



# FOAM HANDS Game Pack

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## Fuel Up To Play 60 Foam Hand Game Pack

This packet includes 11 games designed for **Fuel Up to Play 60 Advisors** to play with their students. The games can be used to supplement a physical education curriculum, to provide ideas for engaging warm-up activities and brain breaks, or to supply easily-implemented physical education activities for substitute teacher folders. While the majority of the games are geared toward elementary students, several of them are also appropriate for older students in middle school or even high school. Most of the games can be played with large groups—up to 40 to 50 students.

The activity sheets begin with a Pre-Game Huddle, which introduces the game and shares some important health information about the **Fuel Up to Play 60 Program** sponsored by the Wisconsin Milk Marketing Board and the Green Bay Packers. Each activity sheet also lists the objectives, equipment needed, and specific directions. In addition, music often makes movement activities more enjoyable to students. Free downloads of the “Moo Cow” and “We are the Dreamers” songs are available from the Wisconsin Dairy Council by visiting the website: [WisconsinDairyCouncil.com](http://WisconsinDairyCouncil.com).

Safety always should be emphasized when playing tag games or other movement activities. Remind students to move at a safe speed for each game and to be aware of people or objects that may be in their paths as they move to avoid getting tagged. In addition, remind students to stay within the established boundaries for each game. Finally, if students are instructed to keep their thumbs on the outside of the foam hands, the hands will stay in better condition and last longer.

A PROGRAM OF



THE NFL MOVEMENT FOR AN ACTIVE GENERATION



### Games

1. Chicken Dance Tag
2. Moo Cow Tag
3. Grilled Cheese Sandwich Tag
4. Lambeau Field Bleacher Tag
5. Touchdown Dance Tag
6. Lineman & Running Back Tag
7. Green Bay Packer Tryout Tag
8. Couch Potato Tag
9. Farmer Tag
10. Donut Attackers
11. Milk Bubble Builders



[FuelUpToPlay60.com](http://FuelUpToPlay60.com)







# FOAM HANDS Game #1



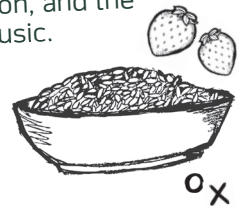
## Activity Notes

Grade Level: K – 12

**Objective:** To develop agility, cardiovascular endurance, rhythm, coordination, and the ability to listen and move to music.

### Equipment:

- ☐ 3 foam hands
- ☐ "Chicken Dance" song
- ☐ Boundaries (cones, basketball court lines, etc.)



**Variations:** Students could be asked to move with different locomotor skills each time during the tagging portion of the game.

## Chicken Dance Tag

### Pre-Game Huddle:

We have learned through our **Fuel Up to Play 60 Program** that students should get how many minutes of exercise per day? (60) There are many ways to do this in school and out of school. Today for our warm-up we are going to combine two activities that provide those minutes ...and lots of fun. We will be dancing and playing tag together in one fun game. It is called Chicken Dance Tag!

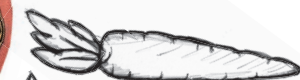
### Directions:

The group starts on a circle in the center of the playing area (use a line or cones to form the circle). All participants begin doing the chicken dance when the music starts.

- ➔ 1. Holding up both hands, players form two "beaks" with their thumbs and fingers. Players open and close their "beaks" four times to the music.
- ➔ 2. Players make chicken wings with their elbows, and flap them four times to the music.
- ➔ 3. Players bend their knees and move their hips side to side four times to the music.
- ➔ 4. Finally, players stand up straight and clap four times to the music.
- ➔ 5. Steps 1-4 are repeated four times.



When the Polka portion of the song plays, the tag game begins. The participants with the foam hands are "it" and attempt to tag all of the other players. A student is also "tagged" if he/she goes out of bounds, falls down, or bumps into another student. When tagged, a student is frozen and must do jumping jacks (or dance in place) until the Polka portion of the song ends. As the song resumes, players quickly move back to the center circle and begin doing the chicken dance again. The leader walks around during the chicken dance section and moves the foam hands to new taggers. This process repeats until the end of the song.







# FOAM HANDS Game #2



## Moo Cow Tag

### Pre-Game Huddle:

Where does milk come from? (Cows)  
Have any of you ever visited a dairy farm?  
What are some of the benefits of drinking milk? (Calcium for strong and healthy bones and teeth, protein to build strong muscles, rehydration, vitamins and minerals, great taste!)

