. One of the students holds the baton horizontally with his arms outstretched in front, and the companion extends his arms over the baton. The student who is holding the baton must release it, and the companion must pick it up, before it falls to the ground.

176. SNAIL

With the use of rope or other material, a snail should be created on the ground; Once this is done, with the use of a ball the student must blow the ball so that the ball travels the path to the center of the snail; The intention is to maintain a control, preventing the ball from touching the string. It can also perform competitively; Instead of moving the ball with a blow, it can also be moved with the hands, with the use of a stick, etc.



177. MAGPIE-TRIO



Students form three pairs, which must pick up the remaining students. The student of the duo who picks up swaps places with the student who was caught

178. CHAIR RACING

Three-way race. Each trio is composed of two people who join the arms and form a chair and a king who will climb on the chair (union of arms). The goal is to run and descend the king at the finish line. The trio that achieves this first wins.

179. BLADDER BURST

Everyone participates. Each player will have a bladder tied around their ankle. The goal is to burst opponents' bladders and protect yours. The last one who gets the bladder intact wins.



VIDEO

<https://youtu.be/DDfH9JaleQw>

ACTIVITY:

180. ROUND RELAY

Same as the athletics relay, but before running you need to go around on a broomstick. They are team participants and the team whose last participant arrived first wins. If it falls, it gets up and continues.

181. ARCHES TUNNEL

Pairs are formed, where each pair will hold a hula hoop, joining all the pairs, they will form a tunnel, through which a child will pass, trying not to lean against the sides of the arches. Note. This activity can be done both with the hula hoops suspended in the air, or leaning against the ground where those who would pass should cross lowered



182. ARTILLERY

Two teams on two fields separated by a line. At the end of each field, a pet bottle is placed. One person from each team tries to throw the ball and knock down the opponent's bottle. The team that drops the bottle must lift it again, but protect itself from the other, which now has the autonomy to shoot. Whoever is shot cannot lift the bottle. If the team manages to lift the bottle back before everyone is shot, it wins. But if everyone is shot and the bottle remains on the ground, the other team wins.

183. WHO IS THE THIEF

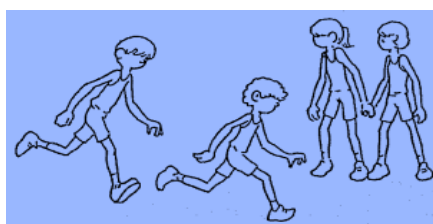
The participants (seated) form a circle. In the center there will be one, holding some object with his hands behind his eyes closed. One of the circle comes and picks up the object of the colleague, returns to the place and hides it. When the master warns, the one in the center opens his eyes and guess who his tail is with. If you get it right, you choose a replacement, if not, whoever has the tail goes to the center

184. EXCHANGE OF ARCHES

Several arches are scattered around the court, with one player within each arch, except one, who must occupy an arc, when the teacher determines that the students should change arcs running.



185. CATCH-ME



All students must form a pair, minus two; One will be the catcher and the other will be the fugitive. The fugitive, in order not to be caught, must give his hand to a student of one of the pairs; Then, the other student of the duo will become the

persecuted.

186. I AGAINST YOU

In a limited space, with a basket full of balls, one student seeks to empty the basket with balls and the others seek to throw them back into the basket.



187. WHO GETS MORE



Students in a small space, one will be the catcher. Check, after a time stipulated by the teacher, how many colleagues he picked up (can not catch the same student in succession). After this time, change the catcher.

188. REVERSE TRAIN

They play two groups. It's a back-and-forth race where participants from each team will run clinging to each other's waist. To return, it is necessary to make the turn on a person who will be at the finish line. The team that gets to the starting line first wins, since the race is back-and-forth.

189. CASSAVA WAR

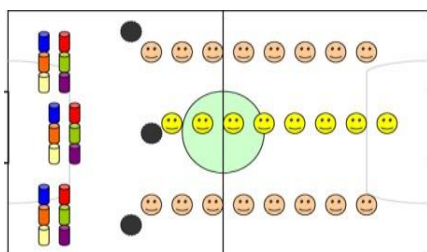
They throw two people, each with their cassava half secured. Each one has his turn to hit with all the force on the cassava that the other holds. Whoever breaks the opponent's cassava first wins.

190. PICHORRA

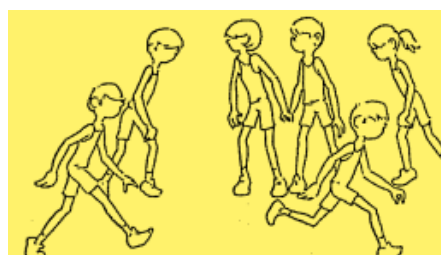
A bladder is hung high and the representatives of the teams, after being blindfolded and rotated, must pop it with a stick, being guided by the respective teams.



191. BLIND BOWLING



The class is divided into teams according to the number of students. One participant from each team plays. It's an ordinary bowler, but the participants play



blindfolded. The goal of the game is to knock down the last pin, no matter how many throws

it was, since when one misses, it's the other's turn. Whoever succeeds, wins.

192. SAVE YOURSELF

In a given space a game of running and catching, but when two students hold hands, they can not be caught



193. HUMAN FIT

Dynamic with 4 people sitting on benches. First, each participant sits on the other's back. After everyone is "lying down", the benches are removed. How to get out of the situation?

194. BOWL

Two teams and two leaders play. Each leader must stand within 2 meters of his team. Next to each leader, there should be a bowl on a table. At the master's signal, the teams will start throwing paper balls to the leader, who must pick them up and place them in the bowl. It is not worth catching the balls who fall on the ground, you have to pick them up when they are in the air. In 1 minute the leader who can catch more balls, makes the team win.

195. ARCH MAGPIE

A number of arches are spread over the court, smaller than the number of students. One student will be the catcher and the others will have to flee across the court. Students who are inside the arches cannot be caught. However, in each arc, only one student can stay. If there are two or more, they can be caught.



196. CHAIR TUNNEL



One representative from each team runs. There will be two fields, separated by a line. In each field will be placed the same number of chairs rowed. The goal is to get under the tunnel of chairs and get to the end. The runner who exits the chair tunnel first wins

197. PASS OR PASS

Everyone jokes. However, in each round, one player from each team will participate. It would be interesting if the questions were linked to a single theme each time this game is played. A question (with no alternatives) will be asked to one of the participants. If he answers correctly, he gives a pie in the face of the rival, or vice versa, if he makes a mistake. If he doesn't know, he passes. If the opponent doesn't know, he passes it on. If, even so, the former does not know, or makes a mistake, his rival will give him a pie in the face. But if he gets it right, he's the one who gives the pie. The team that hits the most questions and, of course, gets the least pies wins. *NOTE:* Making dozens of pies can be cheaper than it seems. Just sit back and think of cheap ingredients that can yield several pie dishes.



198. ASSISTED RUNNING/WALKING

Students form a column, the student should place his left hand on the shoulder of the front companion and with the right hand, should hold the leg of the same companion. They should move in that position.

199. VARIATION I

Students form a column, with the left hand they hold the shoulder of the front companion, and with the right hand they hold the right leg of the back companion.

They move forward in that position.

200. VARIATION II

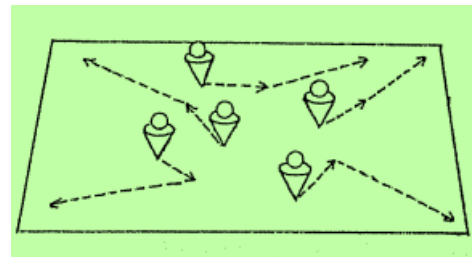
Students form a column, with everyone holding on to the shoulders of the companion in front, and must move forward with lateral extension, sometimes of the left leg, sometimes of the right leg.

201. VARIATION III

Students form a column with everyone holding on to the shoulder of the front companion, and must move in this position. At the teacher's signal, they switch positions and continue to run in the new direction.

202. CAN YOU BE FAST?

Students run slowly across the court. At the teacher's signal, they must run with maximum speed to places determined by the teacher and return to the center of the court (e.g.: Touch the four corners of the court, touch the goals, etc.).



203. PETECOBOL

It is identical to Handball (football with the hands). There are two teams and the players must play the shuttlecock for their teammates. Whoever holds the shuttlecock, receives a red card, because it is only worth hitting the shuttlecock up, like every game of shuttlecock. If the shuttlecock falls, it is worth picking it up, but you should launch it normally in up to 5 seconds. Instead of goals, there are two limited roof regions where the shuttlecock must hit to make the goal. The team that scores the most goals wins.

204. LONG JUMP



Two representatives from each team play. One participant will jump, then his opponent. After that, the distance increases. If the participant is the first to jump in a distance and miss, he must hope that the other also makes a mistake, because then he will have another chance. Whoever can jump a distance

that the other could not win.

205. RACE OF THE BRIDE AND GROOM

Two couples from each group play in this race, whose goal is to cross the finish line (the man with the woman on his lap, made engaged). The duo that comes first wins.

206. CHAIN HANDLE

Students scattered around the court, one will be the catcher. During the activity, those who are caught by the catcher must give him his hand to form a chain, which cannot be broken. So until the last one was caught.



207. TAIL GRIP



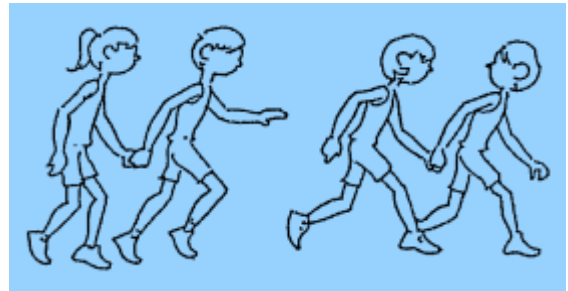
Students with their shirt (or some other material) stuck in their shorts. At the teacher's signal, they should pick up their companions' shirts and fasten them to their shorts. After a while, the teacher will determine the end of the activity. Whoever gets the most shirts wins.

208. OBSTACLE COURSE

Play two runners, who must travel a distance and reach the end, facing obstacles (the obstacles will be people bent). Whoever crosses the finish line first wins.

209. DOUBLE-DISTINCT GRIP

Students in pairs, fleeing in a certain space. One pair will be the catcher, and only one student of that duo will be able to catch. When that catcher touches another student, the other student in the duo will become the catcher and the one who was caught will become their partner.



210. BETWEEN LEGS

A wheel is formed, all standing and with their legs slightly apart, so as to touch laterally the foot of the companions next to them. The goal is to score between the legs of teammates, who will try to defend themselves from balls that may come their way. It is not allowed to touch the ball with any other part of the body than the hands and the ball must always run low. Taking a goal (ball passing between the legs) the person must turn, getting his back to the wheel, but still being able to score goals. Adding the number of balls during the game is interesting. This activity fits well in a start of class, for a quick warm-up, etc.

211. MAGPIE-LIKE



It works like a normal catching game, with the catcher having to place one of the hands in the place where it was touched by the previous catcher. Only in this position can you pick up another companion.

212. GOLF

Two representatives from each team play. Each participant will have a club (any piece of long wood) and will be entitled to one shot at a time. The participant who manages to put the ball in the hole first, wins the match.



213. EVEN OR ODD

They play one representative from each team. Participants must jump on a ceramic ride as they win. It's like this: players choose even or odd once and go on playing several times. Whoever wins, advances a house (a pottery). Whoever loses, stays where they are. And so on until someone gets to the last house.



214. KICK TO THE CONE



Students need to dribble at the cones, drive to the line and finish by kicking at one of the cones. If the cone falls he picks up the spot and takes it to his group. Within a given time, whoever wins the most cones wins.

VIDEO [ACTIVITY: https://youtu.be/avmDWl6JQ5Q](https://youtu.be/avmDWl6JQ5Q)

215. BOTTLES

Two teams on two fields separated by bottles arranged next to each other, with a space of 30 cm between them. One person from each team will try to get the ball to pass to the other field without touching any bottle, that is, the ball must pass between the spaces. The team that knocks down one or more bottles must put it in place again, but protect itself from the other team, which now has the autonomy to shoot. Whoever is shot cannot help the team accomplish the task. If the team can get the bottles back the way they were before everyone was shot, they win. But if everyone is shot and the bottle(s) keep falling, the other team wins.

216. ANIMAL PRANK

Each participant is given a paper with the name of an animal, without seeing that of the other. Then everyone stands in a circle holding hands. When the animal is called by the coordinator, the person corresponding to the animal, should crouch trying to lower the colleagues on the right and left. And the others should try to keep him from ducking. *Note:* all animals are equal, and when the



coordinator calls the name of the animal everyone will fall on their asses on the ground, causing a big general laugh.

VIDEO **ACTIVITY:** <https://youtu.be/OL3pdY-3kAs>

217. FASTBALL

Two teams play arranged in semicircles, and the union of the teams will form a wheel. The master will also help to form the wheel. On his left side, the semicircle of team A. On his right side, the semicircle of team B. The master will give a ball to each neighbor (the one on the right and the one on the left). In their NOW, participants must pass the ball to their neighbors. When the ball reaches the last person of the team (exact half of the wheel), the latter must return it in the same way, passing through everyone's hand, until it reaches the player who is on the master's side, who must deliver the ball. The team that delivers the ball to the master first wins.

218. NUMEROBOL



Two teams play (each on their own field). The participants are seated parallel to the side lines of the court forming a row, divided into 2 teams of equal number of members. Each player will be numbered, in row order, from 1 to 10, for example. Same for the other team. In the center there will be a ball and at the signal of the monitor, which will shout a number,

for example 7, the two players (one from each team) who correspond to the spoken number, must leave the row and both will try to make a basket. It's worth stealing the ball.

219. HIDDEN API

A wheel is made where everyone will be standing. Some children will get off the wheel and not listen to the initial explanation from the monitor. When the children return, one at a time, she will be told that on the wheel there is a whistle, with some child, and she must find out who she is with. There are several attempts until the "victim" discovers that, in fact, the whistle is stuck in the back of the monitor and the monitor turned his back on any child, who beeped bringing his hands to his mouth, as well as the others, who pretend to have the whistle.



VIDEO ACTIVITY: <https://youtu.be/5C-E00EKvgE>

220. MINI-VOLLEYBALL



Separate the class into three equal groups, two of which participate in the game, having the 3rd group between them, with their arms extended above their heads, as if it were the volleyball net. The two groups that confront each other pass the ball through headline or touch over the

human net until the ball is intercepted by some component of the net. The group that loses possession of the ball passes to the function of human network and so on.

221. TRAILER

Students should be arranged in two columns, with the first student in the column having a cone in front of them, fifteen meters apart. At the teacher's signal, the first student in each column must run toward the cone, get around it, and return toward his team. When you arrive, you must give your hand to the second of the column and make the same route with it. When they reach the column again, the first should go to the end of the column and the second should lend a hand to the third. On the return, the second should stay last and the third give the hand to the fourth and so on, until everyone is towed by the colleague in front. The team that finishes before the course wins.

222. THE FALLING BALL



In doubles; one facing the other, one of whom will be holding two balls, one in each hand, in the cross position; at a short distance will be your colleague, at the signal of the teacher the student will drop one of the balls towards the ground, and your colleague should try to catch the ball before it falls to the ground; then the functions are reversed. Note. This activity can be performed in different degrees of difficulty, and

beginners can be performed with scarves, balloons, or lighter balls that take longer to fall; and also gradually the distance between the two participants can be increased.

223. COOPERATIVE ARC

A large circle is formed, where it will have an arc (made of resistant material) or even a rope or other material that can be circular to the point that everyone in the circle can hold with both hands and so cooperatively everyone can lower and lift.



224. ALL ON TOP OF THE CHAIRS



Each participant in front of their chair. **Development:** The facilitator puts on a song and all participants must go around the chairs. When the music stops, everyone should climb on top of some chair. When they are on the chairs, the music restarts, everyone comes down, and the music returns. The facilitator pulls out a chair. No one will be able to keep their feet on the ground. The game

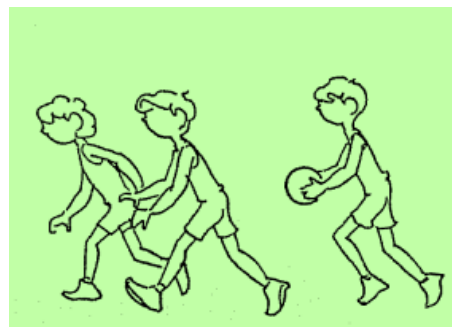
goes on and at each stop the facilitator removes a chair. The game ends when only one chair is left, and everyone is on the table.

225. FROM BRANCH TO BRANCH

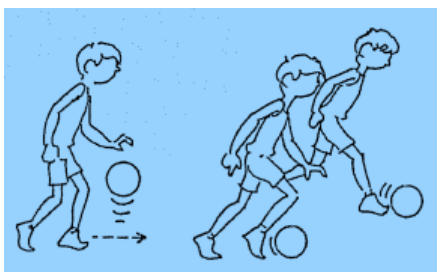
It's a magpie, but it's made on top of a tree. Whoever gets caught, gets it. No one can fall from the tree, if they fall, they are out.

226. TOUCHED, RUNS, AND HIDES

A student, with a ball, must touch it to the rest of the students. If you manage to touch someone, there will be a change of function. Next to the line that limits the space of the game, several balls will be placed. At the teacher's signal, the student, who is pursuing, must go and hide in one of the two arches; Until you reach the bow, the other students will be able to catch the balls to throw them at the pursuer. At another signal from the teacher, the activity resumes.



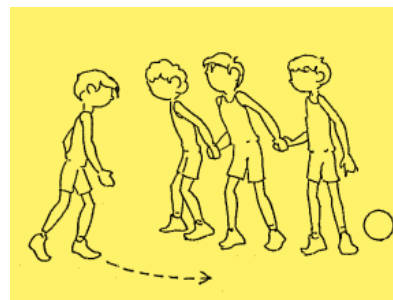
227. CATCH-BALL



In a wide and delimited space, a game of catching; the student who is chasing must drive a basketball, the others will drive a futsal ball. Whoever is touched by the catcher will switch balls and roles with him.

228. PURSUE-PROTECTED

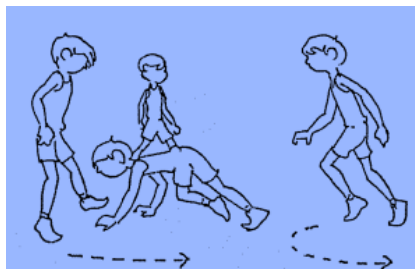
Several groups of four students are formed, one of whom will be the pursuer and the other three, with their hands held, must protect a ball placed between them; The trio will be able to move, driving the ball, as well as do the protection with the body, but they will not be able to let go of their hands. After a while, the functions of the students are changed.



229. STRAW OR LEAD?

Two groups of children are divided. One of them is drawn to stand next to a pole, squatting hugging the pole and the others holding his waist and maintaining the same height. The first component of the other group, takes distance of about 2 meters and climbs on the back of those who are in the column next to the post. Then another component rises, until the whole second group is on top of the first. At this moment, the group below begins to sway shouting, "Straw or Lead?" The game ends when everyone from above is knocked down, reversing positions.

