**Ice Breakers/Team Builder Activities**

**Handout**

**By**

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***Rock Paper Scissor Tournament***-Pair students. They face off and complete one round. Whoever loses becomes a supporter for their opponent. The winner of the round finds another winner and starts a round. If a student continues to win, their following or supporters gets bigger and bigger. This continues until there are two people or teams left. At this point allow for a best two out of three round.

***Favorites***-Instruct students to find others who share their same interests. I start with same color, then birth month and finally by class (fresh, sophomore, junior & senior) Once they find their group in each round, have them go around the circle and say their name and whatever else you would like them to share….ie…grade, what they did over the summer, something unique about themselves, etc…

***Reaction Ball Challenge***-Teams of 6-8 placed in a circle. One reaction ball is required for each team. One student tosses the reaction ball up in the air and the goal is to have another student catch the reaction ball after one bounce. They now have completed level one. Whomever caught the ball will then toss the ball up and allow the ball to bounce two times with someone catching it. Continue this challenge to see how many levels the team can complete. If a level is incomplete, the team must start over at level one.

***Tennis Ball Challenge***- Teams of 8-10 placed in a circle. 10 tennis balls are required for each team. One student is the designated tosser. The tosser may not catch a tennis ball. The tosser tosses the ball in the air and any player tries to catch the ball. If the ball is caught, the tosser now tosses two tennis balls in the air. Any two players must catch the two balls. Each player may only catch one ball during any level. If any of the balls are not caught then the team must start over at level one.

***Team Juggling with Tennis balls***- Teams of 8-10 placed in a circle. 3 or 4 tennis balls are required for each team. One student takes one tennis ball and says 1 and tosses it to the person to their left . That student says two and tosses it left. Continue this until the ball goes all the way around the circle and then back to the number one student. Now have the students mix up the order and stand by two different people than who they started with. The number 1 students starts by tossing to the number 2 player and so on, but this time the team keeps the ball moving. Player one may add an additional ball at any time until the team is tossing 3-4 balls at once. Another variation is to have the players say their name then toss or say the name of the person they are tossing to.

***This or That***-Line up students on the center line of gym or designated field. Give the students two choices to pick from (this or that) and point to any area left or right to run to when they decided which choice they prefer. They may only stay on the center line undecided or if they liked both choices one time. Below are some suggestions for choices.

sweet salty books movies

text talk blonde brunette

hot cold radio iPod

morning night Jets Giants

frosting cake Yankees Mets

quiet loud Spicy Mild

fast slow kissing hugging

basketball football front row back row

soccer volleyball tall short

chocolate vanilla Rebel Rule Follower

Peeta Gale shy outgoing

beach snow funny serious

cars trucks/suv’s

cats dogs

iPhone Android

hip hop pop

couch play

soda water

giving getting

one friend lots of friends

big family small family

jeans shorts

rain sunshine

***Hi 5***- Students pair up and line up at opposite base lines of gym or designated space. Teacher calls out a command (Right high five). The students run to the center line do the command and try to be the first pair back to the baseline. Teacher calls out a second command. The students run to center line again and perform the first command then the second one. This continues until the teacher builds up to about 10 different commands. Suggestions: add handshakes, upper body, lower body, core or cardio exercises

***Zombie Tag***-Everybody is a human and walks around the gym or designated space. The teacher taps one student who then becomes a Zombie by lifting both arms out in front like a zombie. If the zombie students touches another student, that student becomes a zombie as well. Once a zombie, always a zombie. Students try to be the last human survivor. Suggestions: turn off the lights, play scary or intense music.

***Cyclopse Tag***- Students pair up. Have them decide who is chasing who. When the music starts, the chaser must make a telescope with their two hands and place the “telescope” over one eye. They now go and try to find their partner by WALKING. If the partner is caught, they switch roles. Suggestion: At the completion of the game, bring the students in for a discussion to relate this to cellphone use.

***Partner Tag***-Same as Cyclopse Tag but do not use the “telescope” and the chaser must turn around 3 times before finding their partner. Students may run and tag.

***Animal/Color Extinction***-Every student needs either an animal beanbag or regular beanbag. Beanbags must be at least 4-6 different colors. The teacher will call out a color. That color is it and the student then tries to tag as many students as possible except for the people with the same color beanbag as they have. If a player is tagged, they must freeze and raise their hand high with the animal or beanbag displayed in hand. The goal for the “it” people, is to make all the other animals or colors extinct. This is hard to do because if a player gets tagged, they may be freed by the same colored animal or beanbag person. To free a same colored beanbag player, they must tap their animal or beanbag with their frozen teammate. Teacher calls out different animals or colors about every 40-60 seconds.