In today's Moo Cow Tag game, we will be hearing a really cool song to remind us that milk and dairy products are a very important part of a healthy diet. I am going to play part of the Moo Cow song, and every time you hear the words, "Moo Cow," I would like you to stand up. If you are standing when you hear the words, sit down. (Play the song and have them stand up and sit down when they hear the words, "Moo Cow".) Now that you know what to listen for in the song, let's play Moo Cow Tag game!

### Directions:

When the song "Moo Cow" begins, all of the students must move around the playing area (they are the amazing cows that escaped the holding pens). The farmers (two or three students) enter the playing area and attempt to gently tag the "animals" with their foam hands. If a student gets tagged, steps out of bounds, falls on the ground, or bumps into another student, he/she must go to the closest holding pen with his/her hands out in front like being pulled to the pen. In the holding pen, the animals must dance, run in place, or hop on one foot until they hear the phrase "moo cow" in the song. If the words are played, all of the animals are allowed to leave the holding pens and be free. After playing for 1 - 2 minutes, each farmer trades jobs with one of the animals. If the farmers can get all the animals into the holding pens before the end of the song, they win the game.

## Activity Notes

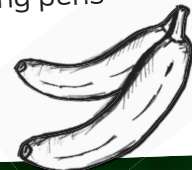
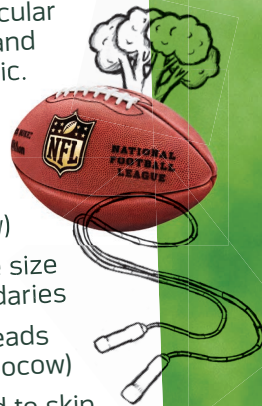
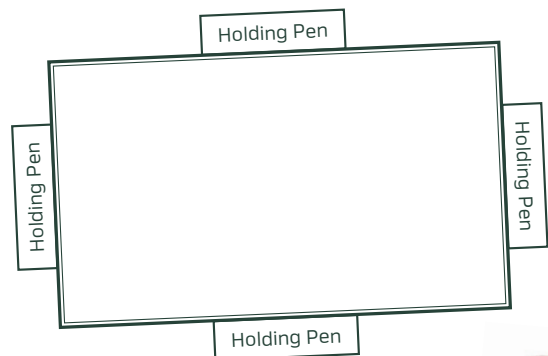
Grade Level: K - 5

**Objective:** To develop agility, cardiovascular endurance, chasing and fleeing skills, and the ability to listen to and move to music.

### Equipment:

- ☐ 3 foam hands
- ☐ 4 mats or 16 cones to mark holding pens (see diagram below)
- ☐ An open area, approximately the size of a basketball court, with boundaries
- ☐ "Moo Cow" song by the Figureheads ([WisconsinDairyCouncil.com/moocow](http://WisconsinDairyCouncil.com/moocow))

**Variations:** Students could also be told to skip, gallop, slide, or hop instead of run when they move in the game.







## FOAM HANDS Game #3



### Grilled Cheese Sandwich Tag

#### Pre-Game Huddle:

What is cheese made from? (Milk) We all know that milk, cheese and other dairy foods are good for you. Have you ever had a hot, melty, tasty grilled-cheese sandwich? They are delicious! Today we are going to be playing a game called Grilled Cheese Sandwich Tag! Let's practice making some tasty cheese with our hands. (Clap hands together with one hand on top and one hand on the bottom. Hold your hands out in front of you and bend your knees to get into an athletic stance.) If we had two pieces of tasty whole wheat bread and a special grilled cheese sandwich oven, we could make some amazingly tasty grilled cheese sandwiches! (Show how another player could clap their hands around the cheese hands and form the grilled cheese sandwich. Demonstrate the oven cooking the sandwiches by saying "3, 2, 1,...BEEP! Your sandwich is ready." Then both people pretend to eat the sandwich as they move away from each other.) This is what we will be doing in the game of Grilled Cheese Sandwich Tag!