230. CATCHER-FUGITIVE-EXCHANGE



Students form a circle with their legs apart, minus two students, one will be the catcher and the other will be the fugitive. For the fugitive to escape the chase, he will have to take refuge between the legs of a student in the circle; At that moment, the functions are changed: the catcher becomes the fugitive and the student under whose legs the fugitive entered becomes the catcher, and so on.

231. BETWEEN THE LEGS

A wheel is formed, all standing and with their legs slightly apart, so as to touch laterally the foot of the companions next to them. The goal is to score between the legs of teammates, who will try to defend themselves from balls that may come their way. It is not allowed to touch the ball with any other part of the body than the hands and the ball must always run low. Taking a goal (ball passing between the legs) the person must turn, getting his back to the wheel, but still being able to score goals. Adding the number of balls during the game is interesting.

232. TIMING

Doubles match. He plays one pair at a time. Participants will hold the ends of a sheet of newspaper. The master will streamline the actions to be performed by the pairs (run, jump, turn, etc.) without tearing the newspaper. The duo who stay longer with the newspaper without tearing, wins the race



233. Kangaroo RACING

It's a doubles race, back and forth. Each pair should run like this: one should step on the partner's foot, but both will be looking forward, that is, the one on top will be with its back to its partner. On the way out, it goes head-on. On the way back, it comes from the back. The duo that comes first wins.

234. BURNED-CORRIDOR



In a wide space, draw a straight runner that can run players at the same time, with a start line and a final line. The class is divided into teams. One team will be the one that will burn and the other that will

walk down the aisle. Whoever is going to burn will be positioned outside the corridor line. Whoever will pass the corridor will have to hit the ball that will be thrown by the teacher as far as possible and travel the distance to the end of the corridor. As this one runs the other team fetches the ball and tries to burn that person. It's only worth burning outside the side lines of the hallway. If the person managed to go back and forth the distance without stopping at the end line and pass the initial line without being burned, he will score two points. If the person only managed to go, he stops at the end line and waits for the next in line to hit back to come back, in which case he will score only one point. If it is burned in the hallway it will be eliminated. The team will only switch roles when everyone is burned. The winning team will be the one that scored the most points.

VIDEO [ACTIVITY: HTTPS://YOUTU.BE/WJ7ZKCZSB34](https://youtu.be/WJ7ZKCZSB34)

235. SIRI RACE

There are several participants in this round-trip race. Players must run sideways like the crab dance. Whoever arrives first wins.



236. DOMINO EFFECT



Two teams play . The participants must be side by side and the teams face to face. When the master says **NOW**, everyone should fall backwards (like a domino effect) in sync. The team that falls totally first wins.

237. COOPERATIVE BURROW

It is similar to the "Bunny comes out of the burrow", but no one comes out of the game, at each whistle a bow is removed until all the hula hoops are full, it consists of uniting the participants within the bow. Skills:



locomotion, agility, gross motor coordination and interaction between students.

VIDEO ACTIVITY: <https://youtu.be/UIYfXaK1KoM>

238. FILLING

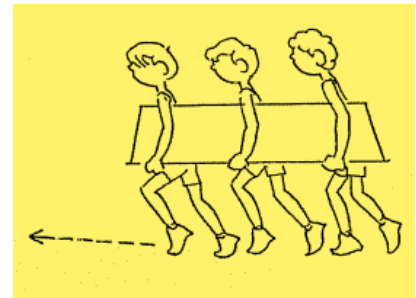
The corner of each team is marked on the field of play, and the paper balls are placed on it. There is also a great circle, which can cover the corners of all the teams. It is explained to the group of players that everyone should run clockwise. The game consists of each member of the team, running clockwise, catching a ball in each hand, and placing it in his corner, going all the way around. The team that at the end of a given time has the highest number of balls in its corner will win. When the closing signal of the game is given, the young people who have balls in their hands, should take them to their corner.

239. KANGAROO

They play one representative of each team in this one-way "race". The goal is to cross the finish line first (where the master will be with both hands open, waiting for the winner to hit one of them). Every ONCE the master says, the kangaroos must make a single jump (as far as they can). Since the master will (sometimes) try to trick the kangaroos by pretending to talk **ALREADY** and just say "J...", or things like that, it's quite possible that someone jumps out of time. In this case (or if it takes too long to jump after the Already), the player must go back to the beginning and restart the race, which continues in the same way, the master speaking **ALREADY** and them jumping. Whoever hits the hand of the master first, who will be at the finish line, wins. That is, whoever arrives first (jumping, of course).

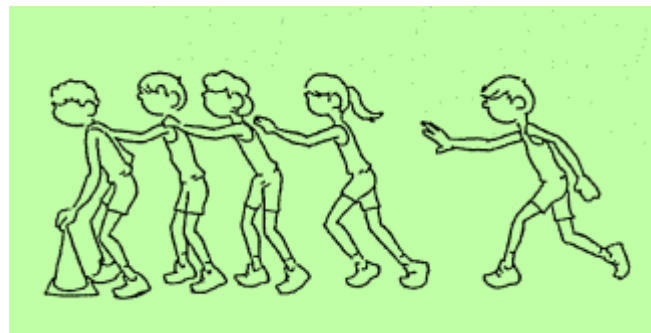
240. RACE-PLINTH-CONE

Students form two columns; every three of each column should run within a part of the plinth, round trip to a cone.



241. DON'T BE THE FIRST

Several cones scattered around the court, students should be spread across the cones (no more than three per cone). The first student to reach the cone must get their hands on it. The second and third, with their hands on the shoulder of the student in front. The remaining students, running from a catcher. To be able to escape from the catcher, the student must run to the cone, put his hands on the shoulder of the latter; The former will be forced to run and run away from the catcher.



242. PRISONER

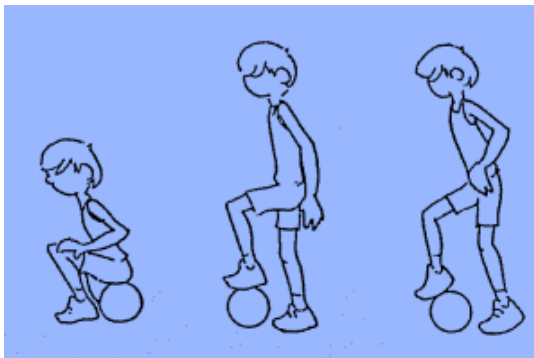
Two teams play . One of prisoners, and one of guards. The prisoners will be in a large circle drawn on the floor (prison). The goal is to get out of this circle without being caught by the guards and get to another circle drawn several meters away. Whoever fails and is caught, returns to prison. Whoever manages to reach the other circle (round), is already immune and can no longer be arrested. However, those who are already immune have the autonomy to help others get out of prison. The prank ends when all the prisoners escape, which will lead to role reversal.

243. BALLS IN THE BOW

Agility activity where each student will be responsible for placing 3 balls inside their bow; initially will have 6 balls in the center; At the signal of the teacher each student runs and catches 1 ball at a time, so when finishing the balls of the center can steal the balls of the opponents, but always looking for one ball at a time; Whoever completes 3 balls first within your arc will be the winner.

VIDEO ACTIVITY: <https://youtu.be/t2PlrjuFD0s>

244. ATTENTION TO THE WHISTLE



Students in a limited area, each with a ball (Soccer, Basketball), they must drive the ball through their teammates, without colliding. When the teacher blows a whistle, all students must step with their right foot on the ball; With two whistles, everyone should step with their left foot on the ball, and with three whistles, everyone should sit on the ball.

245. BALANCE ON THE FOREHEAD

Very fun activity and that will need some oranges, one for each pair, or balls, bladders, for the pairs to hold on the forehead and not drop the fruit, the last pair is the winner, very fun



246. CADEIROBOL

Distribute 6 chairs, 3 on one side and three on the other, placed next to each other (3 meters from each other). Divide the total group into two, 3 players from each team will be seated in the chairs. The goal of the team is to get the ball to the students in the chair, the end chairs are worth 1 point and the middle chair is worth 3 points. Whoever has the ball cannot be touched and whoever has the ball cannot stay more than 5 secs. With it, the player in the chair cannot get up to receive the ball. The team with the most points wins

247. EGG RACE

They will have spoons and eggs, or ping pong balls, holding the spoon in their mouths, participants must bet race, whoever can get to the other side without dropping the egg, wins.



248. PINOBOL

Two teams play . Several cones (or buckets, benches...) are scattered randomly around the courtyard. Each team is in a side row. Only two players (one from each

team) compete at a time. The player of the A team needs to "burn" the opponent with a ball. The B player aims to bring down the cones as quickly as possible and with any part of the body. When the B player is hit, he is replaced by the next in line. The same goes for the A-team player as soon as he throws the ball. When the queue ends, the roles are reversed. The team that knocks down all the cones in the shortest time wins.

249. BAMBOBALL



Participants must be divided into two teams arranged in a row. Each student will be positioned inside a hula hoop. The first student of each team, will make a chest pass (basketball) to the second and so on until the last, who must catch the ball and come out hitting it, until positioning himself in the hula hoop of the first student, the students must always change their positions. The team that finishes first wins.

VIDEO [ACTIVITY: https://youtu.be/fdtqta1_418](https://youtu.be/fdtqta1_418)

250. CATCH-BALL

All students with a ball, except the catcher, who should try to catch someone's ball. Whoever loses possession of the ball will become the catcher (can be used Football, Futsal, Basketball or Handball).



251. FUGITIVE

A group holds hands and forms a wheel, the purpose of which is to prevent the victim from leaving. A victim is chosen who will stand in the center of the wheel. She will try to break some union of arms and run away from the wheel. If he succeeds, everyone runs after the victim. Whoever manages to catch the victim will be the next victim.

252. HUMAN SPINE

Students form two columns, all lying on the floor. At the teacher's signal, the last student jumps on his companions and stands in front of the column, in the position

of the companions. The second-to-last, as well as the other students, will make the same move.

253. CARDBOARD RACE



One representative from each team runs. Each contestant will be given two pieces of cardboard, to put under their feet. First, he steps on one of the cardboards, and when he takes the step, he puts the other one in front, steps on it and repeats the operation again, in such a way that he walks stepping on them all the time. The race is one-way. Whoever crosses the finish line first, wins.

254. RACE OF THE BLIND

Ordinary, one-way race. The runner (BLINDFOLDED) wins who crosses the finish line first.

255. STACK THE BOTTLE

Activity in which the child has to put the row of bottle standing. Then you have to lie down. The activity can be explored with a number of variations. Work of spatial notion, balance and agility. This activity works on the reuse of materials, as it uses pet bottles.

VIDEO

<https://youtu.be/BfxO8XHiuo0>

ACTIVITY:



256. JACKPOT

The participants form a circle. Whoever has the ball should say the name of a participant and throw the ball to him, asking a mathematical question. *E.g.* "50 + 20", "14 x 2"... The person who catches the ball must answer the bill and continue the game by elaborating another question for the other person. It is eliminated who drops the ball or who misses the score. Win the last one left and don't make a mistake once.

257. TUNNEL

Two teams play. The participants stand behind each other with their legs open, forming two tunnels (one for each team). The first in line passes the ball under the tunnel (passing through everyone's hand) and the one at the end of the tunnel must pick it up, run and take the front of the tunnel, where it will do the same. Everyone will have their turn. The team whose first player returns to occupy the starting position wins.



258. CIRCULAR SHOOTING BALL

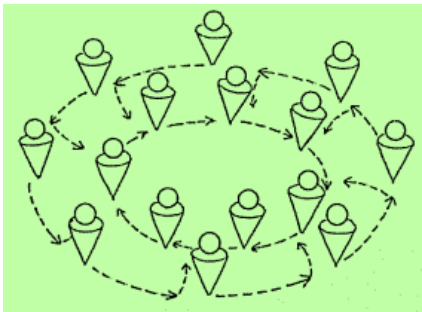
Students positioned in a circle. In the center are placed three cones and a guardian. The students pass the ball between them and, when they so choose, a player throws to try to knock down the cones, the keeper will have to prevent. The one who can't knock down a cone switches places with the guardian.

259. SHOE RACE

Two teams play, which will each be within their circle. All participants will come out of their circles and take off their shoes, from seeing put in a predetermined location. Then all the barefoot men return to their respective circle. In the **"NOW"**, players must run and find their pairs of shoes, put them on and return to their field. The team that completes itself first wins.



260. FUN CIRCLE



Students form two concentric circles. In the outer circle, there are one or two more students. These circles should run in opposite directions. At the teacher's signal, the inner circle, stops with the legs apart, and the students of the outer circle should each enter under the legs of the students of the inner circle. What you don't get will have to continue in the outer circle, which is now made up

of the students of the first inner circle.

261. VARIATION

Same activity as before, but instead of students placing themselves under the legs of their peers, they should hold hands with colleagues in the other circle.

262. VARIATION

Activity same as the previous one, with the students having to climb on the backs of their companions.

263. VARIATION

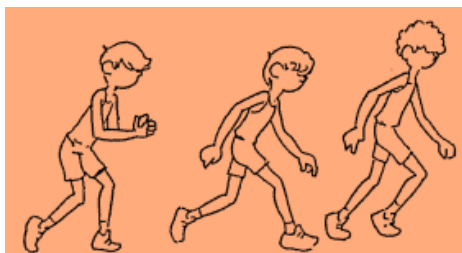
Exercise equal to the previous one, with the displacement of the students being done in one foot.

264. TURN THE ROPE

Students form a circle, the teacher in the center of the circle, with a rope in his hands, must turn the rope for the students to jump. The student who touches the ball will lose a point.



265. GLUED HANDLE



A student is the catcher, but this student can only move with his hands grasped, including, to catch a fugitive, it will have to be with his hands together. The student who was touched switches places with the catcher.

266. BODYGUARD

A student, with a ball in his hands, will have two bodyguards; The other students place themselves around with the goal of touching the ball, without being touched by the bodyguards. If the player is touched by the bodyguard, he must take a walk around the court as punishment and continue in the activity. If the student touches the ball, he will switch places with the student who was holding the ball.



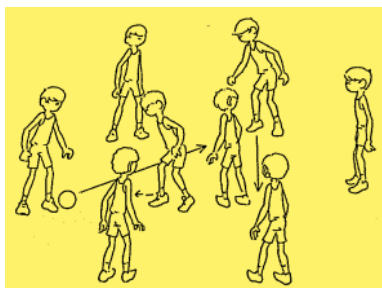
267. BARRIER

Two teams play . The players of each team must give their arms and stand next to each other, forming two rows (one facing the other). One row will be the defense and the other will be the offense. Given the signal, the pushers (hand in hand, as well as the defense) should try to break the chain formed by the other team and move to the other side. Remembering that it is not worth letting go of the hands and, if this happens, it is necessary to take the hand of the companion again. If the offense manages to get the defense to break through, it wins and the roles are switched.

268. CIRCULAR TUNNEL

Two circles, one internal and one external. One faces the other, holding hands, forming a circular tunnel. Someone will run through the tunnel; When you stop in the middle of one of the pairs, you will be in the inner circle. At this point, the pair must disband, and their components must run outside the circle as follows: the two will run, in opposite directions, to their right, outside the floor. Whoever arrives first at his place of origin will join hands with the one who is standing still, waiting. And whoever arrives later will run through the tunnel, looking for a new duo.

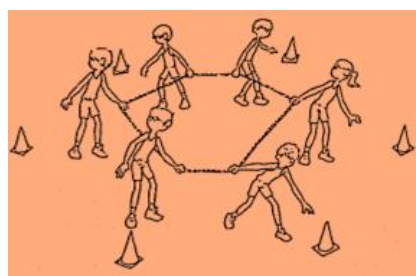
269. TRY TO CATCH



Students form a circle with two students in the center. Students in the circle exchange passes (Football, Basketball) and students inside the circle try to catch the ball to get out of the center.

270. KNOCK IT DOWN, DON'T LET GO

A rope is tied at its ends with a knot, making a circle. Students hold the rope with one hand. A few meters behind each student a cone, which must be knocked down by the student, who can not release the rope.



271. VARIATION

Same activity as before. Students will be required to lift the cones that are knocked over.

272. CATCH THE BALL (CONE)

Two columns are formed facing each other and sitting on the floor, so it will have formed pairs, where it will have one student in front of the other so that one will compete against his opponent. Between the two should have an object (which will be caught in the "JÀ"). The teacher starts the game by distracting the students, asking them to put their hand on everything the teacher says, e.g. ear, head, shoulder, belly... and at some point he says "JÀ" or "ball" ... "cone" ..., and the one who touches the object first is the winner.



273. CROUCHED

Children arranged in x columns. At the front of each column at a distance of x from the first place will be the captain of each team. This one will hold the ball. At a given signal, the captain will throw the ball to the first of his column who will return it and then lower it. The captain will throw the ball to the second of the column who will act as the first and so on. The last child in the column upon receiving the ball will shout - Hurrah! Scoring points for your team

274. LOW PASS



They play one representative from each team. A broom is slotted somewhere and lively music plays. The goal is to pass under the broom without falling backwards, since with each step the broom is lowered. Whoever falls behind gives the victory to the rival.

275. SACI

They play a pair from each team. Each pair participates in turn. The duo looks like this: one in front of the other. One holds the right leg (which is extended and elevated in front) of the other. The right hands are placed on the shoulders. At the master's signal, they will make 360° turns for 1 minute. The duo that can make the most spins, wins. If any pair falls, they will be replaced by a new double representative, who will have a new time to perform the task.

276. TAKES AND BRINGS

Two teams play. Each team will stay within a circular field and have an initial leader. Each initial leader must be alone in a large field distanced from the other fields by a space. In the "Already" of the master, the initial leaders will leave their field and must run, towards the field of their team, from where they will take a person and, holding him by the hands, will take him to his field. That person, in turn, should do the same. Go back to the team field and look for one more, which will do the same thing. The team that completes itself first, wins.

277. STREET X AVENUE

Organize the students in about 4 to 6 vertical or horizontal rows next to each other, all holding hands, and two participants are separated one to be the catcher and the other who will be the fugitive, who must go through the spaces created by their colleagues. Whenever the fugitive mentions the word "street", the colleagues must remain holding hands horizontally and when they say "avenue" everyone should stay vertical, closing and hindering the possibility of the fugitive capturing him. If the catcher captures it, the functions are reversed. In the course of the game can change the catchers and runaways.



VIDEO **ACTIVITY:** <https://youtube.com/shorts/VnBFaqZniEo>**278. HOT BALL**

Two equal teams play. The components of each team should be side by side, making the teams face to face. Participants will have their legs stretched forward and their arms back, resting on the floor. A ball will be placed over the legs of the first players of each team. At the sign of the master, they must pass the ball, without the aid of their hands. The ball has to go to the last of the spine and back to who started the activity, passing through the legs of all the students. The team that completes the task first, wins the race.

**279. BLOW OUT THE CANDLE**

Two teams participate. Each team chooses its representative. The two players are blindfolded and take a few laps on a broomstick. At the far end of the room a candle is lit. The mission is to blow out the candle. As they are blindfolded, the players will be guided by their teams. The two participants can only go on one leg. The team whose representative blew out the candle wins.

280. PICK UP THE BALL WITH EXERCISE

Students should stay in the prone position (flexion); The teacher will say the commands: "up", "down", and at some point will say "ball", and then which of the two players catches the ball first, will mark the point. Note. You cannot touch your knee or any other part of your body to the ground, other than your hands and feet for support.

