Extinction

Goal:
- Developing offensive/defensive game strategies in a dynamic environment

Recommended Grade Level: Grades K-8

Space or Activity Area:
- Gymnasium or outside space
- Size of playing area depends on space available and size of group

Equipment/Materials Needed:
- Pinnies or scrimmage vests of different colors for each team, #W12522—KEEPERS Youth No - Tie Pinnie Set

Description of Activity/Game:
- Divide your class into 5-6 teams.
- Team sizes of 4-6 players works best. Everyone is a tagger.
- If a player is tagged by someone on another team, the player kneels on one knee and raises a hand in the air.
- To become unfrozen the kneeling player must receive a high five from a teammate.
- If all the players from one team are frozen, the team becomes extinct!
- When only 1 team remains, the game is over.
- If a team is “extinct”, the players may get back in the game by performing a team oriented activity.
- Suggested activities include: running around the playing area, each player performing 10 push ups or each player jumping rope 25 times.
- Whatever “team oriented” activity is selected, the team must perform the activity together and complete it before there is only one team remaining in the game.

Set Up:
- Scattered formation.

Assessment:
- This is a good activity for a teacher to check the selected skills, offensive movement/strategies and defensive strategies.

Author: Jim Ross, Physical Education Teacher
Orchard School, Ridgewood, NJ
NASPE Teacher of the Year