#### Directions:

Two to three players are selected as the "cheesemakers," who carry foam hands with them. If a cheesemaker tags a player (the milk), the milk must freeze and get into athletic position and make his/her hands into a piece of cheese. Milk is also "tagged" automatically if he/she goes out of bounds, falls down, or bumps into another student. Tagged players must freeze in place with their hands (cheese) until a grilled cheese sandwich is formed. Non-tagged players must try to free the cheese by making a grilled cheese sandwich. This is accomplished when a player gently claps his/her hands over the cheese and says "3, 2, 1,...BEEP! Your sandwich is ready." Students pretend to eat their imaginary sandwich as they move away from each other and become milk again. No student may be tagged while making a sandwich. After playing for 1 - 2 minutes, have each cheesemaker trade jobs with one of the milk players.

### Activity Notes

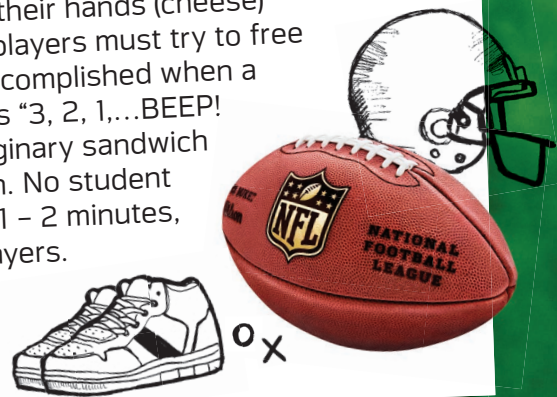
Grade Level: K - 8

**Objective:** To develop agility, cardiovascular endurance, chasing and fleeing skills, and cooperation.

#### Equipment:

- ☐ 3 foam hands
- ☐ An open area, approximately the size of a basketball court, with boundaries (lines/cones)

**Variations:** Students could also be told to skip, gallop, slide, or hop instead of run when they move in the game.







## FOAM HANDS Game #4



### Lambeau Field Bleacher Tag

#### Pre-Game Huddle:

Lambeau Field in Green Bay is an amazing place to watch a football game. Has anyone ever attended a game at Lambeau Field? One of the things that is different from most other NFL stadiums is the bleacher seating: there are no backs on the seats. This makes it easier for people to shuffle in and watch the game, and we know that everyone loves to watch the Packers play! Today we are going to have fun playing a game to help us get our 60 minutes of exercise, as we have learned from our **Fuel Up to Play 60** program. The game is called Lambeau Field Bleacher Tag!

#### Directions:

**Pre-game Warm-up:** Students find partners and sit side-by-side in the playing area, being sure to stay away from the boundaries and all other groups. Students are told to sit on the ground on their imaginary "stadium bleacher seats." Pick one group to stand and sit on the ground on their imaginary "bleacher shuffle" by quickly sitting down next to a player split apart, separately doing the "bleacher shuffle" by quickly sitting down next to a player from another group. When each student sits down by a different group, the player on the other end of the "bleacher" section must stand up and move to another group. Standing players should try to get to another group within five seconds to keep the game moving quickly. Continue to do the "bleacher shuffle" until the students understand how to quickly and safely move to new bleacher groups. With large groups, pick more students to stand and shuffle.

**Bleacher Tag:** Two to three students are assigned to be taggers and given Packer foam hands. The rest of the students try to avoid getting tagged by doing the "bleacher shuffle." Begin with 3-4 players standing and the rest sitting next to a partner. If a player is tagged, he/she is given the foam hand and becomes a tagger. New taggers may not tag the same person who tagged them. For safety, students must sit next to the other person on a "bleacher," not slide into position, and no student is allowed to jump over another student. This game can also be played as a fitness workout using the other activities in the variations section.

#### Activity Notes

Grade Level: 2 - 12

**Objective:** To develop chasing and fleeing skills, muscular strength, core strength, cardiovascular endurance, agility, cooperation, and problem solving.

#### Equipment:

- ☐ 3 foam hands
- ☐ In open area, approximately the size of a basketball court, with boundaries (lines/cones)
- ☐ Yoga mats for bleachers (optional)

**Variations:** Different bleacher positions such as: Standing or Standing On One Foot, Crab Walk Position, Running in Place, Upper or Lower Plank, Squat Position or Tip Toe Position, Lying on Back - Legs Off the Ground 6", Hopping on One Foot, Sit-ups (leader calls "up" or "down").