**281. CHAIN CUT**

They play two groups and two leaders, who will not participate in the chain. Each team will form a chain, that is, each one will take the hand of the neighbor. The players on the wings will touch the wall and can't take their hand off it. The leaders of each team will begin to eliminate components of the opposing team, causing the participants to need to extend their arms and legs more so as not to break the chain. If the chain breaks or if the participants at the ends take their hands off the wall, the other team scores.

282. TAKE IT AND COME

Two teams play . Every team has its field. The fields are separated by an empty space of 8 meters. The center of the field is marked where a ball is placed. Players will form two parties arranged behind the line. All will be numbered. Each party with the same numbers. The master will shout a number and the called players will run to the center, aim to catch the ball and return to their ranks. In case one manages to catch the ball, the other must chase and touch it before it can reach the row. The player who manages to catch the ball and return to the row without being touched wins.

283. COOPERATIVE MAT

A team activity, where the goal is to transport the ball to a certain distance. It can be carried out in teams in a competitive way and can also be carried out only as a challenge for the whole team, working only the collective work and improving socialization.



VIDEO ACTIVITY: <https://youtu.be/bTLrv5B72KE>

284. BALL TO THE TOP

Two teams play. Each group will have two captains, who will occupy the squares in the opposing field. The other players (guards) will be scattered on the field itself. In the center of the field the referee will throw the ball between two opposing guards. They will try to catch it, or if it is not possible, to touch it so that a party can do it. Any guard who is in possession of the ball should throw it to a captain of his party or to another guard who, in a favorable situation, can throw it with a greater probability of success. The opposing guards tried to intercept the ball for continuous action, sending it to one of their captains. When the player commits one of these fouls: (- *The captain leaves the square, as he will only be allowed to advance one of the feet.* - *The guard enters one of the cornered squares.* - *Run with the ball in hand*), the ball will be delivered to an opponent, who will play to the captain without the opposing group being able to interfere. A point is scored every time the captain catches the ball high. The team with the most points wins.

285. VARIATION I

Exercise same as the previous one, with the students rendo on their backs.



286. VARIATION II

Exercise like the previous one, with the students, on the way, running front and back, on their backs.

287. BALL BAR

Two parallel lines are drawn about 10 meters apart. Behind the lines will be the field of each of the teams. Teams will have an equal number of children. At the start of the game, the team chosen for the match picks up the ball and one of its components throws violently to the opposite field. If the ball is not caught in the air, the one who catches it on the ground will have to return it also violently to the opposite field; If the ball is caught in the air, the one who does so will pass to the opposite field, as a spy for his team. The spy must always try to catch the ball from the opponent, so that he can pass it into the hands of one of the members of his class. And if he manages to catch the ball before it falls to the ground, he will also move to the opposite camp as a spy. The team that gets the most spies in the opposite camp will win.

288. PYRAMID

Separate students into two columns, the first of each column should run and stack the plates and cones as quickly as possible. This activity aims to work beyond playfulness, manipulation, agility and balance. Simple and very fun activity.

VIDEO **ACTIVITY:** <https://youtu.be/RLupSTcnAzk>

289. HUNT

The players holding hands form two circles. To the center stands one of them, the thief, and outside the circle stands the guard. Given the start signal, the guard goes in pursuit of the thief who runs looking to escape and looking for complicated paths between the two circles. The guard must follow exactly the same path as the thief, if he makes a mistake he will be excluded and replaced by the player on his right at the time the foul is committed. If the thief is arrested by two other players, one from each circle will be chosen.

290. CIRCUIT FOR FUTSAL

This activity aims to improve agility, develop the shot and still work the reaction time of the goalkeeper, where he must defend three balls kicked consecutively...

Note. it does not take many resources to do a good job, congratulations to Professor Kananda Larissa who sent us the video.

VIDEO [ACTIVITY: https://youtu.be/pMEBjYA1zOM](https://youtu.be/pMEBjYA1zOM)

291. HEADS OR TAILS

Two lines are drawn on the ground, some 20 meters apart. The pikes. In the center will be the teams - Heads or Tails - with an equal number of players, in 2 rows, facing each other. The master will toss the coin in the air and players will wait for the fall to check if it was heads or tails. The master, after making suspense, will announce aloud and the group corresponding to the announced face will flee to their pikes (their rear), pursued by the players of the other face. Those who are reached will be incorporated into the opposing team, starting to act together with the new teammates. Again the two teams will approach the center and the master will toss the coin. The team with the most players wins.

292. CIRCLE OF FIRE GAME

Recreational to work handball; developing passing, gripping, defense, collective play and game strategies. Development: All students arranged in a circle around the cone (bucket), will exchange passes until they find the best time to throw the ball inside the cone; And a student will have the function of protecting and preventing other colleagues from getting it right.



VIDEO [ACTIVITY: https://youtu.be/gtAXW1nSB50](https://youtu.be/gtAXW1nSB50)

293. CORREBOL

Two lines are scratched on the ground apart in order to limit the field. Behind one of them, the players line up with the master of possession of the ball. To begin the master shouts: "- Correbol!" and propels the ball forward making it roll with speed, towards another line. At that voice the players rush out, trying to reach the finish line before the ball. Victory is for those who achieve such a thing.

294. BEEHIVE

Students should be arranged in columns, and the last student in the column will have

a sandbag in their hands. One of the cones should be placed at a reasonable distance from the first student in the column, while another cone will be the same distance from the last student. At the teacher's signal, the student who has the bag in his hands runs towards the cone that is in front of the column, bypasses it, returns to the cone that is behind, contours it and returns to its place in the column, passing the sandbag to the next one in front of him, which must make the same movement. The team that finishes before the established course wins.

295. TARGET SHOOTING

It's a family-sized target shot. Two teams play, each on their own field. In front of each field, a giant circle will be drawn, which will have 3 more circles inside it (one circle within the other). Each team will receive a flattened paper ball, and each round, one member of each team will play that paper in the circle. If you fall into the circle or line of the smaller circle, you earn 40 points. If you fall into the circle or line of the circle surrounding the smallest, you earn 30 points. If you fall into the circle or line of the circle that surrounds what is worth 30, you earn 20 points. And if you fall into the circle or the line of the larger circle, you get 10 points. If it falls outside the giant circle, the team loses 10 points. In the end, the team with the most points wins

296. BALL AND BAT EXERCISE



It is a very dynamic game, where two players must hit the ball with one hand while holding a bat with the other hand, so that it bounces on the ground and is hit again, always having to make the ball go over the bat; So both players should avoid losing control of the ball, as the duo that can perform the most touches on the ball will win (always switching from one to the other and passing the ball over the stick they hold between them).

VIDEO ACTIVITY: <https://youtube.com/shorts/WEhLfrTcX8E>

297. COLLECTIVE RACE

10 representatives from each team play. Each team will have its representatives arranged in a row. On the ground, two parallel lines will be scratched, 30 to 50 meters apart from each other. One will be the starting line and the other the finish line. In the "NOW", the first of each row runs to the finish line. When he crosses the line, the second in line runs. When the second crosses the finish line, the third runs. Whoever burns and runs before the partner crosses the finish line, returns and

restarts the race. The team that finishes the race first wins.

298. THREE BQUITS

In pairs, seated facing each other and in possession of a ball, having between them three arches arranged in a row; the object is to throw the ball in the first arc, so that it bounces and falls in the second arc and then in the third, until the grip of your colleague; In this case the ball must bounce three times before reaching the hands of your colleague, being once in each arc.



299. VOLLEYBALL – EDUCATIONAL

Ask the two groups to position themselves, each in a play area, separated by the network. Each participant in possession of a balloon must fill it. With the beginning of the song, all participants must pass the balloon to the opposing field, returning those who pass to their field. With each interruption of the music the monitor will perform the count. At the time of the interruption the group that has the fewest balloons in its field marks a point. The teacher must build the rules together with the students, at the time when the infractions occur



300. BARRED

Several participants and two runners (each from a team) play. The goal of runners is to cross a terrain and cross the finish line. But that ground will be full of people who will stop you from doing that. These people (who will have their hands back) will serve as a barrier, but they cannot line up or extend their arms and legs. It's only worth barring with the body. Of the two participants, whichever comes first scores for the team. After a few rounds, the team with the most points wins.

301. SACIS' RELAY



4 participants play per team. The goal is to complete a relay, running on one foot for a space limited by the finish line and the starting line. Behind the starting line will be 2 participants from each team. While the other 2, will stay behind the finish line. The race begins. The first player on the starting line runs, with one foot, to the finish line, where he will touch the first player on the finish line. He must run as a saci to the starting line and

hit the second participant of the starting line, who must also run on one foot to the finish line and touch the last participant, who runs as a saci to the starting line. All of this will be done at the same time by both teams. The team that completes the task first wins.

302. QUADRUPED RELAY

The same rules as the "Relay of sacis", but participants will run on all fours.

303. SAVE YOURSELF WHO YOU CAN

The players will be grouped 10 meters from the round (space where no one can be caught). In front of the team, the master, who must choose a number from 1 to 30 and save it in memory. Then, the participants, one by one, will have the chance to speak the number they think. When someone gets it right, the master should shout, "Save who can!" Then, the player who hit the number must pick up one of the participants, who at this point should be running towards the round. Whoever he can catch, will be out of the game. The master continues with the joke, in the same way, until there is a champion left.

304. COORDINATION IN THE ARC

Arrange the arches in a row, always leaving some further apart to the right and left side; In the arches of the center should jump with the two feet together and in the arches away to the right and left side the student should jump and fall with only one foot, that



in this case, the arch of his right he should fall with the right foot and the bow

305. PASS-PASS

Two equal groups are formed, arranged in parallel columns, behind an output row. In front of each group and 2 meters from this line, a circle is scratched on the ground. The captains of the various parties receive a sack of corn. At the start signal the first captain passes the bag back over the head to the second player of his party, the latter does the same for the third (so on until the bag reaches the end of the column). Upon receiving him, the latter runs with him down the left side of his party to the circle, where he leaves him coming to stand at the front of the column. The first to return earns a point for his party as long as they are posted behind the exit line and the bag has stayed inside the circle, without bumping into the circumference. Each time the last player in a column leaves, every group takes a step back so that the first place is free. Whoever drops the bag must pick it up and return to its place in order to proceed. Once the winner is noted, the bags are handed to those now placed first, so that the signal can start passing the bag again. The game continues like this until everyone runs, winning the group that gets the most points

306. WHO DRESSES FIRST

One participant from each team plays. Each participant will receive the same number of clothes and must wear them. Whoever wears all the clothes first, wins the race.



307. RED LIGHT

The players will be arranged in a side row, behind the starting line, at a certain distance will be marked the finish line. The master will catch the attention of the players and say loudly the word green, everyone runs. Hearing the word red, everyone stops. The master will repeat the words to his liking. Whoever first reaches the finish line wins.

308. MINEFIELD

- It consists of crossing from one side to the other without touching the "Bombs", blindfolded and with a person guiding without being able to enter the field or touch the participant... Excellent activity to be applied within the school environment, improving the affectivity among students; experiencing visual impairment... So that more students can participate just use the entire court with various obstacles and form several pairs, one being the blindfolded student and the other the guide.

VIDEO **ACTIVITY:** <https://youtu.be/3thZQEIQCzE>



309. BLIND VOLLEYBALL

Rules of ordinary volleyball. A cloth is placed over the net. So the players on one side don't see the one on the other, they will only see the ball seeing towards their field.

310. SHEET VOLLEYBALL

Rules of ordinary volleyball. Each team will have a sheet, everyone on the team has held on to the edges of their sheet (like a net), the ball must be received in the center of the sheet and thrown by the movement of pulling the edges of the sheet and the ball will be thrown to the other field.



311. CARANGUEJOBOL

Rules of ordinary football. It is an adapted football all lying in dorsal decubitus (belly up), moved without being able to touch the butt on the ground the goal and kick and score as in the normal game.

312. GO HUNTING

The children stand in rows, except for one, the hunter, situated far away from the group. Each one scratches a circle on the ground to mark his place. To begin with, the hunter walks through the field approaching the players, to whom he asks, "Who wants to hunt jaguars with me?" All who wish to accompany him stand behind him in column one by one and follow him on his walk. Then he makes another invitation, changing the name of the animal, always putting himself with his companions in line behind him. When everyone is following him, he leads the column to a place far away from the marked places, shouting unexpectedly: "Boom!". Upon hearing the shot, everyone rushes to get hold of a circle, which represents the hunt. The first to achieve it will be the new hunter on the restart of the game. If the hunter thinks that the companions are slow to accept his invitations, he may order: "*All on the hunt!*" should be attended by colleagues.

313. CRAZY WATCH

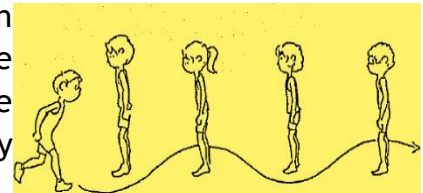
Organize the class in a large row; in front of the row the teacher or another person should remain with his legs apart on two chairs (plinth, wooden boxes or other material that he considers safer and more appropriate), where he should be turning or performing the pendulum movement with the crazy ball (spirobol, ball tied at the end of a rope); At the teacher's signal, one student at a time must pass through the tunnel without being caught by the ball.



VIDEO **ACTIVITY:** <https://youtu.be/M0MI7Ji7VXw>

314. ZIG-ZAG

The students form two columns of equal numbers, where the first student of each column at the signal of the teacher must go out in a rush and zigzag among his colleagues; coming to the end the next one will do the same and so on until everyone performs the task; The team that runs first wins by passing all its participants.



315. BOTTLES

Two teams in two fields separated by 3 bottles arranged next to each other, with a space of 30 cm between them. One person from each team will try to get the ball to pass to the other field without touching any bottle, that is, the ball must pass between the spaces. The team that knocks down one or more bottles must put it in place again, but protect itself from the other team, which now has the autonomy to shoot. Whoever is shot cannot help the team accomplish the task. If the team can get the bottles back the way they were before everyone was shot, they win. But if everyone is shot and the bottle(s) keep falling, the other team wins.

316. RACE OF COLORS

Activity in which the objective is the recognition of colors; Excellent to be worked in any space. Suggestion: so that the other students do not remain idle in waiting for their turn, try to increase the number of participants; You can increase the number of colors, and leave each student responsible for a single color, and soon after completing will change color with your colleagues, making everyone go through all the colors... Another way to adapt can be to perform the same activity using

numbers, letters, animals or whatever you are working with them...

VIDEO [ACTIVITY: https://youtube.com/shorts/V2goMFac_RU](https://youtube.com/shorts/V2goMFac_RU)

317. GAME OF RINGS

Fill soda bottles (plastic and large) with water and tighten the lids. The bottles are arranged on the floor at least one inch apart from each other. A throwing line is made a few feet away. Each participant is given five rings (or bracelets), to make five attempts. Whoever hits the most rings in the bottle necks wins.

318. SHARDS

Two teams, each on their own field. The fields are separated by 7 shards. One person from each team tries to throw the ball and knock down the shards. The team that knocks down the shards must lift them again, but protect themselves from the other, which now has the autonomy to shoot. Whoever gets shot can't help the team in the shards. If the team can put the shards back together before everyone is shot, they win. But if everyone is shot and the shards remain on the ground, the other team wins.



319. FOLLOW THE SEQUENCE WITH THE BODY

Excellent game to work on broad motor coordination, in addition to attention, concentration, visual perception, memorization and colors. The child observes the card with the colors that will be removed to reinforce the memory. After that, he performs the sequence. The game starts with some colors on the card and then increases according to the age and maturity of the child.

VIDEO [ACTIVITY: https://youtu.be/k_8zmG6Kxlc](https://youtu.be/k_8zmG6Kxlc)

320. BLOW THE COTTON

Two teams play. All components should blow a cotton, without touching any part of the body and without letting it fall to the ground. The faults are: let the cotton *touch a part of the body and let the cotton fall being the last to blow*. The team with the fewest fouls wins. NOTE: If the cotton falls to the ground, a rival participant to the

last to blow, should continue the game.

321. BLADDER BURST



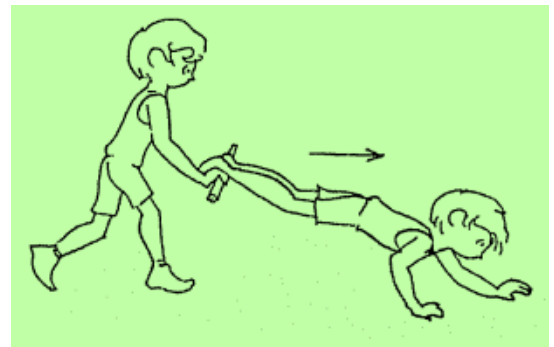
Two teams play . The participants of each team must stand in line, each one must have a full bladder. At 10 meters from each row, there will be a helper, who will be seated. At the signal, the first of each column should run holding the balloon to the chair and pop the balloon sitting on top of the respective helper. Then it goes back to your spine, giving the turn to the next participant who will repeat the action and so on until all the balloons burst. The team that completes the task first wins.

322. UNTIE KNOTS

One participant from each team plays. Each one receives a rope (or cord) with the same number of nodes. Whoever unties all the knots first wins.

323. WALK WITH BATON

Students in pairs, one in the position of support facing the ground, the other holding a stick horizontally on the feet of the companion, should move in this position.



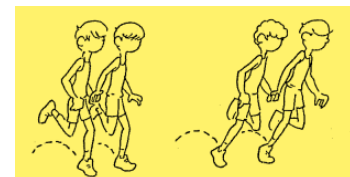
324. PEGA SACI



A pike in which all participants, including the catcher, must move through the determined space with one foot.

325. VARIATION

Exercise same as the previous one, with all students in pairs, including the takers.





326. CHATTY

They play one participant from each team, one at a time. The master gives any theme (*what do you think of the school, how is Brazil, wake up early...*) Each participant has 5 minutes to speak. When the master beeps for the first time, he begins by saying all the advantages of the theme and why he likes it. When beeping again, he should speak ill of the subject and detail all the disadvantages. The master will beep again and he will again speak well. He can't stop talking for even two seconds. Then it's the opponent's turn. It works and it's super fun to listen to.

327. WHO GETS IT FOR MORE PEOPLE

The challenge for each team is to be able to get as many people into a limited space. In 1 minute, the team that can get the most people, wins the race.

328. WASHING MACHINE

Cooperative activity, where a group of 4 or 5 hugging students try to prevent the catcher from grabbing a tape placed on the back of one of the members of the group, and for this they must move all the time to the right and left side, making a movement like a "washing machine"; The game is very fun and dynamic; Excellent for working affectivity through cooperation and physical contact, developing agility and game strategies.

VIDEO [ACTIVITY: https://youtu.be/ZKtdEHXGU5M](https://youtu.be/ZKtdEHXGU5M)

329. WOLK CANDLE

Each team will consist of 6 people. Five of them will stand in a row before the start line and each will have a matchbox. The other component will be 7 meters away from facing the queue and will serve as a "turning marker". On the side (distant about 3 meters), should be the master, with an extinguished candle in hand. At the signal, the first in line should run towards the "turning mark" and should take 25 laps around it. After the turns, you should try to go towards the candle to light it with the match. Once lit, the coordinator will quickly erase with a puff, allowing the output of the second that should do the same procedure. The team that completes the race first wins.

