# Ocean Motion

## Equipment
- Open activity space
- 2 pylons or spot markers

## Activity Description
- Have everyone line up on one side of the open activity space.
- Choose 1 participant to be “it”. This participant will take care of the ocean. They will be able to move along the line in the middle of the open activity space, field, or gym that is marked off with the pylons. The participant is unable to move off of this horizontal line.
- Everyone else waits for the participant that is “it” to yell, “Ocean motion!” All participants then try to cross the ocean without being tagged by “it”.
- If tagged, participants find a space along the horizontal line and help “it”. Eventually a wall of people will be built in the middle, making it harder for participants to cross. This is a good point to start a new game.
Setup

Skills Explored
Running, dodging, chasing, fleeing

Tips...
- Maintain control of movement so that you can dodge people in the middle without falling over
- Push off when transitioning between directions

Safety
- Discourage participants in the middle from linking arms or holding hands in an attempt to create a chain and hold people back
- Encourage participants to walk or run with safety in mind; discourage jumping over the participants in the middle

Remember...
- Adding the element of creativity may engage more participants. Ask the participants to move like various sea creatures or animals as they play.

Variations...
- Use different forms of movement when trying to pass the middle such as running backwards, hopping, and side shuffling
- A great activity to do on the ice or in the water as well
**Wizards & Muggles**

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Activity Description</th>
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</thead>
<tbody>
<tr>
<td>Open activity space</td>
<td>Instruct participants to stand facing a partner about 2 metres apart on 1 of 2 lines on the floor. The group will be standing in 2 long lines facing each other.</td>
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<tr>
<td>Cones to define activity space</td>
<td>Identify 1 line of the participants to be Wizards and the other to be Muggles.</td>
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<tr>
<td>Beanbags (optional)</td>
<td>Designate a safe zone that is behind each line of participants and 5 metres away from a wall.</td>
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<td></td>
<td>Call out a name, that is, “Wizards!” or “Muggles!”</td>
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<td></td>
<td>The participants whose name is called tries to tag their partners, who turn around and try to reach the safe zone before being tagged.</td>
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<td></td>
<td>Instruct the group to quickly return to the starting lines and listen for the next name to be called.</td>
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</tbody>
</table>
Setup

Skills Explored
Dodging, bending, stretching, turning, stopping, walking, running, chasing, fleeing

Tips...
Remind participants to focus in direction of travel (“look where you are running”)

Wizards

Muggles

Safety
Ensure space is open and free of obstructions
Encourage participants to:
• Keep eyes open and look in direction of travel
• Tag their partners gently without pushing
• Pivot rather than slide on the floor

Remember...
If the starting point is from the knees or push-up position, talk with participants prior to the activity about how they can get up quickly and efficiently

Variations...
• Participants could keep track of points if desired
• Place a beanbag in the middle between each partner and the partner who grabs the object first attempts to tag his or her partner
• Challenge participants to stand with one foot in the front of the other, on their knees, or in a push-up position prior to starting

Adapted from Ever Active Schools Recipe Card Lesson Plans, Grade 4–6, Individual Activities (1–5) – Wizards and Elves Warm-Up from www.everactive.org/recipe-card-lesson-plans