## FOAM HANDS Game #5



### Activity Notes

Grade Level: K – 8

**Objective:** To develop agility, cardiovascular endurance, chasing and fleeing skills, cooperation, and moving creatively to music.

**Equipment:**

- ☐ 3 foam hands
- ☐ An open area, approximately the size of a basketball court, with boundaries (lines/cones)
- ☐ Dance music

**Variations:** Students could also be told to skip, gallop, slide, or hop instead of run when they move in the game.

### Touchdown Dance Tag

#### Pre-Game Huddle:

Sometimes it is very entertaining to watch the touchdown dances that the NFL players do after they score a touchdown. Today we are going to play a game called Touchdown Dance Tag. We will have a chance to show off our own unique touch-down dances as we have fun playing a tag game. This game is part of our effort to get at least 60 minutes of physical activity every day, as we learned through our **Fuel Up to Play 60 Program**. Make sure you are creative in your dances and that you keep moving throughout the entire game!

#### Directions:

All of the students start out being football players. Their job is to run and avoid being tagged by the three Packers fans (wearing Packers foam hands). If a football player gets tagged, the player must stop in that location and do his/her own creative touchdown dance. A player is also "tagged" if he/she goes out of bounds, falls down, or bumps into another student. Any football player that has not been tagged can free any dancing player by stopping in front of a tagged player and copying his/her dance for at least 4 seconds. No players may be tagged during a touchdown dance or while copying a dance. After playing the game for 1 – 2 minutes, have each Packers fan trade jobs with one of the football players.







## FOAM HANDS Game #6



### Activity Notes

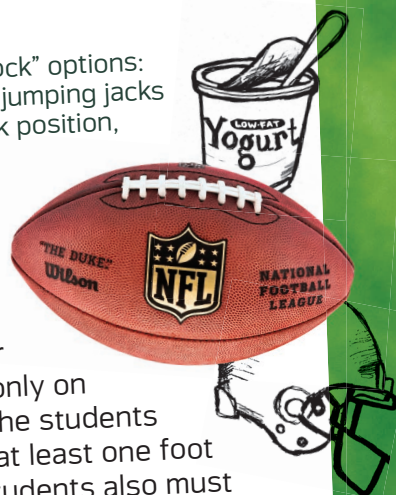
Grade Level: K – 8

**Objective:** To develop agility, cardiovascular endurance, chasing and fleeing skills, problem solving, leg strength, and an understanding of pathways.

**Equipment:**

- ☐ 3 foam hands
- ☐ Gym with basketball and volleyball lines
- ☐ Music (optional)

**Variations:** Other “roadblock” options: 10 second stance and 10 jumping jacks continuously, or low plank position, or upper plank position.



### Lineman and Running Back Tag

#### Pre-Game Huddle:

Today we are going to learn a little bit more about the Green Bay Packers and especially the game of football. Does anyone know what an offensive lineman does on a football team? *(They block so the other team cannot tackle the person with the ball.)* Does anyone know what a running back does? *(They usually carry the ball and run, trying to avoid getting tackled before scoring a touchdown.)* We are going to get a lot of exercise today, as we play Lineman & Running Back Tag!

**Directions** (this activity consists of two parts):

- X Part 1 – “On-the-Field Exploration”:** The activity begins with the teacher saying “SLOW,” and each student must move at a slow speed, staying only on the basketball court and volleyball court lines. On the word “FREEZE,” the students must stop and face the teacher. Students need to make sure to touch at least one foot on each corner as they travel around the gym (no rounding corners). Students also must stay on the lines at all times, and are not allowed to jump to a new line. Students may not go around each other at any time. If two students are heading at each other on the same line, one student must back up or turn around to avoid a collision. Demonstrate and explain how to work together and problem solve with positive communication. Once the students understand this part of the game at the slow speed, the teacher says “FAST” and the students travel on the lines at a fast speed.
- O Part 2 – “Chase and Flee”:** Three students are assigned to be coaches, beginning on the center circle line. On the signal “GO,” coaches try to gently tag the rest of the students (running backs) with the foam hands. If a player is tagged by a coach he/she must stop in that exact spot and become a lineman (with at least one hand touching the ground in a lineman stance). A running back also becomes a lineman if he/she goes off the line, falls down, or bumps into another student. Only coaches are allowed to go around the linemen. Coaches should use the linemen to trap the rest of the students. The game ends when all of the running backs have become linemen or the coaches have chased for two minutes.