330. PITCH

Game to strengthen the basketball shot, only who hits the basket can make the play



in the game of the old. Super interesting game to teach the fundamentals of pitching.

VIDEO [ACTIVITY: https://drive.google.com/file/d/1Kv-YeRpHpLx1ihqXJkKFwPKdwmFRbma9/view?usp=share_link](https://drive.google.com/file/d/1Kv-YeRpHpLx1ihqXJkKFwPKdwmFRbma9/view?usp=share_link)

331. LABYRINTH

As a platoon, participants will be arranged in rows of 8, except two, which will serve as cat and dog. Given the start signal, the dog will chase the cat and the members of the ranks, holding hands will limit the paths of the maze. The dog and cat may run between the rows, but they will not be allowed to cut them off. The replacement will be made when the cat is picked up by the dog.

332. NECK RELAY

A pair from each team run in this round-trip race. The pairs will position themselves behind the starting line. Each pair is formed by a assembler and an assembled. The assembler shall mount on the neck of the assembled. At the signal, the pairs must run to the finish line. There, the assembler descends and the mount rises on his neck, that is, the roles are reversed. Then the pairs return to the starting line. Whoever completes the task first, wins the test.

333. SINUCABOL

The children will be divided into teams. Each child will have to support the ball to the ground and slap the ball into the bow. Each ball color equals a score. At the end of the game the points will be added to see which team was the winner.

VIDEO [ACTIVITY: https://youtu.be/_nQQFSBsOcc](https://youtu.be/_nQQFSBsOcc)

334. BLIND TARGET

A representative from each team plays, but teammates will be able to help. Each player will be two meters from each other and blindfolded. The goal of the game is for one player to shoot the other. However, as they are blindfolded, they will need the help of the team to achieve this. The "blind" man who shoots the other wins the game.

335. FOUR CORNERS

It should be done in an enclosed place (with four corners). One person is chosen and

stands in the middle of the "silly John" function, while four other people are left occupying the corners of the compartment (each person in a corner). When the game starts, the people who are in the corners should be switching places with each other, without letting the "fool" occupy their corner first. The 'bobo' is waiting for someone to bobear to get his corner, the person who made a fool of himself and lost the corner becomes the 'fool' and the joke continues.

336. HUNTERS IN THE JUNGLE

Three participants play the role of hunters; the others are divided into groups, which represent a type of animal: the group of lions, tigers, elephants, etc. Each group chooses 2 places away from each other to be their hiding places. The boss of the joke says, for example: "Let the tigers come!" Then the players representing the tigers run from one hiding place to the next, and the hunters try to catch them. The trapped children go on to help the hunters. And so it goes on with the other animals.

337. CLOTHESLINE RACE

Divide players into two or more equal teams. Each team forms a queue. Mark two lines on the ground: one is the starting line where the first player in each row is. In the other, at a distance of approximately six meters, two players hold the clothesline. At the signal, the first player of each team goes to the clothesline, hangs up his clothes and goes back to the end of the line. The second player goes to the clothesline, takes off his clothes and comes back, handing it to the third and going to the end of the line. The sequence repeats until all players have participated. The team that finishes first wins.

338. INFINITE TUNNEL

Students form two columns; all resting their hands and feet on the ground, in tunnel formation; at the teacher's signal the last student of each column must pass under his companions and place himself in the same position; soon the next will do the same, until all



perform the task; The team that finishes first wins (it can be performed without being competition, only as a goal for the group). Variation: the same previous exercise, but in this one the students will be in the opposite position, having the back of the body facing the ground and belly to the top (bridge).



339. WAR HORSE

They play several doubles. Players ride on the necks of their teammates and try to take down their rivals by taking down pillows. But it can only hit whoever is on top of the neck. Whoever falls, is eliminated. When there are only two pairs left, we will know who wins.

340. SEQUENCES

Each monitor should have a pen with different colors, getting one with the black color. Each group will receive a sequence of different colors. Ex: 1st group: yellow, blue, red, pink and orange. 2nd group: blue, pink, yellow, orange and red. So on. The monitors should be scattered around the site. Participants must walk together. When you find a monitor you should ask: What color do you have? Monitor: What color do you want? The participant speaks the color in the received sequence, if the monitor has the color, it scratches in the hands of the participants. If not, he says he doesn't have it and the group goes after another monitor. If the monitor has the black pen, it scratches the entire sequence nullifying everything, causing the participant to start again. In the course of the activity the monitors can change pen. The group that finishes the sequence first wins.

341. SONG OF THE ANIMALS

Form pairs through the singing of the animals for social integration and knowledge on the part of the group, through the imitation of the animals (e.g. donkey and donkey, mare and horse, parrot and maritaca, rooster and chicken, cat and cat, etc.). Each participant receives the name of an animal, given the start signal, they begin to imitate the animal, try to find their match.

342. VACANT CHAIR

The participants form a circle, sitting in chairs, leaving a vacancy. The jester will be in the center of the wheel. He should sit in the chair that is vacant and the other participants should always move to the right, causing the vacant chair to be further and further away from the fool. This will be repeated until the fool manages to fill the vacant chair, causing the person who allowed this to happen to replace him.

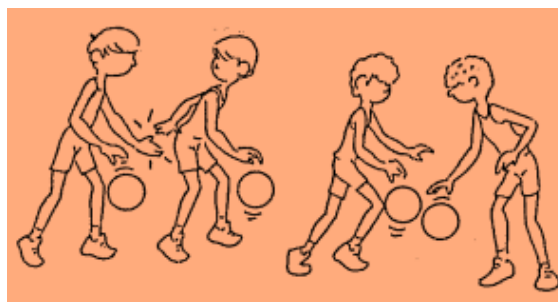
343. CURRENT SPOON

Two rows are formed, with an equal number of participants, who are seated face to face, each with a dessert spoon. The first in line receives in his spoon, attached with

the handle in his mouth, an egg, which must pass to harvest from the neighbor. The game begins and, under an order given by the animator, each one must pass the egg, with the spoon in his mouth, to the neighbor's spoon, without the help of his hands, which are crossed on his back. Every time the egg falls, you can collect it with your hand and continue the game. The row that first manages to pass its spoon object to harvest to the end will be the winner.

344. TOUCH AND PROTECT

In a limited space, all students dribble with a basketball or handball. The goal of this game is that the students without losing possession of the ball and with their free hand touch the back of the companions (a part determined by the teacher) and do not let touch his.



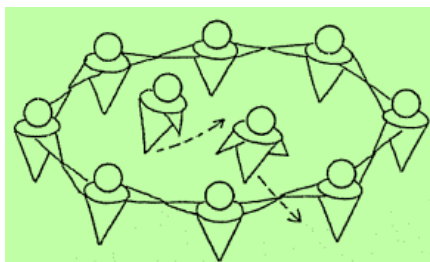
345. FRAGILE CIRCLE

Students form a circle, having in the center of this circle the central circle of a Futsal court. Students will be asked to pull their teammates for someone to touch in the mid-court circle. Whoever touches or breaks the circle loses a point.

346. ARENA

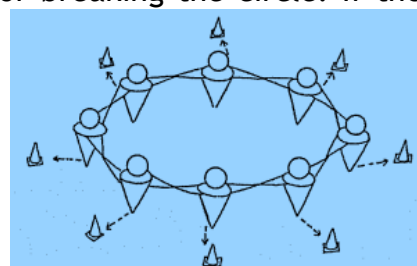
In a painted circle on the floor, four students are placed, and a fifth from outside must try to touch any of them without touching the circle. If you can, change places with the student caught

347. RUN AWAY AND TRADE!



one of the students in the circle who let him escape.

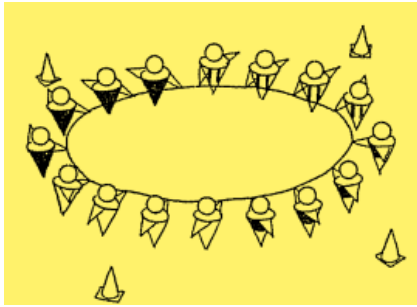
Students form a circle, with two students in the center, who must flee the circle, passing under the hands, jumping over or breaking the circle. If the student manages to escape, he will switch places with



348. CAN YOU KNOCK IT DOWN?

Students holding hands form a circle, behind each student a cone. They will try to knock down the cone with their foot, without breaking the circle.

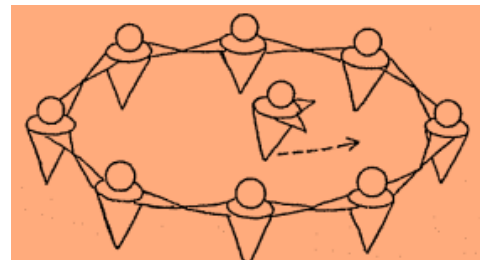
349. VARIATION



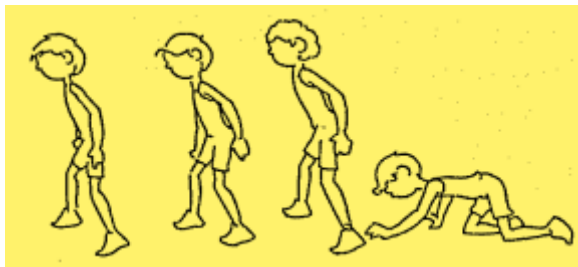
Students form a circle. Within the circle are divided into four groups with the same number of students. Behind each group, a cone is placed, everyone must hold on to a rope and each group will try to bring down its cone.

350. DON'T MISS IT

Students form a circle holding hands, with a student in the center, who will have to exit the circle, forcing to break it.



351. THE LAST!

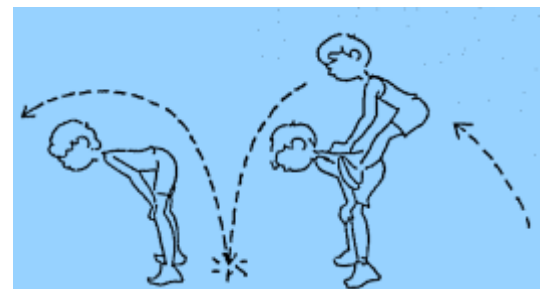


Students running in line across the court. At the teacher's signal, everyone should stop with their legs apart; the latter must pass under the legs of the companions, until they reach the front (all must pass under the legs of the

companions).

352. VARIATION

Exercise equal to the previous one, with the students stopping with their hands on their knees and trunk lowered; the latter must leap over the companions.



353. APPLE GAME

Four components of each team are divided by standing one team in front of the other, with the first component of the row having a mace. At the signal of the leader, the first two peel the apple, passing to the companion, the latter the part in half and passes to the third that the part in four and passes to the last who will eat it. The one who first finishes eating will give notice of this. Singing like a rooster and it's the winner.

354. PLAY, RUN AND CATCH

Students in pairs, facing each other, each with a baton. At the teacher's signal, they must throw their baton horizontally into the air, and run to grab their mate's baton before it falls to the ground.

355. PISA!

Students form a circle with four students holding hands. At the teacher's signal, they will try to step on the feet of their companions; he cannot step on the feet of his companions on the side.



356. WATER RACING

The Leader places a bucket full of water in front of each group and an empty bottle a few meters from the starting line. Given the signal, the first of each team fills the plate with water, runs to the bottle, pours the water into it, without touching it, and will deliver the dish to the next, who does the same. The team that fills the bottle first is the winner.

357. LIT CANDLE RACE

This is a recreation for the entire unit formed in a row. The first pathfinder in each row holds a lit candle. Giving the commanding voice, the latter runs forward, passes around a chair at some distance, turns around, and then hands it to the second pathfinder, without letting the candle go out. If this happens, the pathfinder must go to a table on which there are matches in order to light the candle again. This path extends until the last pathfinder completes the task. The unit that finishes first wins.

358. HULA HOOP RACE



To start the game, the leader of the game will give a signal and the first pathfinder of each line must place the hula hoop by the head and taking it by the feet and immediately hand it to the next participant who will also do the same. The last pathfinder in line after having crossed the

hula hoop, must run to the designated limit to leave the rim, immediately returning to his seat. Whoever does it in the shortest time wins.

359. FLAG RACE

This is a game of great movement and vivacity on the part of the participants. The teams can be male or female units, and can be differentiated by colors, on their flags: Red and Blue. The number of participants may vary according to the capacity of the yard or field, thus being able to join or not more units. It will also have to be from the same number of participants on each team. The disposition of the participants will be as indicated in the illustration, that is: half



of each team face to face. Under the order of the referee, (which is in the center of the play area) by whistle, signal or voice, the people assigned to start the race, will leave in reverse, one from one team and the other from the opposite. The race should be carried out without delay, deliver the flag by the pole in the hand of the opposite companion. Participants must not step out of line to receive the flag. As soon as he receives it he will run to his companion in front who expects to receive him, and so on until he finishes with all the players and the last one who receives it will run to the center to plant it in the goal or deliver it into the hands of the judge. This will declare the winning team that corresponds to the flag received first at the end of the game, the red or blue.

360. FAN RACE

Participants stand behind the exit line. Give each team a ping-pong ball and a fan. Given a signal, the first participant of each group must place the ball on the ground and shake it with the fan, trying to take it to the goal. You cannot touch the ball

with your hands, but you must be careful to protect it because it is allowed to shake the opponent's ball to hinder its course. Once the goal is scored, the person comes running back with the ball in his hands and hands it to the next participant, who will repeat the operation. Whoever scores the most goals wins.

361. EXPLOSIVE CHAIR

At one end of the terrain is marked the pike. With their backs to him and on the opposite side of the field, the children are arranged in a semicircle, around an isolated player. At the start signal, the central player sets out to tell a story. Inesperately, he announces, *"In this, the boiler exploded,"* they all run to the pike chased by the storyteller. The first to be caught switches places with him, and it is up to him to restart the game, as long as he did not let himself be caught on purpose. Whoever, in the eagerness to flee, disrespects the lateral limits of the field is considered caught.

362. AIM

A group of five people forms a circle and each has the tip of a thin rope tied at the waist and the other end tied in a pencil (or pen). In the center of the circle is placed, on the floor, a bottle of mouth thick enough to pass a pencil. Participants will have their hands placed behind their backs and will not be able to speak a word. Only with the movements of the body can you try to put the pen in the bottle. The group you can get wins in the shortest time.

363. HANDHOCKEY

This is an activity that can be performed in pairs. The participants face each other at a distance of about 2 meters, with their hands and toes on the ground (almost the position of the board). The teacher provides a ball for them to play for each other. In the video there is a competitive variation of the activity, where cones are placed as beams, whoever scores the most goals wins.



VIDEO ACTIVITY VARIATION : <https://youtube.com/shorts/wuuKj4Hs0ig>



364. CARDINAL POINTS

Divide the participants into two groups and arrange them in a row. About 5 meters in front of each row scratch on the ground a circle about 60 cm in diameter, and mark the north in each one. Next to the circle place a stack of 16 cards written with the names of all the cardinal points, face down. At the signal, the first of each row runs, picks up one of the cards, reads it and places it in the right position relative to the North in the circle. Then he runs back, touches the second in line, which repeats the same route, continuing until all the cards are in the circle. One point is earned for each card placed in the right position and another point for finishing first. The team with the most points wins.

365. NODE RACE

Participants will be divided into teams seated in the column chairs. The 1st participant of each team with a large scarf tied between the elbow and shoulder (left arm). At the signal given, the player untied the handkerchief with his right hand, turned back and tied it to the left arm of the next. So it goes on until the last one unties the handkerchief and comes to the front and ties it to the arm of the 1st. The team that the second player raises his left arm with the scarf tied will be the winner.

366. FROM NOSE TO NOSE

Participants will be in a circle, sitting or standing. The coordinator places the lid of the matchbox on the nose of a participant, the participant, without taking his hands off his back, must put it on the nose of his neighbor, and so on. Whoever drops the lid should pick it up with his nose and without the aid of his hands. If he does not, he gives way to another colleague. When all participants have tested.

367. SEATED FOOTBALL

The players will be divided into two teams, with the same number of members, sitting on the ground, at a distance of two meters from each other. Mark a rectangle on the ground, indicating the boundaries of the "cancha". The ball will be placed in the center and can be propelled with any part of the body except hands and arms. No one will be able to stand up. The hands (or at least one of them) should always be resting on the floor. When the ball crosses the backline of the field of play, a goal is scored. In sitting football there is no goalkeeper. The surface of the rectangle will be varied, according to the number of players and taking into account that they are placed at such a distance that they do not touch each other. The team that scores

the most goals wins.

368. CORE-CORE



Students arranged in a circle, they will be seated, with their legs slightly elevated. A ball is placed at the feet of one of the participants. The goal is to pass the ball laterally to the colleague on the side, using the feet (can not use the hands), so everyone will pass the ball until it reaches the person who did it the first time. Here you can divide them into teams and the team that does it first, without dropping the ball, wins. And you can also adapt the rules (for example, continue from where the ball fell or go back to the first)

VIDEO [ACTIVITY: https://youtu.be/fUfenbFzX78](https://youtu.be/fUfenbFzX78)

369. BATÃO DROP

All players will participate except one. Form a circle a few meters in diameter. The player who did not enter the composition of the circle, must stand in the center, holding the baton, which will have one of its ends resting on the ground. The game begins when the player in the center says the name of one of the components of the circle and at the same time releases the baton. The player mentioned must run to the center and pick up the bat before it falls to the ground. If he succeeds, he will be the "bastoneiro", if he fails, he will return to his place. The center player won't be able to call the loser again before everyone else has played. The player who manages to stay longer in the middle of the circle will win the match.

370. 360° CHALLENGE

The student in static balance on a tire or other similar material; On its return you will have 5 cones in a circle, in which you will have 5 arcs to try to hit the cones.

VIDEO [ACTIVITY: https://youtu.be/IFZUattYpcl](https://youtu.be/IFZUattYpcl)



371. CORRE COMADRE

Participants must stand in a row behind an exit line. The coordinator will stand between them, holding a ball. The coordinator throws the ball rolling to another line, the finish line, saying "run comadre". All participants must run trying to reach



the finish line before the ball. The players who manage to cut the finish line before the ball will win the match.

372. CLAP

Divide students into groups with peers. Form a semicircle, a student away from the others to throw the ball. The student away from the others will throw the ball to one of the classmates, but he can only grab it, after clapping his hands. The student with the ball can threaten and not throw it. Students should be alert and clap after the ball is thrown in their direction. Negative points will be counted at the end of the game.

373. GIVE THE BOAT

Two parallel lines are drawn twenty meters or so apart, one from the other. In the center of the court is placed a scarf on the ground. The players, divided into two equally numbered groups form two rows facing the center, behind the parallel ones. The possessors of the same number face each other diagonally. Given the start signal, they rush out the numbers "one" towards the handkerchief in order to pick it up and return to its row. He who succeeds in it must be pursued by the other who will strive to touch him before he reaches his place. If this happens, the persecuted and otherwise the persecutor will be eliminated. The other takers will repeat the action of the first two in numerical order or sautéed, obeying the call of the teacher. The game will end with the total exclusion of one of the groups.