***Count Off 1-20***-Teams of 8-10 placed in a circle. The goal is to count off from 1-20 before the other teams and then quickly sit down. If two players say the same number at the same time, the team must start over at 1. Additional rules: teams may not count off consecutively in the circle and may not use any type of pattern. Non-verbal cues are also prohibited. Each player must say at least one number and one player may not say two or more consecutive numbers.

***Parachute Frog Toss***-Students are in teams of 8-10. You will need two mini parachutes and one frog per team. Place 4-5 students on one parachute and 4-5 students on another parachute. This is one team working together. The goal is to catapult the frog from one parachute to the other and have a completed catch. The first team to get all the way to the end of the court or designated area and back first wins. They may not use their hands to help the frog on the parachute. If the frog drops on the floor, the team must run back to the starting line and start over.

***Boom Clap***-Students are paired. They sit on the floor in sit up position, sittingup and facing each other. They start out by clapping one time together in sync. Then they throw or show one of four hand signals at the same time. (two thumbs up, two thumbs down, two thumbs to the left or two thumbs to the right) If the students do not throw or show the same signal they immediately clap again together and throw/show another signal choice. If they happen to throw the same signal they yell out “BOOM” while giving each other a double high five then immediately complete one sit up. Once they come up they clap again to start a new round. This game is continuous.

***Poly Spot Musical Chairs***-Place as many poly spots as students you have inside the volleyball court. The students are in a single file line on the volleyball court boundaries. When the music starts they walk clockwise, staying on the line until the music stops. Also when the music starts, the teacher takes away some poly spots so not everyone will get one. When the music stops, the students rush to the middle and try to place a foot on the remaining poly spots. When the music starts again, all students who did not get a poly spot must jog counter clockwise in between the volleyball court and the basketball court until the music stops. Repeat this process until there in only one student left. Suggestion: I turn my back to the students when pausing the music as to not show favoritism. You may also use a student to pause and play the music.

***Personal Trainer “5/Hi 5”*** – One partner declares that they will start off as the personal trainer. They give their partner an exercise to do. The partner will do 5 reps. Switch rolls. Complete this series until 4 exercises are complete for each partner. Variation-instruct students to choose an exercise from each category; upper body, lower body, cardio and core…Hence the 4 exercises.

***Pacman Tag***- Choose 2-4 students to be “It” and give them a red yarn ball or pinnie to mark them as the taggers. Instruct all students, even the taggers to place them on any line on the basketball court. The students and taggers are not allowed to step off the line. If a student is tagged, they must sit right where they were tagged to create a “road block”. If a student finds them at a “road block” they must turn around and go the other way. They may not go around the “road block”. Students try to be the last one standing. Variation-Instead of being out and becoming a “road block” the tagged student becomes the tagger. This way the game is continuous and no one is considered out.

***Team Noodle Tag-(***my students have named this “Hunger Games”) note; if you feel this is too violent for your students I recommend calling it Team Noodle Tag.

Cut noodles in approx. 2’ sections with a scissor. Have at least 4 different colors with approx. 10 noodles each (for 40 students) I use 5 different colors because I have large class sizes. The object is to be the last team standing, meaning the last person not out is from your same color team. To start the game, give all students a noodle. Divide the colors evenly. For example if you have 40 students, 10 get red, 10 get blue, etc… Designate a starting area for each color. I use the four corners of the gym. On the signal, all players try to tag all members of the other colored teams but not your own same colored teammates. Basically everyone is it. A person is considered out by getting tagged with the noodle. Students may only tag from the waist down. (This allows them to be safe and not hit anyone in the face. It also makes them squat for a nice quad burn) If a student is tagged out, they sit where they were tagged. If, for example the last person standing is on the blue noodle team, then the entire blue team wins and gets to instruct the other classmates to do a 10 rep exercise of their choice. Quickly start the game again. I usually run about 3 rounds depending on time. Variation 1-if you are out, you sit down where you are tagged, but the same colored noodle can untag or free you. Students sit and hold their colored noodle in the air. If your color is extinct, your team is out and you can no longer be freed. Variation 2- if you get tagged you complete 5-10 reps of a designated exercise and they are back in the game. Variation 3 –if tagged, they leave the playing area and go back to the starting corner.