# FOAM HANDS Game #7



## Activity Notes

Grade Level: K – 8

**Objective:** To develop agility, cardiovascular endurance, chasing and fleeing skills, balance, and cooperation.

### Equipment:

- ☐ 3 foam hands
- ☐ An open area, approximately the size of a basketball court, with boundaries (lines/cones)
- ☐ Enough footballs for all students (optional)

**Variations:** Students could also be told to skip, gallop, slide, or hop instead of run when they move in the game.



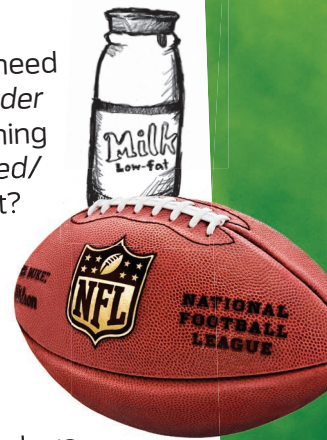
## Green Bay Packer Tryout Tag

### Pre-Game Huddle:

**Fuel Up to Play 60** is a program presented by the Wisconsin Milk Marketing Board and the Green Bay Packers. In order to be physically fit like the Packers players, you need to keep moving and exercising throughout the day. How many minutes of exercise should you be getting each day? (60 minutes) Today we are going to play a game created to help us get our 60 minutes of activity, and the game is called Green Bay Packer Tryout Tag. This game is a pretend tryout for the Green Bay Packers team, because the team needs a new running back. In order to make the team, you will need to show amazing agility. What is agility? (Ability to move quickly, gracefully, and under control.) Running backs need agility to be good at their position. What does a running back do? (Runs with the ball to score a touchdown and tries to avoid getting tagged/tackled.) Does anyone know the proper way to hold a football while running with it? (Show how to hold an index finger over the point of the ball.) Does anyone know what the Heisman pose looks like? (Have the class demonstrate it and hold it for 10 seconds and then switch legs and hold for 10 seconds.) If footballs are not available, students could play this game with imaginary footballs!

### Directions:

One to three players are selected as the Packers coaches who will carry the Packers foam hands with them. The rest of students will be "trying out" for the team by carrying a football and working to avoid getting tagged by one of the coaches. If a player is tagged, he/she must balance on one foot in a Heisman pose. A student is also "tagged" if he/she goes out of bounds, falls down, or bumps into another student. A frozen player is set free when another player gives him/her a high five. After playing for 1 – 2 minutes, have each coach/tagger trade jobs with one of the football players. Students should switch the ball-carrying arm each time they are tagged.







# FOAM HANDS Game #8



## Couch Potato Tag

### Pre-Game Huddle:

Have any of you ever heard of a couch potato? What is a couch potato? A couch potato could be defined as someone who doesn't exercise, but sits around and watches TV all day long. None of you are couch potatoes because you all know we need exercise—at least 60 minutes a day. Today we are going to play a fun game called Couch Potato Tag. In this game, we will have **Fuel Up to Play 60 Student Leaders** working to keep all of you from becoming couch potatoes—just like our FUTP60 team works to do at our school.

### Directions:

Three students are assigned to be spuds/taggers that turn students into couch potatoes (they each carry a half noodle or foam ball). If a student gets tagged by a spud, goes out of bounds, falls down, or bumps into another student, he/she turns into a couch potato (students must squat down and pretend to be sitting on a chair with both hands out in front, ready for high fives). Three students are chosen to be our **FUTP60 Student Leaders**, who will work to get all of the couch potatoes up and moving by giving high fives with a foam hand to free them. **FUTP60 Student Leaders** may not be tagged/frozen, because they are always eager to exercise. After playing for 1 – 2 minutes, have each **FUTP60 Student Leader** and each spud/tagger trade jobs with a player.