374. FASTENER RACE

Students will be in teams, in column by one, sitting in the chairs. Each first student in each column, with five clothespins over the class. At the start signal, the student takes one by one of the fasteners and places them on the fingers of the left hand, turns back and removes one by one placing on top of the class, until the last one puts the fasteners on the fingers, comes to the front, removes one by one, placing them on the class of the first student. The team that finishes the game faster and more organized will be the winner.

375. DEFENDING THE CHAIR

The players will be in a circle, except for one, who will be next to the chair placed in the center. Given the signal, any player in the circle will kick the ball, aiming to hit it against the chair. What defends it, will not allow it, returning the ball, incontinent, without, however, having the right to touch the chair. The one who

achieves the goal of the game will exchange with that of the center.



376. INDIAN JONES MAGPIE

For this activity it is necessary that the students form two circles and stay a smaller circle within the larger one, in a way that there is a corridor between the circles. A student is chosen to run through this corridor and he will have to run fast as he will have a ball behind him chasing him (the ball is handled by the colleagues in the circles).

VIDEO

ACTIVITY:

<https://youtube.com/shorts/0sQZI8r04CM>

377. PERCEPTION

Students distributed freely throughout the room. A volunteer withdraws. The gang hides a colleague. When the student who has withdrawn returns, he must identify who is missing, saying his name before the stipulated time runs out. The class can give clues or accept that the colleague describes the one who is missing, instead of saying his name. The teacher stresses the need to call themselves by name and the importance of complete knowledge of the group. The class can stipulate the number of chances that the detective will have, as well as the penalty for the case of not getting it right.

378. COAST BALL PASS



Two teams are formed, in both teams a member will position himself sitting in a chair, one behind the other. In front of the first is placed a circle with X amount of ball, the first of each column will take the balls (one by one or two by two) and pass over the head to the colleague who is behind and so on until the balls are finished. The first team that finishes, score.

VIDEO ACTIVITY: <https://youtube.com/shorts/Dr6R9cPxAPY>

379. TRENCH

Players will be arranged in a circle, with their feet regularly apart, joining the right and left, respectively, to those of the neighbors on the right and left. They will remain with their bodies slightly bent forward, keeping their hands on their knees.



In the center will be placed a player. Given the signal, the child in the center will try to get the ball between the legs of the others. They will avoid it by pushing it with their hands, then taking the primitive position. The one who lets the ball pass will replace the one in the center, which will come to the circle, or, according to previous combination, will be eliminated. In this way the circle will decrease until it disappears.

380. BASQUETINHO

Demarcate a square of about 7x7 meters where the baskets will be distributed. The baskets will correspond to points according to the degree of difficulty of hitting (for example more difficult baskets to hit are worth 200 points, 50 for the intermediate and 10 points for the easy ones). On the inside of the lines it is not allowed to enter to make baskets or to collect the balls. Participants are divided into pitchers on one side and ball catchers on the other. Once the game starts, pitchers throw the balls toward baskets, while catchers pick up balls that didn't make it into baskets and return them to pitchers. Collectors can't make baskets. At the end of the game time, the points scored by the group are counted. The playing time is 1 minute, and can be played in 2 times, or as many more as interest the focuser and the players. In the interval of the times there may be exchange of functions between pitchers and collectors. The team with the most points wins.

381. ALTERNATIVE BALL

Groups of four to six people, forming small circles, looking out. They must be united and grasped by the arms. The facilitator places the ball on the ground inside the circle and explains that the latter should take the ball without using his hands.

382. ON THE WALL

The game is in quartets. Each quartet forms a team. Players must be numbered and must hit the ball with their hand so that it hits the wall (inside the marked rectangle, which is the playing area), plunges once on the ground and comes back for the next player to hit. The players, in order of their number, take turns hitting the ball. The number 1 begins and then the 2, the 3, the 4 and continues with the 1 repeating the sequence. The team starts with 0 points. Every mistake - if the ball rolls, doesn't hit the wall, doesn't hit the playing area, drips two or more times on the ground before being hit - a point is lost. A point is also lost if the ball is hit out of order. The round lasts as long as it is pre-established, at the end of which the score of each team is verified.

383. HULA HOOP TO THE HUMAN TARGET

Participants positioned in two columns with equal numbers of participants, where each participant will stand at a distance x from the person in front, the participant will aim to throw the bow at the person behind him. The team that passes all the hula hoops through all the participants first, wins.



VIDEO **ACTIVITY:** <https://youtu.be/yadTaWcKpmo>

384. BATTLESHIP

Divide the game location into two parts so that one side cannot see the other (tie a rope and place a sheet on top). Next, the people on each team choose a location for themselves and can't move from there. When the game starts, each team wins a ball and must try to hit the other team with these bombs. If someone gets hit by the bomb, they're out and sit next to the court until the game is over. It's not worth moving to deflect the ball. Whoever comes last wins.

385. DUEL OF THE TITANS

Students must stand in lines facing each other. Spaces between one student and another of x meters. Each student should have a number so that the equal numbers are on opposite sides and diagonally. The students are arranged inside the arches (which can also be demarcated with circles scratched on the floor), each student has a number assigned to him in advance. When the Teacher says a number, the students whose matching cash should run towards the rubber balls and should throw shots at the empty basketball in order to move it out of the square and towards their opponent. Once this is done, a point will be computed for the team that managed to move the ball to the side of its challenger.

386. PUSH-PUSH



Pair activity, where the teacher will position the pairs from the coast to each other and seated an area demarcated by the teacher. The duo will stand in the middle of the demarcated area. The teacher can use some mats to be the area or just mark with chalk/brush. The activity takes place in the participants pushing each other using only their backs. Whoever manages to push the other person out of the area wins.

VIDEO [ACTIVITY: https://youtu.be/KREkWo01Uvo](https://youtu.be/KREkWo01Uvo)

387. PINGING LUNG

On a ping-pong table, remove the net and place a ball in the middle. In each round, they play a representative from each team, one from each side of the table. With their hands behind their backs, they must blow the ball to make it fall off the opposing team's side. When that happens, the duo is replaced. If the ball rolls down the side of the table, reseal it in the center. The team that makes the ball fall on the opponent's side more often wins.

388. LIZARD RACE

One of the people in each group is chosen as the lizard, and the rest of the group wrap it in plastic wrap (from the neck to the feet, also involving the arms and legs). In the NOW, the lizards, already lying on their stomachs on the ground, must crawl to the finish line. Whoever does it first, wins the race.

389. HANDFUT

Two groups in the playing area, defining a participant for the goal. Students exchange passes with their hands between their team, but can only perform the goal with their feet or with their head, completing the throw.

390. HANDLE WASHING MACHINE

Demarcate a large circle; three or more students will position themselves outside this circle and must maintain a distance of about three meters from each other; then at the teacher's signal, everyone must run around the circle seeking to catch the



colleague in front of them; but in some moments the teacher will give the commands of RIGHT / LEFT which is the direction they should run, causing that at some point they have to brake quickly and change the direction of the race. So basically everyone tries to catch who's in front of them and runs away from who's behind. It involves a lot of agility, because the change of direction occurs all the time.

391. MINADA BRIDGE

The participants will be separated into two teams, each team will have a paper bracelet of different color (example: blue and red): one team will have to strategically defend a bridge (space demarcated by a rope to the ground) while the other will aim to destroy the bridge by introducing a bomb (soda bottle of x ml, filled with water), within the demarcated space. The possibility of victory will occur through the elimination of all team components (tearing off the bracelet of all members of the opposing team), destroying the bridge with the use of the bomb or eliminating the person carrying the bomb.

392. STARTS SOCKS

Everyone takes off their shoes and socks and wears their socks in their hands. The goal of the game is to rip off the socks of others and be the last of the game with at least one sock in hand.

393. PEOPLE HUNTERS

Place - balls in the center of the courtyard. All players stay off the field line. In the Now, the game begins. Whoever catches a ball can throw it at others, and whoever



gets hit falls out of the game. Everything happens at the same time, without interruptions, and it is each one for himself. If someone holds in the air a ball that has been thrown at them it is the person who touched the ball that falls off. But whoever is holding a ball cannot walk! The only way to move a ball is to kick it, without carrying it. If someone walks with a ball, they also fall out.

394. CENTRAL BALL

Children in a wide open circle. Ball in the center where a player will be. The child in the center will throw the ball to a companion in the circle, who must pick it up, place it in the center, and finally leave wherever it suits him, in pursuit of the first. Meanwhile, having left the gap, left in the circle, the child who was in the center will try to touch the ball again without being hit by the pursuer. He will win both, the one who achieves his own goal. The winner will occupy the center in the replay of the game

395. RACE AGAINST PEERS

The children are arranged in wheels, holding hands, all facing the center. A couple of players are left out. At the start signal, the pair displaced around the circle suddenly touches the joined hands of two companions of the wheel. They rush out, without letting go of their hands, in the opposite direction to that of the pair who challenged them. Each pair then attempts, turning the wheel around for their part, to occupy the now vacant seats in the circle. Whoever can't, goes outside. The race around the wheel will resume in order to provoke two other children. The pair who do not hold hands lose the right to vacate the empty seats

396. BEFORE THE BALL

Two parallel lines are crossed on the ground, well apart from each other, in order to limit the field. Behind one of them, the players lined up with the ball teacher next to them. **Development:** To start the teacher shouts: "*Run, compadre!*" and propels the ball forward making it roll with speed, towards another line. At that voice the players rush out, trying to reach the finish line before the ball. Victory is for those who achieve such a thing.

397. FACE AND GRIMACE

Two teams, one face and the other grimace. Each positioned on top of the two x meter lines of the court, facing each other. When the master shouts "CARA", the CARA team must run and catch the members of the CARAT team, eliminating them.

When the monitor yells "GRIMACE", the CARETA team must run after the CARA team, to catch them. There is a limit at the end of each side of the court where the team that is catching, can not overtake, and if that happens, who overtook is considered caught as well. Whoever gets caught, sits on the side corresponding to your team's, and waits hoping that your team wins. The team that eliminates all members of the opposing team wins.

398. GOAL HANDBALL

Two groups in the playing area, locating the benches on the goals (goals), place, on each bench, a cone or a can. The game begins with the exchange of passes and throws with the hands between the groups, with the point being scored, with each cone knocked down with the throw. The team that manages to knock down all the cones wins. The point will only be validated with the total fall of the cone. The defense will obey the marking of the handball area.

399. NUMBERED BASKET

Participants must be divided into two teams. Each team must be arranged in a row next to each other at the end of the basketball court. The teacher speaks a number (not repeated on the same team). A student will stand in the middle of the court with two basketballs, when the student speaks the number of a participant, he must run to the middle of the court, pick up a ball and run toward the basketball basket in order to make it. When one of the participants of one of the teams makes the basket, the two must put the ball back in the center of the court and the monitor must speak another number. The team that makes the most baskets wins.

400. COOPERATIVE BASKETBALL

Divide students into two groups with the same number of participants. The game starts in its conventional form and then inserts cooperative elements such as: the ball must be passed between all the players in the group before being thrown to the basket. Everyone makes a basket: the group will only reach the goal if all the participants of the same group make a basket during the game, another variation consists of the ball being passed alternately, between boys and girls or even at a certain time of the game. It is only valid basket made by girls or boys as determined by the teacher.



401. KEEP THE AREA FREE

Organization: Ask the group to position themselves, each in a play area, separated by the network. Each participant in possession of a balloon must fill it. **Development:** With the beginning of the song, all participants must pass the balloon to the opposing field, returning those who pass to their field. With each interruption of the music the monitor will perform the count. At the time of the interruption the group that has the fewest balloons in its field marks a point. The monitor must build the rules together with the students, at the time when the infractions occur.

402. BAMBOBALL

Participants must be divided into two teams arranged in a row. Each student will be positioned inside a hula hoop. The first student of each team, will make a chest pass (basketball) to the second and so on until the last, who must catch the ball and come out hitting, until positioning himself in the hula hoop of the first student, the students always come to change their positions. The team that finishes first wins.

403. CHAMPION HULA Hoop



Select two or more teams in a row; Soon the first of each row will compete: sitting on the ground having one cone in front of them and another behind and 5 or more arches over the front cone; At the teacher's signal the player must take one bow at a time in front of him and lie on his back, leaving the bow in the cone that is behind, so that with each arc he catches, he must perform the movement of elevation of his trunk (abdominal), and whoever manages to transfer all the arcs from one cone to the other first,

will score the point for your team; So the game goes on with the next team members; At the end, the team that scored the most points will be counted.

Video activity: <https://youtube.com/shorts/9rnksK7lglw>

404. TICKING

The components should take their luck to see who will get the whip. They should sit on the wheel with their legs crossed. Whoever is holding the whip runs around the wheel and then asks, "Can I play?" And everyone replies, "You can!" Then he drops the whip behind someone on the wheel. He should notice, take the whip and run after the one who played before he feels in his place. If you can catch the one who threw



it he will be the next to throw the whip, if you can't whoever threw the whip will continue to hold the whip to throw behind someone else.

405. CAT AND MOUSE

Players will be spread out throughout the space in the sitting position. There will be a catcher (cat) and a fugitive (rat). At the master's start signal, the mouse must flee and the cat seeks to catch him. The mouse can when it wants to touch the head of anyone who is sitting and this will be the new mouse and who was the mouse now sits.

406. PIKE CAN

The stalker counts to 20 while the other children hide, then he goes looking for who is hiding. There is a can and every time the catcher finds one of the companions hidden, he must go to the can and kick it, saying "1, 2, 3 *so-and-so in such a place*". To save himself, the hidden one has to kick the can and say "1, 2, 3 *save me*". The first one that was found will be the next catcher, but this can be avoided if the last hidden one kicks the can and says "1, 2, 3 *save them all*". Then, the same catcher goes back to looking.

407. HIT AND RUN

The participants form a wheel and a player will start the game. At the start signal, the separated player starts running around the wheel, unexpectedly hitting a colleague on the shoulder. The latter goes after him, while the other continues to run around the wheel to try and take the now vacant place in the circle before being caught. If he succeeds, the challenged runner restarts the game by going to play another. Otherwise, the achieved goes to the center of the wheel. There he stays until another makes a mistake similar to his own, switching places with him.

408. PASSING THE HULA HOOP

In formation of a large circle with the students holding hands with the hula hoop



between the arms of two students who will have to pass the hula hoop over the body without releasing their hands. The teacher to make it even more difficult, should gradually put more hula hoops in the free space for students to pass the hula hoops without letting the other hula hoop that comes after accumulate.

409. JOHN BOBO

A circle of people is formed. Everyone should be very close, shoulder-to-shoulder. They choose a person to go to the center. This person must close his eyes, he must keep his body totally rigid, as if he had hypnotized. At the signal, the participant of the center must release his body completely, so that he trusts the other participants. These, however, must with the palms of their hands push the "silly John" back to the center. As the body will be straight it will always lose its balance and will lean to one side. The movement is repeated for a few seconds and everyone must participate in the center.



410. CONTRARY



one champion left.

The participants stand next to each other. The master will tell them to do things like walk forward, raise their right hand... Anyway, anything you can do otherwise. Participants will then be expected to do the exact opposite. Whoever makes a mistake and does the right thing is eliminated, until there is only

411. JUMPING

It is a frozen one, but whoever is caught, in addition to standing still, must squat. It

can only be thawed after someone jumps over it three times.

412. Crazy Volleyball

Two masters hold a rope crossed the court and the teams place each other on each side of the rope. His goal now is not to let the ball fall to the ground. It is a volleyball, with the same rules, the two teams together must reach the points. At the same time that the participants play, the two must move around the court so that the court changes at every moment, that is, the players in addition to moving through the game, now need to be aware of the physical changes that the court is undergoing as the rope is being moved.

413. FAT CHICKEN

It is as if a bride is going to throw the bouquet, but in place of the bouquet is a ball. The participants group together and the master must throw the ball back. The master says, "Fat Chicken." And the participants: "Fat is." Master: "Above or below?". According to the choice of the participants, the master must throw the ball either over or under the legs. If the ball falls to the ground, they can catch it. Whoever catches the ball is the next to play.



414. FISH



The participants form a circle and the master begins to sing: "It's from Tango, tango, brunette, it's from the tick, let's throw (child's name), brunette in the trash can." Whoever has his name mentioned, goes into the wheel and keeps dancing. The stanza is repeated until everyone is already inside but the master. After everyone is already at the bottom of the sea, the master sings: "If I were a little fish, I could swim, I would take so-and-so from the bottom of the sea." And it goes on repeating and forming the wheel again, but it is always only the master who sings. The master pulls everyone out of the seabed but one. Whoever stays inside

419. COBRINHA

Two participants hold onto the ends of the rope and begin to make movements with it. Meanwhile, the other participants must cross the rope without touching it. If it doesn't, it's deleted. When everyone has passed, they should move to the other side. And so on until we get to a champion.



420. ELASTIC



Two children are climbed to hold a rubber band with their feet, staying approximately 2 meters apart from each other. The child who stands in the center of the elastic band has to make all the movements combined with the classmates before starting the game. It can be jumping with both feet on top of

the rubber band, with both feet out, jumping with one foot, etc. If she succeeds, she moves on to the next phase, which is to perform the same movements, only that the two colleagues will pass the elastic to the ankle, knees, thigh and waist. The same movements should be repeated. If the child makes a mistake, he will switch positions with one of the classmates who is holding the rubber band. Whoever jumps the elastic to the waist without making a mistake wins.

421. BASKETBALLVOLLEYBALL

The game will start with the ball up. The team of possession of the ball, will exchange passes, using only the fundamentals of volleyball (touch, headline, lifts, serves, cuts), trying as a goal to make baskets.





422. BALL WITH BELLS

A strong rope extends from one volleyball pole to another. In the middle of the rope, two bells of different sounds are suspended. The class is divided into two teams, which sit behind the bottom line of the volleyball court, on opposite sides. Each team will receive six rubber balls and its members will try to hit the bell suspended to their right. Whenever a player hits it, it will score a point for your team. The team that scores 21 points first wins.

423. CHOOSE YOUR RIVAL

There will be two teams. The players will be side by side, all prepared to run. The teams will be separated from each other. In each round, one player from each team will participate. It is an ordinary race (50 meters), but the runner can choose his rival. E.g.: It's the turn of the A team to choose. The runner of the A team is Bruno. Bruno must shout the name of someone from the other team (e.g. Caio). Immediately after the choice, Bruno and Caio must run to the finish line. Whoever arrives first, eliminates the other. Now, it's the B team's turn to choose... And so on. The team that makes the other team zero the number of runners wins.

424. MELON

The children are arranged in a circle, having in the center a player of pose of the ball, that is, of the melon. Everyone marks their places, scratching a small circle on the ground. At the start the child from the center runs through the wheel, throwing the ball into the circle and catching it back pretending to throw it to another, always doing all sorts of feats with it, until suddenly it jumps up and throws it over its feet to someone behind it. This player must catch it before it hits the ground, but without leaving the place. If he can switch positions with the center, otherwise the same child remains in the middle who repeats the whole process trying to catch another distracted player. The victory is for those who stay longer in the center

425. VOLENÇOL

Forming small groups, at first in pairs. Development: Each with a small "sheet" (a similar fabric, such as a t-shirt or, a blanket) and a ball. The challenge is to throw and recover the ball using the "sheet". Partners can create numerous ways to streamline the activity: make a basket; throwing into a wall; throw the ball, run to a point and come back; throwing and rolling on the ground and so on. After some time the pairs are encouraged to interact with each other, exchanging passes from "sheet" to "sheet". It can be with one or two balls, simultaneously. The challenge can evolve into a "Volençol" (a game of volleyball with sheets). We place pairs with "sheets" on each side of the volleyball court and develop the game proposing the achievement of common goals and respecting the degree of skill that the participants will gradually achieve. The use of balls with varying size and weight, larger "sheets" for the formation of large groups, among others, are elements that can increase the degree of motivation and involvement in the game.



426. SUPPORT VOLLEYBALL

Two groups in each play area, one inside and the other occupying the sides and bottom of the area. After the serve, the receiving team tries to return the ball to the opposing field. The group that is outside the playing area (sides and bottom of the court) participates in the game, returning the balls that go out, to their field, giving the group another attempt to pass the ball to the opposing field. If the team that draws points scores points, the participants from outside the team if they suffered the point reverse the roles with the group from the inside, that is, who was playing inside the court will play outside the court and vice versa.

427. FUTPAR

With pairs holding hands. It's a normal football game. However, each team is made up of pairs (or trios) that must remain hand in hand. We play without goalkeepers and expand the dimensions of the field (or court) to the maximum. Depending on the number of participants we use more than one ball simultaneously. With each goal we stimulate new partnerships, which provides a constant challenge of "good coexistence".

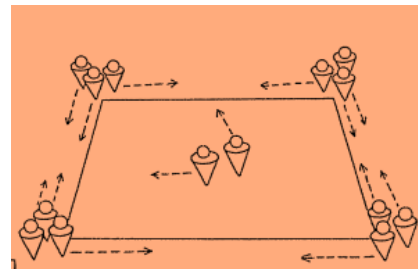
428. SNAIL

After drawing the figure on the floor, the children determine an order between them. The former throws its pebble at No. 1. The goal is to go through the whole snail, jumping with one foot in all the houses, until you pass through all, just not worth stepping on the one where the pebble is. When she reaches heaven, she rests and returns in the same way: jumping in each house to number 1, crouching, picking up the pebble and jumping out of the snail. To continue the joke, she throws the pebble at number 2 and so on. It is not worth throwing the pebble in the stripe or throwing it out of the diagram, if this happens, it loses the turn. Whoever completes the course first wins



429. SWAP AND DON'T LET IT TOUCH

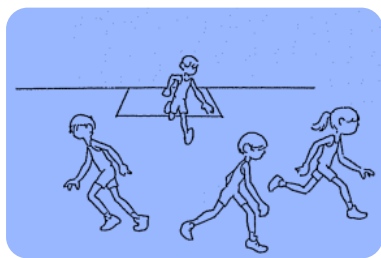
Students form four groups, each group placed at one end of the court. At the teacher's signal, they should switch corners, not letting the two students who are placed in the middle of the court touch them. Each pass by the students through the four corners of the court is worth a point, and when the student is touched, the count begins again.



430. DISCOVERING THE COMMANDER

Students sitting in a circle. One of them will be chosen by the teacher to withdraw for a few moments from the classroom, while the students who stayed in the room must agree that everyone will always repeat gestures initiated by one of the members of the group, this person is the "commander", if this person starts by clapping everyone should clap their hands, if they scratch their heads everyone will have to scratch their heads and so on. After the joke has been explained and the "commander" has been assigned, the student who was outside the classroom will be called into the circle and must try to find out who is commanding the movement changes. The "commander" in turn must be very discreet to try to disguise for as long as possible. In turn, this person must pay close attention to find out who is commanding the movement. When the commander is discovered, he is asked to leave the room and someone else is chosen to command the movement, and so the joke goes on until everyone has had fun.

431. HANDLES DIFFERENT SET



A student is the catcher, who must leave his determined space, and touch a runaway student, returning soon after to his space. Next, the two students holding hands must pick up the third student, then return to the catcher's space, and so on until everyone has been caught.

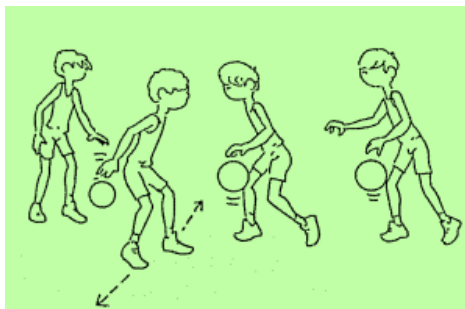
432. CENTRAL BALL

Children in a wide open circle. Ball in the center where a player will be. The child in the center will throw the ball to a companion in the circle, who must pick it up, place it in the center, and finally go out wherever it suits him, in pursuit of the first. Meanwhile, having left the gap, left in the circle, the child who was in the center will try to touch the ball again without being hit by the pursuer. He will win both, the one who achieves his own goal. The winner will occupy the center in the replay of the game.

433. MINE

The groups will occupy the playing area, each side being divided into four parts, numbering them as follows: attack zone numbers three and four, and defense zone, numbers one and two. The game will follow the dynamics of volleyball, with the score being made from the drop of the ball in the numbered zones. Example: the ball touching the ground in strike zone three is worth three points. The group must define a number of points for the match to be won, allowing teams the option of attacks in certain zones and making it difficult to close the match by the need to reach an exact number from the points. The group can, along with the monitor, add rules such as: the team that exceeds the pre-established number will lose ten points. The team can go adding the points according to the receipt of the ball. Example: the participant receives the ball in the zone of number four, passes the ball to the participant of the zone of number three, in this everyone must shout the sum of these numbers, in this case, seven. And so on. You get the point you can get the most "points".

434. GOT CAUGHT, HELP!

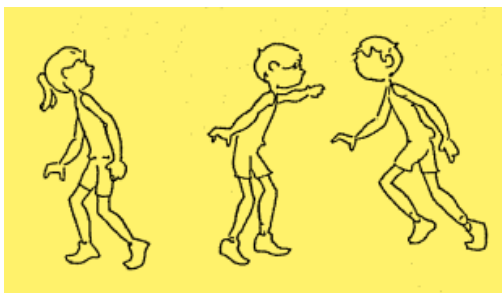


In a limited space, several students dribbling, with a basketball, one will be the catcher, who must touch the other students without losing possession of the ball. When a student is touched, he must leave his ball out of the limited space and will come to help the catcher, positioning himself in front (without using his arms) of the students, hindering their movement.

435. BASKETBALL CATCH

All students in pairs in a limited space, minus two, one with a ball will be the catcher and the other without the ball will be the fugitive. The catcher must dribble with the basketball, and touch (not worth throwing the ball) with the ball on the player who is free; The latter can lend a hand to a pair, and the player on the other side must detach himself and become the one pursued.

436. HARD GRIP



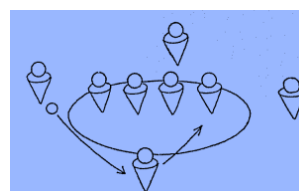
One student is the catcher, another student will try to make it difficult for the catcher to move by positioning himself in the path of the catcher, with his arms open. If the catcher manages to catch a fugitive, he will switch places with him.

437. ARMED GROUP

The group forming a circle, with everyone facing outwards. The facilitator will tie the group up, and the group will aim to move through an obstacle course.

438. HIT HIM

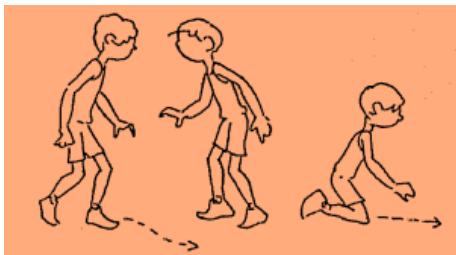
Four students form a column inside a circle, outside the circle four students exchange passes with the goal of hitting the ball on the last student in the column.



439. HEADBALL

You can only score with your head, the ball must be passed with your hands. Whoever is with abola cannot walk. To score a goal you have to receive the ball from a teammate.

440. CATCHER-PROTECTOR-FUGITIVE

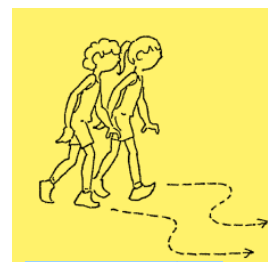


the protector touching him.

Students are divided into groups of three. Within each group one will be the catcher, another will be the protector and the third the fugitive. The fugitive can only move on his knees, and the catcher will have to touch the fugitive without

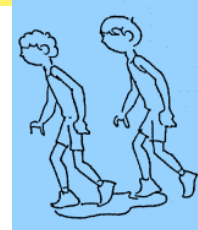
441. MOVES AND LEFT

Students in pairs, one should move at will, the other should always position himself on the left side of the moving partner (can not hold the partner).



442. VARIATION

Exercise same as the previous one, with the student having to stand over the shadow of the companion.



443. MAESTRO

All sitting in a circle, with only one student outside. A "conductor" is chosen, who will perform movements and changes, which will be accompanied by all. The outsider will try, with each change, to identify the conductor. You'll have three or more chances to do so. Both the conductor and the outside student are changed several times, always when it is possible to identify or not, after the attempts.

444. SHADOW

It's kind of a synchronized ride. A line of people is formed, one behind the other, and the master stands at the end. Whatever the master does, the participants must do as well. Where he enters, the others must enter as well. If the master does body exercises, positions and funny movements, surely the activity will be a lot of fun.

445. SHOT

It's like a catch-up, but with a ball. Only the first time, the master should throw the ball in the air and mention the name of someone, who should pick up the ball and shoot a runner, saying: "*I shot so-and-so.*" Whoever is shot must take the ball and shoot one more, who must do the same.

446. INFINITE HULA Hoop

It will take bows/hula hoops; in formation of trios, two students will be facing each other holding the end of the same stick (being connected by the stick, without being able to release the ends); soon you will have 5 or more arches that will be laid out on the ground and one of these two students will be on them; Then at the teacher's signal, the third participant must take one bow at a time and go through the stick that connects the two players, so that it transports all the arcs from one side to the other, and whoever finishes first will score the point (since we can perform in teams/trios, so that which team finishes first marks the point).



447. HEADBALL

You can only score with your head, the ball must be passed with your hands. Whoever is with abola cannot walk. To score a goal you have to receive the ball from a teammate.

448. PENDULUM CORRIDOR

Excellent activity to work on space-temporal orientation. One should tie a rope stretched from one side to the other, at a height enough that no one can lean against it. On this rope, several pendulums will be tied at a distance of 1 meter away from one to the other. In the same direction as the rope, several hula hoops will be placed on the ground (the path of the corridor). The other colleagues must swing the pendulums, so that they go back and forth, while the other colleague goes through the hula hoops jumping and making sure that none of the pendulums hits him.

449. GAME OF SEVEN PASSES

After dividing the participants into two groups, request that they spread out throughout the play area. The game will start with the ball up. The team in possession must try to make seven passes, without interruption from the opposing team. For every seven successful passes, the team will score one point, thus restarting the count. The counting of passes should be done loud and clear. With each ball intercepted by the opposing team the count restarts from scratch

450. HUMAN BOWLING

Divide students into two groups. Make marks on the ground at a distance of approximately 10 meters. In front of the first marks, repeat the marking according to the numbers of students. Position them on top of the marks with your legs apart. One team at a time throws the ball with the goal of hitting the leg of some student on the other team.



The student who is hit must take the ball to throw and then must change teams occupying some empty mark (in each team should always have one mark more than the number of students). The game ends after a certain time, or certain number of plays, checking the team that has the most elements.

451. BATTLESHIP

Divide the game location into two parts so that one side cannot see the other (tie a rope and place a sheet on top). Next, the people on each team choose a location for themselves and can't move from there. When the game starts, each team wins a ball and must try to hit the other team with these "bombs". If someone gets hit by the bomb, they're out and sit next to the court until the game is over. It's not worth moving to deflect the ball. Whoever comes last wins.

COOPERATIVE TRAMPOLINE

In this activity it can only be developed if it has a material such as a jump tarp, so that there is no risk of tearing etc. All participants hold tight to one end of the tarp and a colleague climbs on top and everyone starts throwing him into the air.

452. FLYING BALL

In the center of the court will be someone to command the "flying ball" (tie a ball very firmly at the end of a long rope), and also in the center will have several objects on the feet of the commander of the crazy ball. Outside the center circle will be four teams in their respective spaces, which aims to run



to the center to pick up an object and come back and leave it in your team's space. Whoever runs to the center can in no way be touched by the rope or by the ball that will be being rotated by the central commander as a kind of spinning wheel. The team that manages to capture the most objects for your team wins.

453. TOWEL SET

The participants sit in a circular shape, and the animator, who is in the center of the circle, summons four volunteers to hold the four ends of a towel. Every time the animator gives an order, the four players holding the ends of the towel must execute it backwards. So when you say, "Lift up the towel," you should put it down. It can also say "to the right", "Forward", etc. The player who mistakenly does not execute the opposite order will be replaced, winning the one who stays longer participating, executing contrary orders.

454. BAG RACE



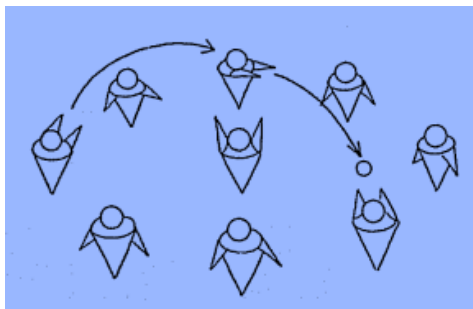
colleague of the team will win the group in which all the components complete the course first.

Divide the students into two or more teams, according to the number of bags (bags of rice or cloth) arranged in two vertical rows and the 1st of each row will have to jump to a stipulated point, seeking to arrive first than the opponent, at the signal of the teacher the 1st of each one should go and return jumping deliver to the

455. Kangaroo RACING

Students form two columns. At the teacher's signal, the second student climbs on

459. DON'T DROP IT



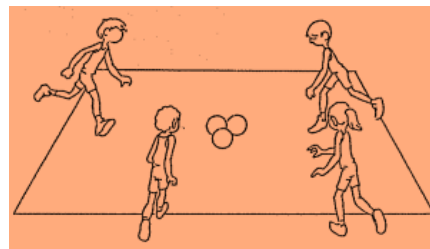
Students in a circle, throw the ball between them. A student, in the middle of the circle, must touch the ball to get out of this place. The student in the circle that performed the pass, in which the student in the circle touched the ball, must switch places with him. The ball can't hit the ground; hitting, the last to touch the ball, before it hits the ground, will switch places with whoever is in the center.

460. DOORMAN

Holding hands the players form a circle. Moving the right foot to the side, they will hold the left steady, leaving space on their right. At the signal one will kick the ball with his right foot trying to make it cross the gap left to the right of another companion. This will prevent the passage of the ball and deflect by kicking it to the opposite side. Whoever lets the ball slip to his right will be eliminated.

461. GRAB AND CONTROL!

In the center of the court, several balls are placed (Futsal, Basketball, Handball). Students put themselves off the court. At the teacher's signal, they must seize a ball and leave the court without the students who did not get balls taking them. Students who didn't get the ball can "steal" their teammates' balls only while they're on the court.



462. STARTING AT THE END

Students in a circle, with a ball. The teacher starts with a word and passes the ball, whoever received the ball will have to start a word with the end of the letter of the word that was spoken. Ex: Animal, the next one will have to speak a word quickly with the letter "L" ... (Orange) and the next one continues (Love) ... (Mouse)...

463. BLIND HUNTERS

Two teams participate. Each team chooses its representative. Both players are

blindfolded and will take 25 laps around themselves. Meanwhile, the master will hide an object in a hard-to-reach location and tell the hunters, "Look for one (object name). The goal of each hunter is to find the object and pick it up. Whoever does it wins. Note. It can be stipulated that the whole team helps only by saying "hot and cold" "forward, back, direct and left" until your representative finds the object, so the whole team works in cooperation.

464. DEFENDING THE CROWN

For the beginning of the game should be placed chairs in a circle, facing with the back in and the seat out, should be placed one chair less in relation to the number of students, one of the students will be chosen by the teacher to be the king, who will receive a paper crown to put on the head, the other students are placed in a circle around the chairs; The king stays out. At the teacher's signal the students should walk at normal speed around the chairs, being observed by the king, when he decides he can give a light slap on the back of someone who has just passed him. In giving this sign everyone should sit in a chair, except the king and the person who was touched, the king should run at least a whole turn in relation to the place where it was posted, and then look for the empty chair to sit on, the person who was touched in turn should chase the king and try to touch him, If you succeed before he sits in the chair, he will have succeeded in stealing his crown, this person will then become the king, but if the king can sit before being touched, he will have defended his crown. All the other participants get up, and the banter continues.

465. HANDSABONETE

Modification of the handball game, where the goalposts are replaced by buckets and the ball is exchanged for a soap. Two buckets will be placed one at each end of the space, filled with water up to half. Participants will be divided into two groups. The recreationist will hand them an already wet soap, which will serve as a ball. The soap will be driven and thrown with the The player who has possession of the soap will not be able to



move, while the others will move freely. The intention of the players will be to ambush the soap inside the bucket, being able to make passes with their teammates. Each time they manage to get the soap into the bucket, they will make a point for their team. The game will start again, with the same soap, always wet. The activity will end by time or points, provided that previously established. The team with the

most points will win.

466. MOUNT

Doubles race, round trip. A player stands on all fours while his teammate rides on his back. On the way, it goes forward, on the way back, back again, that is, it can not turn. If it falls, it gets up and continues. Whoever arrives first wins.

467. CAN RACE

Separate 2 empty cans of milk powder, 2 large pieces of string, nail and hammer. First, drill two holes in each can. They should be made near one of the ends, in opposite positions of the can. Then, pass the long string through the holes and tie a knot to attach to the can, as if it were a handle. Place the cans on the ground, with the part of the holes up and climb on them. Holding the strings, a representative of each team must run. Whoever crosses the finish line first, wins the race.

468. CRAZY KNOT

The wheel is made and everyone extends their arms forward and at the signal of the monitor, the wheel closes and each person must hold two other hands (whoever it is). Each hand holds (one) other, that is, one hand cannot be holding two others for example. The Goal is to untie the knot that is formed, without releasing the hands at any time.

469. ADOLETA

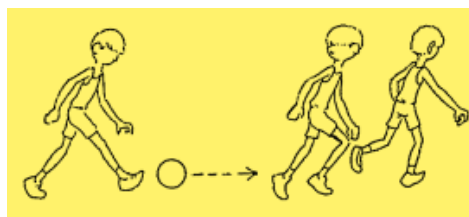
A-do-le-tá Le-pe-ti Pe-ti-co-lá Le café com chocola
A-do-le-tá The components make a wheel formation, where the right hand is moved so as to hit with the palm on the back of the right hand of its component on the side and so on. This movement follows the syllabation of music. The last to be beaten according to the syllabation of the song comes out of the joke.



Video of the activity: <https://youtu.be/42eueTcTsWM>

470. SIT HANDLE

Students running at will in a given space, one or two students picking up the others. Students who are touched by one of the takers must sit on the floor and wait to be saved by one of their companions.