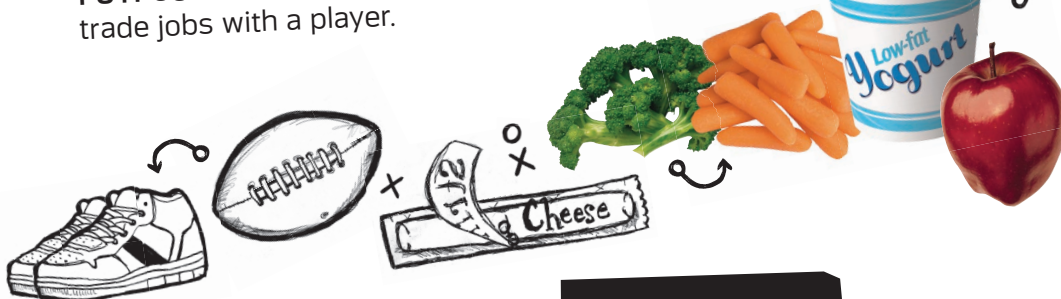
Grade Level: K – 8

**Objective:** To develop agility, cardiovascular endurance, chasing and fleeing skills, balance, and cooperation.

### Equipment:

- ☐ 3 foam hands
- ☐ 3 half foam noodles or foam balls
- ☐ An open area, approximately the size of a basketball court, with boundaries (lines/cones)

**Variations:** Students could also be told to skip, gallop, slide, or hop instead of run when they move in the game.







## FOAM HANDS Game #9



### Activity Notes

Grade Level: K – 5

**Objective:** To develop agility, cardiovascular endurance, chasing and fleeing skills, balance, and cooperation.

**Equipment:**

- ☐ 3 foam hands
- ☐ An open area, approximately the size of a basketball court, with boundaries (lines/cones)

**Variations:** Students could also be told to skip, gallop, slide, or hop instead of run when they move in the game.



### Farmer Tag

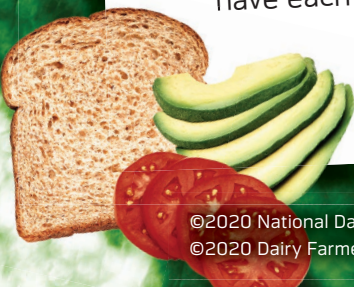
#### Pre-Game Huddle:

Farmers are very important in our lives. Does anyone know why? (*Farmers allow us to have food to eat for our meals.*) Who knows which foods farmers provide for us? (*Almost every food, unless you grow food for yourself in your garden.*) Many farmers raise animals on their farms. Which type of animal is the key animal on a dairy farm? (*Cows*) Which amazingly tasty and healthy foods come from cows on a dairy farm? (*Milk, cheese, and yogurt.*) Our game today is called

Farmer Tag, and we will be introduced to a lot of different animals that can be found on a farm. Let's brainstorm and think of some different animals that are found on a farm. (*Cow, sheep, horse, chickens, pig, goats, dogs, cats, etc.*) Get down on your hands and knees and pretend to be the different animals. Make sure to stay in your pen—no moving around. Great job acting out each animal! Now that we know which animals are found on a farm and how to act them out, let's play the game.

#### Directions:

Three students are chosen to be Farmers and each is given a foam hand. Farmers chase the animals/students, trying to tag them. If a student is tagged, he/she must freeze and listen for the name of the animal the farmer assigns to them. Once the tagged player hears the assigned animal name from the farmer, he/she must get down on hands and knees in an imaginary pen and make the noise of the animal (*Cow, goat, cat, dog, sheep, chicken, etc.*). If a student goes out of bounds, falls, or bumps into another student, he/she is also tagged and automatically becomes a cow. Farmers should try to make each player they tag a different animal, so students must act out a new animal each time. Animals are freed from their pens when another player gets down on hands and knees in front of them and repeats the animal noise they are making 3 times. No player may be tagged when they are on the ground making animal noises. After playing for 1 – 2 minutes, have each farmer trade jobs with one of the "animal" players.







## FOAM HANDS Game #10



### Donut Attackers Game

#### Pre-Game Huddle:

What do our **Fuel Up to Play 60 Student Leaders** do for our school? *(They encourage other students to be active and to eat healthy foods.)* In today's game, some of you will have the chance wear a Packers foam hand and be just like a **Fuel Up to Play 60 Student Leaders**: you will help to keep everyone moving throughout our Donut Attackers Game.

#### Directions:

**Level 1** – Three students put on jerseys and take one hula hoop each, and three other students put on Packers foam hands.

The students with hula hoops are "Donut Attackers," and the students with foam hands are FUTP60 Student Leaders. The rest of the players are the "Healthy Students," who must keep moving and avoid the Donut Attackers. The Donut Attackers kick the hula hoops and try to hit the Healthy Students' shoes with the hula hoops. If a student is hit by a donut, the student must stand on one foot and freeze with hands in the air. The FUTP60 Student Leader free the frozen students by tagging them with the Packers foam hand. If a FUTP60 Student Leader gets touched by a donut he/she also must freeze. For all levels, rotate jobs every 2-3 minutes or when all of the FUTP60 team is frozen. Move to the next level when students are familiar with the game.

**Level 2** – The Candy Man is added (carries a half noodle). If a student is frozen by a Donut Attacker, the Candy Man can tag him/her and he/she must go to the assigned area to get a jersey and a hula hoop to become a Donut Attacker. The game ends if all of the FUTP60 team is frozen or if all of the "donuts" are being used. The Candy Man can only tag the frozen players, and FUTP60 Student Leaders cannot be changed to Donut Attackers.

**Level 3** – Dairy Farmer to the rescue! One student is assigned to be the Dairy Farmer, wearing a jersey of a different color and carrying the bean bag. If the Dairy Farmer is able to toss the bean bag (cheese) into a hula hoop (donut) and have it stay there for at least two seconds, the Donut Attacker is changed to a Healthy Student. The new Healthy Student must take the hula hoop and jersey to the assigned spot outside the playing area and do 15 jumping jacks before returning to the game. If all of the Donut Attackers are changed into Healthy Students, the FUTP60 team wins.

### Activity Notes

Grade Level: K – 8

**Objective:** To develop agility, chasing and fleeing skills, cardiovascular endurance, and coordination.

#### Equipment:

- ☐ 3 foam hands
- ☐ Jerseys/vests for half of the group
- ☐ 1 jersey of a different color
- ☐ Hula hoops for half of the group (heavy-duty preferred)
- ☐ 1 full or half noodle
- ☐ 1 bean bag
- ☐ Boundaries (cones, basketball court lines, etc.)







# FOAM HANDS Game #11



## Activity Notes

Grade Level: K – 3

**Objective:** To develop locomotor skills, spatial awareness, cardiovascular endurance, and cooperation.

### Equipment:

- ☐ 3 foam hands
- ☐ Enough hula hoops for all students
- ☐ 1 foam ball
- ☐ An open area, approximately the size of a basketball court, with boundaries (lines/cones)



## Milk Bubble Builders

### Pre-Game Huddle:

Imagine I just gave you a cold glass of chocolate or white milk, and I gave you a straw. Take a big drink of it. Take one more big drink! Isn't that good? Milk not only tastes great, but it also is good for your body. Does anyone know why the ads for milk say "Milk, it does a body good!"? Milk has many benefits for your body. What are some important benefits of milk? (*Calcium – good for your bones, protein – helps you build muscle, especially when you exercise.*) Now let's all put our imaginary straws in our milk and blow into it. What happens to the tasty milk? It makes milk bubbles, and it looks really cool. Today we will be playing a game called Milk Bubble Builders.

### Directions:

**Level 1** – All students have hula hoops worn around their waists, creating milk bubbles. Students walk around, staying away from others and inside the boundary lines. If a student goes outside the boundaries or gets too close to another student (hoops hit or overlap), the bubble pops. If a student pops his/her bubble, he/she must drop the hula hoop and run in place inside the hoop. Students stay running in place until the round ends or the teacher says their bubble is rebuilt.

**Level 2** – Students move with different locomotor skills instead of walking (skipping, hopping, galloping, jogging, sliding). Remind them to move at a controlled speed, not running speed!

**Level 3** – Two students exchange their hula hoops for foam hands to be used to pretend to pop the bubbles. Three students are chosen to be bubble builders. Bubble builders must hold their hoops above their heads as they move around. Their job is to build bubbles by bringing their hoops over the heads of students with broken bubbles, and lower their hoops down to the popped bubble and back up, making a new bubble. After a bubble is built, the player may pick up his/her hula hoop and move around with the bubble again. Bubble builders cannot be popped.

**Level 4** – Add a soft foam ball to the game, to use as a bubble-popping ball. The student with the ball moves around, shooting the ball (like a basketball) through the hoops to pop bubbles. The ball only pops a bubble if it goes through a hula hoop. During level 4, bubble builders also can have their bubbles popped by the ball shooter. Rotate jobs to give players a chance to play.