471. HITS SHINNY

Students scattered around the court, a player with a ball (Soccer), who will try to hit the ball through passes in the shins of teammates; Whoever lets the ball hit the shin will help the catcher.

472. BASKETBALL PASS

The class will be divided into four columns, one facing the other, each column pair with a ball, and distributed on top of the volleyball line, distant from each other. At the command of the teacher, the chest passes will have to be executed between each pair of columns, after executing the pass, the student goes to the end of his line, the exercise only ends at the command of the teacher. The first pass to be trained will be the chest pass, after the realization of this, the pass will be performed over the head and then the chopped pass.

473. ADAPTED BASKETBALL

The class is divided into two major teams. Students must perform the game of basketball without bouncing or walking with the ball, that is, just use the pass. To score points they can throw the ball only from outside the goal area line (futsal or handball). If the ball touches the table, the team scores 1 point, when the ball hits the rim it scores 2 points, if the ball enters the basket it scores 3 points and if the ball does not touch any of the three, the amount of points is zero.

474. PASS IN BASKETBALL

Make two columns in each basket. One column (1) will pass the ball to the teammate of the other column (2) who will go to the free throw line, receive the ball and pass, the student of column 1 will shift to receive back and throw to the basket from the dead zone. After that, the one who threw goes to the end of the line of what passed the ball and the one who passed the ball goes to the end of the line of what he threw

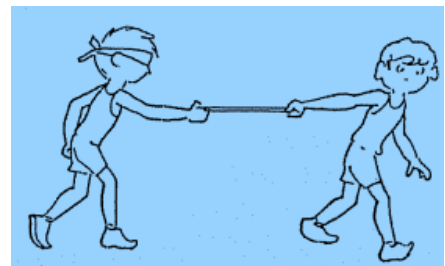
and so on. The teacher will determine a time to perform this activity.

475. PITCH

It divides the group into two teams. Numbered arcs are distributed inside and outside the restrictive area, within which teams must throw. Each arc will have a pre-established score. The first of each team starts in the easiest position (1), if it hits passes to the 2 and the next in line starts again in the 1. Students progress from position to position. If he makes a mistake the student must go to the end of that line (position) in which he is and if he wins he progresses by arc. The team that can beat the whole team at every position wins.

476. BATON AND THE FRIEND

Students in pairs, one leads the companion holding the baton and he will be with his eyes closed.



477. WATERMELONS

One child will be the dog, one will be the owner of the dog and the watermelons and another will be the neighbor. The others will be watermelons. The watermelons are crouched next to each other, at a distance of approximately one meter, the dog will be and next to it, its owner. The neighbor approaches and asks the neighbor to let her pick up something in her yard. The dog's owner replies, "Go, but watch out for the dog!" The other approaches the children (watermelons) as if choosing the best one giving "shock" and takes a run. The dog runs after barking. The stolen watermelons are glued in a nearby place. The prank continues until all the watermelons are stolen. After that, the owner goes out with the dog looking for the watermelons. The game ends with the owner of the watermelons running after the neighbor trying to retrieve the watermelons.

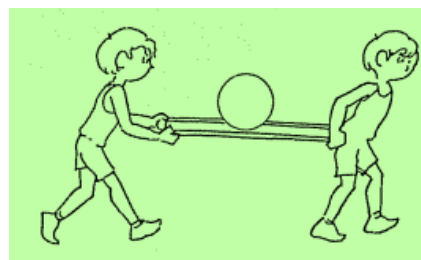
478. GHOST HUNTS

A wheel is formed. One of the players is randomly chosen to leave the room for a few moments. The rest of the group remains seated. One of the players on the wheel is covered with the sheet (it is important that no part of the body appears and that the player remains silent). Soon the player outside the room comes back and must guess which colleague has been covered. At another time two participants can switch places or even the whole group, making it difficult for those who are guessing. Participants can discuss in the circle the position they were sitting, who was on one

side, who was on the other and what changed (the exchanges), or when there is a decrease in interest in the game.

479. DRIVES WITH BATON

Students, in pairs, holding a stick in each hand should move, leading objects (e.g., balls) on sticks.

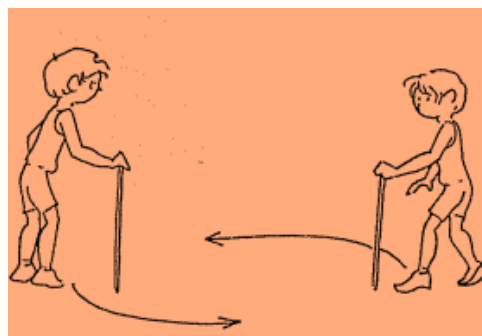


480. PLANE CATCH

Arrange students around the courtyard or court freely. One of them will be the catcher and will take the position of arms raised laterally imitating the plane. At the signal the student catcher should touch the companions and these to avoid being caught, will be on one foot with arms raised laterally.

481. PICK UP BAT FROM THE SIDE

Students in pairs, one in front of the other at a distance of three meters, will have in front of them a stick placed vertically. At the teacher's signal, they will drop their sticks and run to grab their mate's baton before it falls to the ground.



482. WHOSE MONTH IS IT?

Two parallel lines are drawn about 10 m apart. The students will be behind one of the lines, which will be the starting line. A student will be between the two lines (will be the catcher), this will call a month of the year, and whoever makes birthday this month runs, trying to reach the other line, the arrival. If it is caught, it will assist the catcher.

483. WHO WINS?

Students in pairs, facing each other, both holding a baton, feet together, must push the baton so as to take the opponent out of place.

484. HUMAN CORRIDOR

Students form two columns, with students propped up with their hands and feet on

the floor. At the teacher's signal, the last student in each column should pass under his classmates and place himself in the same position in front. Soon after, the penultimate student will make the same move, and so on.

485. WHEELBARROW

Students form two columns. At the teacher's signal, the second student holds the legs of the first student, who must move in this position (wheelbarrow) to a certain point. Upon arrival, the third student must hold on to the legs of the second, and so on.



486. IMPULSION

Students form a circle holding hands, in the center another student standing. At the teacher's signal, everyone has to pull to avoid being propelled against the student from inside the circle. Whoever leans against the student in the center or breaks the circle will switch positions with the student in the center.

487. VARIATION

Exercise like the previous one, with an arc in the center of the circle, and students can not step on the arc or break the circle.

488. BURNT STONE/PAPER/SCISSORS

Initially we will form pairs, where one will compete against the other. Both will start facing each other and between them will have a cone with a rubber ball on it; soon the players must compete in the dispute of the "STONE / PAPER / SCISSORS" and whoever wins must catch the ball quickly and try to hit his opponent, who obviously as soon as he loses will go on a rampage trying to escape. The idea is that it is a very dynamic game, working the reasoning, agility, reaction time and accuracy of the players; being able to repeat the game a few times up to a certain number for example (whoever hits 5 times will be the winner); and then they can challenge other players by swapping their pairs.





489. WHO SWITCHED PLACES

Students sitting in the chairs, a blindfolded student will be at the front of the class and next to the teacher, the teacher will have two minutes to observe the position of the classmates before putting on the blindfold. At a signal given by the teacher, two students will change places, after the exchange the chosen student, takes off the blindfold and the teacher asks, "Who changed places?", if this student finds out, will choose a colleague to replace him and will indicate the new exchange of places, if not right, the companions will indicate the exchange and he himself will again make another attempt.

490. GAME OF THE GALLOWS

In the classroom, the teacher divides the class into two teams. Students must remain seated in the chairs. Development: On the board the teacher writes the 1st letter of a word, putting "traces" in place of the other letters that make up the word, next to it, two forces will be drawn, one for each team. The teacher starts the game by asking the students to try to guess the word, giving the opportunity for all the students on the team to speak a letter. As they get the letters that make up the word right, the teacher writes them in their respective places. Each time a student misses a guess, the teacher will draw on the gallows a part of a doll, starting with the head, until it is completely formed (body, arms, legs, eyes, nose and mouth). The teacher will score a point for each team that manages to figure out the word. The winner will be the one who scores the most points.

491. PITCHING TRAINING

Two by two - one throws a ball for another to catch, once with his right hand and again with his left hand. **Two by two** one makes a basket with his arms and the other throws the ball trying to hit the basket. First with the right hand and then with the left hand. A hula hoop attached to the beam students about five feet away try to hit inside the hula hoop with their right hand and with their left hand.

492. HUMAN ZIGZAG

Form teams in rows, which can be with 6 participants for more... then everyone in the row should start hand in hand, keeping a space between them; Then at the signal of the teacher, the first participant of each team, must zigzag between the participants of his team, passing through this space formed and when reaching the end, must join them, forming the human chain, then the next will leave and perform the same procedure and so on until everyone reaches the finish line of the race.

Note: everyone starts at the back of the court, holds hands in the form of a human chain making the space between their arms and then a player must run zigzagging so that each time the team advances until they reach the other side of the court.



493. DETECTIVE, KILLER AND VICTIMS

Students sitting in a circle, so that everyone can see everyone, small paper notes are made on the exact number of participants, written on a "murderer" paper, on another "detective" and on all the others "victim" is written, it is explained to the students that everyone will receive a note, where one of them will be the "killer", one will be the "detective" and the others will be "victims". The function of the killer will be to try to "kill" the largest number of people ("victims"), this he will do by giving a wink with one eye to the "victim", when receiving a wink, the "victim" must drop his head, pretending to be dead, the "killer" must act discreetly, because the "detective" in turn, will try to find out who the "killer" is. Once the joke is explained, the tickets are folded and distributed to the students, and so the joke begins, the "killer" tries to make his "victims", while the "detective" tries to find out, with observation and insight, who the "killer" is. When he thinks he has discovered he must reveal his suspicion, being correct, the "killer" surrenders and the joke moves to the second round (new distribution of tickets). Not getting it right, the "killer" must keep making his victims, until he is discovered, then the tickets are collected, mixed and distributed again. And the banter starts again.

494. NEVER THREE

Students will be spread out in pairs (one behind the other or one next to the other) throughout the available space. They may be standing, lying or sitting and the teacher chooses two of them, where one will be the catcher and the other will have to run away from the catcher. The student who is running away from the catcher must



choose a pair and position himself behind the second element. The student who is in front of the duo, in turn, will be the new catcher (since there can never be three elements together, always have to keep in pairs) and must run behind the students who was the catcher previously, this by his will be the fugitive and must position himself behind another pair and so the activity continues...

VIDEO ACTIVITY VARIATION : <https://youtube.com/shorts/Hb27UTiPs38>

495. GUESS A WORD

Students divided into two large groups, with two students one from each group will be chosen to distance themselves from the other participants, and combine a common word. The two speak this word to the teacher, but in such a way that the other participants do not hear. After this these students return to the two groups and before them, they must simultaneously mime, trying to show by gestures the combined word, without being able to make a sound or open their mouths. The members of the groups can observe the mimicry of the two students at the same time. The group that first guesses the word wins a point. Having been guessed the word, two other students walk away and agree on a new word to be guessed, and so the game continues, the group that first scores ten points is the winner.

496. KEEP IN THE AIR

Students divided into groups of three. After filling several bladders, the facilitator will ask participants to keep them off the ground. The goal will be to keep as many bladders as possible when the facilitator starts the game. Over time, the facilitator will increase the groups: six, eight, ten, etc. (if you use it as a competition, you can divide the students into groups and the group that keeps X amount of bladders in the air longer, without dropping, is the winner).



497. ARE WE GOING TO WAKE UP?

Students arranged in a circle sitting on the floor, or in chairs or even standing, hands crossed over their chests. A student will stand in the middle of the circle with a ball that must threaten to throw it to any student who is in the circle, he will not be able to move his hands unless he actually throws, so the student must catch it. The student who moves his hands or if he ties the ball and drops it, will leave the game and so on, until there is only one student left among all those in the circle.

498. PASSING THROUGH THE TUNNEL

This is a catch-up game, in which all people must run away from a catcher. The facilitator will choose a catcher and the game begins. Those who are caught have to stand motionless, and with their legs open. Those who have not yet been caught can pass under the legs of those who are immobile, and they will be saved. Each participant has a dual mission, to escape and save their playing partners.

499. MOVING TARGET

The students are divided into two groups, with each group on one side of the demarcated space and each student in possession of any type of ball. The teacher will throw a target upwards and the students, at the command voice, should try to hit that target. Note: They may be sock balls.

VIDEO ACTIVITY VARIATION : <https://youtu.be/zmxdzspKKpQ>

500. RACE WITH HULA HOOP



Two teams profiled at one end of the court, with the top two in each row having two hula hoops each. At the teacher's signal, students should place one of the hula hoops on the ground, step inside it and put another hula hoop in front, step inside and take the back and so on until they make the

contour in a cone that is about 10 meters away and return in the same way until the second in line.



501. CATCH THE BALL

The students will be divided into pairs and the teacher will demarcate the space to be traversed. The students (pairs) of each group will attach a ball or other object to the forehead and entwined with a bow to the waist. At the commanding voice, these, with their hands back, will carry this object without letting the bow fall to the duo of their group.

502. VARIATION I

Students in pairs, the teacher will place a strip of elastic (or similar) on the arms and legs, attaching to each other. At the command voice, they will walk around combining the steps and hand the ball to the other pair, winning the group that finishes all the doubles first.

503. VARIATION II

The students, in the same previous formation, with their arms and legs attached to each foal, will have to reach their companions, but will pass through the arch, handing the bow to their colleagues.

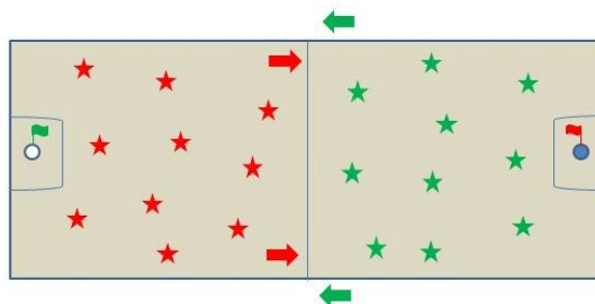
504. GLUE AND TAKE-OFF

Students dispersed in the courtyard in an area delimited by the teacher, except for two students chosen by the teacher and designated one to be the "glue" and the other to be the "descola", this will have the possession of a ball. At the teacher's signal, students should try to get away from the colleague assigned to be the "glue", when any student is touched, should immediately stop running and move their legs

From that moment on, each one will try to hold with his own the opponent's thumb, but without opening or releasing his hands. The player who holds the thumb of the other must immobilize it 3 seconds and count 1,2,3. If during that time the other does not escape you, you will be the winner. Otherwise the game continues.

508. PIKE-FLAG

The students are separated into two groups and the space in which the game will take place (which can be the handball court, for example) is delineated. Groups are asked to position themselves in each half of the space or block, lengthen and place a flag at each end. Students will have to cross the half



occupied by the other group, capture the flag that belongs to them and return to their half. As soon as the students cross the half of the court, the group members belonging to that space will be able to glue them together. The glued students can be taken off by the free colleagues of your group. The point marks the group that recovers its flag and positions itself in its half with all the members.

509. STEALS CHAIR



All students should be seated in the chairs in circle formation; being 1 player will be in the center without a chair; at the teacher's signal everyone should get up and run to sit in another chair, and so the player who was without a chair will sit in some chair that has been free; so there will

always be someone without a chair, and the joke continues... NOTE: The chairs can be removed and the students eliminated gradually, but also so that everyone can participate can only be given some task for the student who is left without chair to do...

510. CRAZY BURN

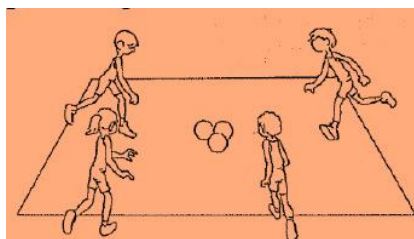
The teacher divides the class into two groups or teams, delimits an area of the court where one of the teams will be within the same, and the students of the other team, will be scattered around the same area having possession of a ball. The team that

has possession of the ball must try to hit the penalties of the students of the opposing team. The player hit will leave the court, the playing time will be five minutes for each team, and at the end of the game the teams will switch positions, those who were playing the ball will start to run away from it, the students who are being chased can defend themselves by grabbing the ball, and those who are trying to hit their teammates can pass the ball between the components of their team. The team with the most components in the game will win.

511. HEADBALL

You can only score with your head, the ball must be passed with your hands. Whoever has the ball cannot walk and can only take up to four steps with the ball. To score a goal you have to receive the ball from a teammate.

512. STEAL IF YOU CAN



In the center of the court must leave several balls, the students will be out of the court, and at the signal of the teacher must run and seize a ball and leave controlling the court; the other students who have run out of ball may steal the ball from their colleagues; it is allowed only inside the court

513. CAT & Rat

Students are divided into two groups and placed in the center of the futsal court, one group with their backs to the other at a distance of two meters between the groups. It is also delimited two neutral zones, one in front of each group, which when the components of the groups enter their area can no longer be "caught" by the other team. One group is called "cat" and the other by "rats". The teacher runs the game by shouting "cat" or "mouse." When shouting for example "cat", the members of the team "cat" should try to cross as quickly as possible the line that demarcates the neutral zone of their team, meanwhile the "rats" should try to touch (catch) the "cats" before they reach the neutral zone, those who reach the neutral zone will be saved. Everyone goes back to the starting position, and if the game continues, the group that can first touch five components of the other team, wins the game.

514. BURNED IN THE ARENA

To create the arena just join several benches or wallets that make a fence; The competition will be held individually, in pairs or teams; with a ball the player must play creeping, trying to hit the legs of his opponent; If he gets it right, he will be eliminated, with another competitor entering the arena.



515. KILLS SOLDIER

Two teams are formed, each in one half of the volleyball court, and there will be a captain who will position himself behind the opposing team. Each participant will have a mass (can be replaced by plastic bottles with sand or something similar) to protect from the ball that will be thrown by the opposing team with the aim of knocking down the mass, this mass will be on the ground and after being placed can not be removed until the end of the game, if this occurs the player loses the mass and will help the captain in the bottom or on the sides of the opposing team's court. The team that loses all members of the volleyball half-court will lose the game. If the game is slow, you can insert one more ball into play.

516. CATCH-CATCH-INCLUSION

We will ask for one volunteer to be the catcher and another to be the "angel" and we will put blindfolds on these two students who will represent the visually impaired. When a student is caught, he will have to be paralyzed with his legs open waiting for the "angel" to come to save him so that he can continue in the game, this angel will have to pass under his legs. Then we will exchange the catcher and the angel, so that almost everyone can participate in the experience of being blindfolded.



517. SPINNING THE CIRCLES WITH MUSIC AND PLAYING WITH SPECIAL BALLS

Students form two circles, one inside the other. In the middle circle some students will be blindfolded. At the beginning of the song the circles begin to rotate in opposite directions from each other, with one going to the right and the other to the

left. When stopping the music, students stop in front of a classmate and using tact should try to guess who it is, and speak the name out loud.

518. MIRROR STACK



Students must stay in pairs, each will receive a clown nose. When the teacher claps a clap they should walk freely around the court, two palms find their colleague of the duo and stop in front of him. It will be agreed who will be the mirror first. When stopping in front of the

colleague, he will perform movements and the other should imitate him. Remembering that one cannot speak, because only gestures will be performed. After that, the mirror is changed.

519. BAG CHALLENGE

The game begins with the exploration of the material. Importantly, the goal is not to let the bag touch the ground. Students must handle the object in different ways: playing behind the back, under the arm, throwing and giving a spin on the axis itself. After this phase and the recognition of the material, the student must open the bag over his head, looking up, will try with a strong blow to keep it in the air. Throw the bag and clap as many hands as possible before receiving it. Throw the bag, clap a palm in front of the body, another behind the body, one under one leg and welcome it.

520. BARRIERS



Cones, tied by a rope at a height conducive to zigzag-shaped transposition. The students placed in two teams, divided into two front columns. At the signal, the first student of each team will start the race from the low exit position towards the obstacles passing over.

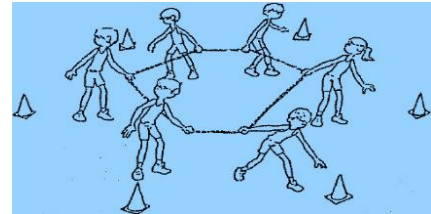
521. LET ME KNOW

An even number of participants, forming two concentric circles (one facing the other). Rotate the circles in opposite directions, and when the facilitator claps his hands, the circles should stop, hold the hands of the first person in front of him, and go discovering what this person is like. Over time, the facilitator can expand to trios,

quartets, etc.

522. POWER CORD

Students in circle formation (5 or 6 students per circle); a long rope tied at its ends; each student will hold onto a part of the rope and pull in one direction until they can reach the cone; When someone succeeds a point will be scored.



523. START

Arranged in pairs, a colleague holds each other's waists offering resistance to their running. The places of departure and arrival must be marked on the ground, always instructing students to change roles every round trip, that is, if on the way A goes running and B offers resistance, on the return B runs and A offers resistance. Teachers should establish shorter distances so that students can travel more times the route. This activity can also be done with ropes, pieces of tire inner tube, pieces of cloth, etc., to hold the colleague in front.

524. SPELL AGAINST THE SORCERER

Students should sit in the center of the room forming a circle. Then, without anyone seeing, they should write a task or joke that they would like the colleague to their right to perform. After everyone has written, the teacher announces that, in fact, the person himself is the one who will perform the gift he wrote to the colleague next door.

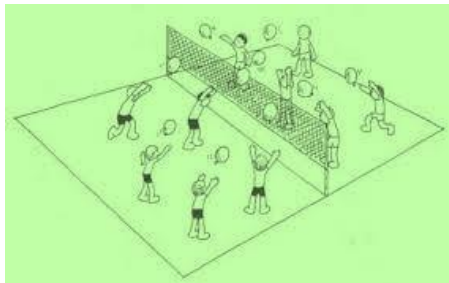
525. GET THERE INTACT

Each student will receive a piece of string and a bladder. You should fill the air balloon, tie it to the string and attach the string to the ankle. Divide the class into 4 teams. Each student must move through a predetermined space taking the ball attached to the foot always in front of the body, without bursting it. In addition to the student controlling his ball, he must dodge other students so that his ball does not burst easily.



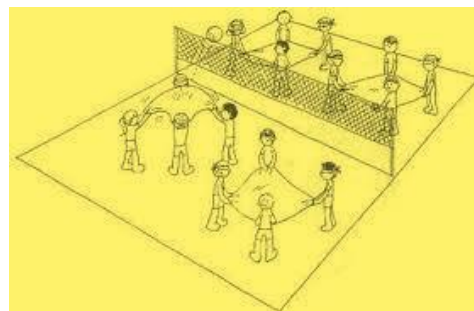
526. VOLLEYBALL WITH BALLOONS

With the beginning of a song, all participants must pass the balloon to the opposing field, returning those who pass to their field. With each interruption of the music the monitor will perform the count. At the time of the interruption the group that has the fewest balloons in its field marks a point.



527. GUIDED VOLLEYBALL

The groups will form quartets, with two participants blindfolded. Each quartet with a piece of fabric. Participants who are blindfolded should be at opposite ends of the tissue. The game will follow the dynamics of volleyball, with the ball being thrown with the fabric. The ball could touch the ground.



528. BALL RACING

The teacher divides the group into teams, which are placed in parallel starting rows. The first representatives of each team receive, in the shortest possible time, the ball on the tray to the goal. The balls that reach their destination are deposited in the bag. Soon after, the second person repeats the same procedure, and so on, until all the members have participated. The team that finishes the transport of their balls first wins.

529. CAT AND MOUSE II

Children form a wheel. One of them, the Rat, is inside the wheel. Another, the Cat stays off the wheel. The Cat asks, "Is your Mouse there?" The children on the wheel answer, "No" The Cat asks, "What time does he arrive?" Children respond a time to choice. The children begin to rotate and the Cat asks: "What time is it?" and the children answer: "One hour" - "What time is it?" - "Two Hours" and so on until they reach the agreed time. Children on the wheel should stop with their arms extended; the Cat proceeds to chase the Mouse. The game ends when the Cat catches the Mouse. For the very



small it is preferable that those on the wheel stay still until the cat catches the mouse. For older children, those on the wheel can help the mouse escape or disturb the cat without undoing the circle. You can repeat the game a few times, giving a chance to anyone who wants to be a mouse and a cat.

530. MISTER BALLOON

The animator divides the group into teams. Each of them chooses a representative for the "Mister Balloon" contest. At a sign from the animator, each team seeks to "stuff" its candidate until it is filled with balloons. They have three minutes to run it. The team that manages to "fill" its representative with the largest number of balloons wins. The exercise is repeated several times.



531. HOT OR COLD



Here one child is blindfolded while the others hide an object. Then, the chosen child starts looking for such an object and receives tips from peers through the words "hot" or "cold". The closer one is to finding the object, the "hotter"; whereas the farther away, the "colder". Therefore, it is also possible to use variations such as "ice cream" or "catching fire".

532. BALANCE ON THE ROPE

One idea is to trace a path on the ground with the rope (which should be large enough, 3 to 5 meters) and suggest that children walk over it. They can even open their arms for more stability.



VIDEO

ACTIVITY:

<https://youtu.be/aApxfqRPOf0>



533. BEACONS

5 goals formed by cones are distributed on the court. The two teams in confrontation

can score in the 5 goals, but the goal is only valid when a player executes a pass between the cones and another player of the same team receives the ball from the other side. Note: It is not allowed to score two goals in a row in the same goal.

534. GAME OF THE OLD WOMAN WITH HULA HOOPS

There are 9 hula hoops in the center of the court distributed in three rows and three rows, equal to a game board of the old woman on paper. Students will be divided into two groups, in which they will compete in a relay race format, to see who can win the old lady's game. Instead of X and O can be used cones of opposite colors, vests or even bottles.



535. BACK AND FORTH

At the teacher's signal, the students move from one side of the court to the other, performing movements previously determined by the teacher and (or) by the students themselves. For example: raising the knees, raising the heels, moving laterally, jumping, crawling, walking on tiptoe, running.

536. BELOW OR ABOVE

Students divided into two columns. The student of each column must pass between the legs of the classmates who must be positioned with the legs apart. When this one ends, the next one does the same thing, until everyone on the team has performed the activity.



537. HELPING YOUR FRIENDS



Each participant with a bag on top of their head maintaining balance, all must walk through the space intended for the game. When a bag falls, the person who failed to balance it should be "frozen." Someone else should then try to grab the bag by helping their friend "unfreeze" and get on with the game. When you bend down to pick up your friend's bag, if yours falls, you're also "frozen."

538. BASKETBALL.

Two teams with six or more members, each team has a representative holding a bucket, which can run down the sideline (right and left) without entering the court. **Development:** Team members must pass the ball to each other, trying to throw the ball into the bucket. The player, in possession of the ball, can pass it or try to hit the bucket, but can not walk holding the ball. The other team tries to intercept the ball (without physical contact) and tries to hit their bucket. Each time a player hits the bucket, he converts a point and must roll a dice. If it drops odd number, the basket is worth 1, 3 and 5 points in favor... If you take even numbers, the basket is worth 2, 4 and 6 points against your team.



539. INSIDE OR OUTSIDE

Around a large circle are the children. **Development:** The teacher orders *In or Out* and all children carry out the orders by jumping with their feet together into or out of the circle. From time to time the teacher repeats the same order. Children who make mistakes are eliminated provisionally, that is, until they are replaced by others who have committed the same fault.



540. LAND/SEA



On one side is written "land" on the other "sea", can be used the lines of the court as well, on one side is the **land** and on the other the **sea**. In the beginning all children can stay on the side of the **earth**. When they hear "sea!", they must all jump to the side of the **sea**. When they hear "earth!" they jump to the side of the **earth**. From time to time the teacher repeats the same order. Children who make mistakes are eliminated provisionally, that is, until they are replaced by others who have committed the same fault.

541. AT THE WHISTLE, I DO

With the students scattered around the court, they will be bouncing freely around the court and, upon hearing the whistle, they must perform what is suggested by the teacher and (or) by the students themselves. Examples: 5 jumping jacks, 10 jumps on one foot, 5 jumps, moving the legs apart and joining, jumping with the feet together, etc.

542. FUTSAL TOWER

Two teams of four to six players. One player from each team (tower player) stands within an arc over the back line of the court and cannot leave. The other players play a match where each player will only be allowed to give two touches to the ball. If the rook player receives a pass from a companion, he gets a point. In this case, the ball passes to the opposing team.

543. SANDBAG

Students must overcome the obstacles scattered around the court without letting the sandbag fall to the ground, either by balancing it on the head, in the right or left hand, on the right or left shoulder, or by throwing it up and catching it only with the right or left hand or with both hands or even hitting it with the knee, with the feet, etc.



544. BUILDING THE TOWER

Form two, three or more teams, according to the number of students; Initially the teacher will build a tower, which will be the standard tower; then the teams must be positioned in a space of the court, and will mark the point the team that builds a tower more similar to that of the teacher in the shortest time; But for this, only one participant from each team can leave at a time and get a piece, and return to your team. Note. You can stipulate that if they pick up an extra piece, they can't return it, and they can only take one piece at a time. Build the tower according to your available materials, use large and small materials, add exclusive details for the team to discover and the activity is even cooler.



545. ZIC, ZAC, ZUC

This activity aims to develop body awareness, general motor coordination, visual, cognitive and rhythmic, stimulating the combination of rules. All players place themselves in a circle and advance their right foot, so that the tips of their shoes touch. 2) They all say at the same time: "one, two, three, zic, zac, zuc, one, two, three." 3) Immediately each player chooses whether to leave the right foot in or out of the circle. 4) Players who have been in the minority, or with their foot in or out of the circle, continue to play. The rest comes out of the game. 5) The last one to stay in the game is the one who starts.

546. BANDERINHA ARREOU

They play two groups, each with its own field and flag. At the bottom of each field, place the "flag" of the team, which can be any object. The game starts when someone says "little flag has been raised". The goal is to steal the flag from the opposing team and bring it to your field. But the player who enters the opposing team's field and is touched by someone is stuck in place. You can only leave if you are "saved" by someone on your own team. The team that captures the opposing flag the most times wins.

547. I WANT MY BOW

Same as the previous game (I want my cone) but in these some students will stand in a large circle, each within an arc; In the center of this large circle the teacher will choose another 5 or more students to remain seated;



at the teacher's signal all students in the great circle should start running without leaving the formation of the circle clockwise or counterclockwise (as the teacher directs); when the teacher whistles, all students should look for a bow to enter, including those students who were seated in the center of the circle; always someone will run out of bow, so will the joke/game; The students of the center must always seek an arch to enter, and whoever is without an arch will remain in the center.

548. SKIRTING THE CONE

A student runs towards the cone, bypasses it and comes back, at which point two students in his group must run together to the cone, make the contour and come

back, so that three students in the group do the same, on an increasing scale, until all the components perform the activity.

549. HIT THE TARGET

Form 4 groups; each group will remain on one side of the target (square made as target); each group will have a different colored polka dot that represents their team; one player per team will play the ball in order to get it as close as possible to the center (place of highest score); soon the other teammates will be able to play and so on; At the end the teacher and the students will see which team scored the highest number of points, according to the sum of the balls of the respective teams. Note. rules can be created, that if the ball hits another opponent by moving it from position, it will mark the score from where it stops; if your ball goes off target you may lose points; or do that can't hit anyone's ball... Anyway, create your rules and modify according to the goals and interests of the students.



550. COLA DESCOLA



Students should be spread out throughout the space allotted to the game, one of them being designated as the catcher. At the teacher's signal, the catcher must run in pursuit of the others and those who are touched by him must remain motionless, returning to participate in the escape when a colleague saves him with a touch.

551. EACH WHISTLE A GROUP

All at ease, for the space destined for the group. **Development:** The facilitator chooses a participant who will be the catcher. The game starts, and people run freely through the space allotted for the game. The facilitator beeps three times, and everyone must form groups of three. The catcher at this point tries to catch those who have not yet formed groups. The facilitator beeps two, four, six, eight, etc.

552. NEVER TWO

With arches on the ground, forming a circle, and the students inside them, with the exception of two students (one is the catcher and the other, the fugitive). The catcher goes in pursuit of the fugitive who, feeling threatened, must enter one of the arches and sit in it. The other who was occupying this arc happens to be the fugitive. With the development of the activity, all students end up participating several times as takers and as fugitives. When they capture the other, they both sit down and are replaced by other students. It should have an arc for each student.



553. JUMPS AND DOESN'T FALL

Students must run up to the rope, jump it, and maintain balance in the fall. The teacher can suggest different forms of falling: with both feet, with the legs apart, with the legs united, in four supports, in one (right or left).

554. PASS THE BALL

Each student will have a ball that will be positioned on the ground in front of him, at the signal stipulated by the teacher (whistle, for example), everyone must pass the ball to the colleague who is on the right, and he must position it in front of him on the ground. When the students have understood, the teacher can beep once every three or four seconds. It should also change the side that the students will pass the ball, in addition to changing the beep. Now everyone will pass the ball to the left when the teacher claps a hand. It is advised to do only for this side until everyone has understood. In the last stage, the teacher will tell the students that he will alternate the beeps and that, therefore, the students should be attentive to know on which side they should pass the ball, whistle to the right and palm to the left.

555. LUCKY CIRCLE

Two circles of 2 meters in diameter are traced apart from each other. Within them are two other concentric circles. Distant 6 meters are one in the horizontal line. Players divided into two columns are placed next to their respective circles. The first player will be left with a bag of corn. Starting with the first ones between the columns and will stay in the horizontal row. Then they throw the bags into their circle, then appear to hand them to the second and sit down. The following repeat the actions of the former and so on. We give 3 points if the bag falls in the center circle. 2 points for the second circle and one point for the outer circle and zero on

the lines. The party that scores the most points will win and the column that finishes the game in first place will earn 5 points.

556. BUTTER BAR

Trace on the ground two parallel lines leaving a distance of about 10 meters between them. Divide participants into two teams. Players will be lined up behind one of the lines with their palms facing up and their elbows bent at waist height. A representative of one of the teams goes to the opposing team and passes one by one, lightly tapping his outstretched hands, and at any moment he must give a more defined touch to one of the opponents shouting: "Butter bar, in the aunt fuça" and run back towards his field. Whoever is touched runs after the other player, this if caught before returning to your team becomes part of the opposing team. To further enliven, the game can be accompanied by the song of the verse: Butter bar. The team that finishes with the most players wins.



VIDEO **ACTIVITY:** <https://youtu.be/wp0K80BFgjc>

557. ROTATION OF STATIONS

For this activity some materials will be needed: **Plinth, Arches, Strings and Cones**. The teacher will make a circuit with the materials. Students divided into 4 groups. During the time timed by the teacher, the group of students positioned at the rope station should jump it, in the way they prefer: the plinth group should run and jump it; the group of arches must jump them with one foot; The group of cones must jump them with their feet together. At the signal, everyone must change material.



558. BRETHREN

Initially the children form pairs, the "siblings", which are arranged in two columns. After each one has become aware of its "brother", each column will form a circle, with a distance of about two meters. **Development:** The two circles rotate, while

the children sing happily. At a signal given by the teacher (whistle or palm) the circles are broken and each child seeks his brother. Finding him they should both hold hands and lower themselves. The last to do so will be eliminated temporarily. The game continues by forming again the two primitive circles.

559. SCARF RACE



Participants divided into teams seated in the column chairs. The 1st participant of each team with a large scarf tied between the elbow and shoulder (left arm). At the given signal, the player will untie the handkerchief with the right hand turns back and ties on the left arm of the next. So it goes on until the last one unties the handkerchief and comes to the front and ties it to the arm of the 1st. Submission: the team that the 1st player raises his left arm with the scarf tied will be the winner.

560. POOR LITTLE MY KITTEN

Students are distributed in a circle, all seated. The teacher chooses a student who is in the center. That's going to be the kitten. This in turn should be crawling and approach a student who is sitting on the wheel and give a very funny meow. The student who receives the meow should put his hand on the head of the student who is in the middle and without laughing should say: "poor thing my kitten". If laughing has to go to the center and become a kitten, if not laugh, the kitten should make another attempt with another student.

561. BURNING OF THE PROTECTED CONE

The class is divided into two teams, one for each side of the court; Each participant of the respective teams will be responsible for protecting a cone (a PET bottle can also be used). At the start of the game, each team will receive two balls and will try to knock down the cones of the opposing team, in addition to protecting their own. If someone knocks down the opponent's cone, the one who was responsible for



protecting him will leave his cone lying on the ground and now he can help some colleague of his team to protect his cone and so on, until there is only 1 cone left and the whole team must protect him. And so that no one steps on the edge of the cone making it difficult for it to fall, it is advisable to place arches around it, and stipulating that it can not step inside the circle.

562. RING AROUND THE BOTTLE



You'll need a bottle of soda (I used a liter, increase to make it easier and lower to make it hard), string, and lid a glass jar. Tie the string to the lid of the glass jar and then around the person's belt clip on the back of the pants. They will try to put the ring on the soda bottle. I had enough for two per team. That game was the hardest for everyone on our hillbilly night. I put 5 minutes on the watch and when they picked up the ring in the bottle they took off the string and passed it on to the next person. We had one person holding the bottle for his teammate and another helping to tie and untie each teammate.



563. BIG LEAP

With chairs placed in rows, each person must sit in their chair, and the goal of the game will be to take the chairs to the line demarcated on the ground. The game has some rules, such as: you can't put your hands or feet on the ground. For the goal to be achieved it is necessary for the group to discover a cooperative strategy.

564. PASS BY THE BRIDGE

Each student receives two sheets of newspaper (it can be bags, notebook sheets... something not so strong, but also not so fragile) and remains on the line on one side of the court. Each student places one of the leaves on the ground, places himself on it and positions the second sheet



on the ground, passing from one sheet to the other, until he reaches the other side of the court (taking care not to tear the sheets of newspaper). Whoever gets to the other side of the court first and with the entire sheets of newspaper wins (IN THE

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IMAGE ABOVE, WE HAVE A MATERIAL THAT CAN BE USED AS A VARIATION OF THE ACTIVITY).

VIDEO **ACTIVITY**: <https://youtu.be/WqBS8botFC0>